

2010 OC CrossFit ThrowDown Schedule

Heat# Division WOD#

Saturday, Jan. 9th

1. Womens Intermediate 8:30am /1:30pm
 2. Womens Inter/Masters 8:55/1:55
 3. Womens Rxd 9:15/2:10
 4. Mens Masters 9:35/2:35
 5. Mens Intermediate 9:55/3:00
 6. Mens Intermediate 10:15/3:25
 7. Mens Rxd 10:50am/3:50
 8. Mens Rxd 11:15/4:15
 9. Mens Rxd 11:35/4:40
 10. Mens Rxd 11:55/5:05
 11. Mens Rxd 12:15/5:30
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Sunday Jan. 10th

1. Womens Intermediate 8:30am
2. Womens Inter/Masters 8:50
3. Womens Rxd 9:10
4. Mens Masters 9:30
5. Mens Intermediate 9:50
6. Mens Intermediate 10:10
7. Mens Rxd 10:30
8. Mens Rxd 10:50
9. Mens Rxd 11:10
10. Mens Rxd 11:30
11. Mens Rxd 11:50

WOD #4 will start at 1pm and finish at 3pm

Award ceremony will take place at 3:30pm