

7:30	Athlete & Judge registration opens					
7:50	Judge registration closes					
8:00	Judge Briefing					
8:30	Athlete registration closes					
9:00				9:00		
	Gang Bang				Wife Swapping	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Two jerks and a couple of snatches	OVER 160 (SCALED)			1 Just Fitness	OVER 160 (RX)
	2 Wod the F..CF	OVER 160 (SCALED)			2 JXL Mature Movers	OVER 160 (RX)
	3 just for giggles	OVER 160 (SCALED)			3 Mighty	OVER 160 (RX)
	4 FCF Odd Squad	OVER 160 (SCALED)			4 The Expendables	OVER 160 (RX)
	5 I wasn't expecting that!	OVER 160 (SCALED)			5 Ageing Outlaws	OVER 160 (RX)
	6 Buck furpees	UNDER 160 (SCALED)			6 Stronger Things	UNDER 160 (RX)
	7 Grizzilicious	UNDER 160 (SCALED)			7 Thrustersaurus-RX	UNDER 160 (RX)
	8 Last Minute Loo Squad	UNDER 160 (SCALED)			8 Crossfit Tyneside	UNDER 160 (RX)
9:20				9:20		
	Gang Bang				Wife Swapping	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Crossshit affletes	UNDER 160 (SCALED)			1 Cross shitters	UNDER 160 (RX)
	2 quads of fury	UNDER 160 (SCALED)			2 Installing muscles.....please wait	UNDER 160 (RX)
	3 PRO:U SPARTANS	UNDER 160 (SCALED)			3 3 masters and a little grizz	UNDER 160 (RX)
	4 Wrenches and Rusty Nuts	UNDER 160 (SCALED)			4 Team CrocFit	UNDER 160 (RX)
	5 Pimps & Hoes	UNDER 160 (SCALED)			5 Dude, where's my barbell?	UNDER 160 (RX)
	6 PLATES BEFORE DATES	UNDER 160 (SCALED)			6 Short and Bland	UNDER 160 (RX)
	7 May the fource be with us	UNDER 160 (SCALED)			7 Death or Glory	UNDER 160 (RX)
	8 SCALED TODAY RX NEVER	UNDER 160 (SCALED)			8 Flex Appeal	UNDER 160 (RX)
9:40				9:40		
	Gang Bang				Wife Swapping	
Lane	Team Name	Category		Lane	Team Name	Category
	1 baby's day out	UNDER 160 (SCALED)			1 Unity	UNDER 160 (RX)
	2 Battle Ready Army	UNDER 160 (SCALED)			2 Tyneside Titans	UNDER 160 (RX)
	3 JXL JNRS	UNDER 160 (SCALED)			3 SLAP	UNDER 160 (RX)
	4 Zero Fawkes Given	UNDER 160 (SCALED)			4 Death or Glory Black	UNDER 160 (RX)
	5 Early birds hate the worm	UNDER 160 (SCALED)			5 YO25	UNDER 160 (RX)
	6 Apex engines	OVER 160 (RX)			6 Queens & Jerks	UNDER 160 (RX)
	7 The Fitness Project	OVER 160 (RX)			7 Thruster Clucks	UNDER 160 (RX)
	8 Apex most improved	OVER 160 (RX)			8 Crosshitters	UNDER 160 (RX)
10:00				10:00		
	Gang Bang				Wife Swapping	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Just Fitness	OVER 160 (RX)			1 Two jerks and a couple of snatches	OVER 160 (SCALED)
	2 JXL Mature Movers	OVER 160 (RX)			2 Wod the F..CF	OVER 160 (SCALED)
	3 Mighty	OVER 160 (RX)			3 just for giggles	OVER 160 (SCALED)
	4 The Expendables	OVER 160 (RX)			4 FCF Odd Squad	OVER 160 (SCALED)
	5 Ageing Outlaws	OVER 160 (RX)			5 I wasn't expecting that!	OVER 160 (SCALED)
	6 Stronger Things	UNDER 160 (RX)			6 Buck furpees	UNDER 160 (SCALED)
	7 Thrustersaurus-RX	UNDER 160 (RX)			7 Grizzilicious	UNDER 160 (SCALED)
	8 Crossfit Tyneside	UNDER 160 (RX)			8 Last Minute Loo Squad	UNDER 160 (SCALED)
10:20				10:20		
	Gang Bang				Wife Swapping	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Cross shitters	UNDER 160 (RX)			1 Crossshit affletes	UNDER 160 (SCALED)

	2	Installing muscles.....please wait	UNDER 160 (RX)			2	quads of fury	UNDER 160 (SCALED)	
	3	3 masters and a little grizz	UNDER 160 (RX)			3	PRO:U SPARTANS	UNDER 160 (SCALED)	
	4	Team CrocFit	UNDER 160 (RX)			4	Wrenches and Rusty Nuts	UNDER 160 (SCALED)	
	5	Dude, where's my barbell?	UNDER 160 (RX)			5	Pimps & Hoes	UNDER 160 (SCALED)	
	6	Short and Bland	UNDER 160 (RX)			6	PLATES BEFORE DATES	UNDER 160 (SCALED)	
	7	Death or Glory	UNDER 160 (RX)			7	May the fource be with us	UNDER 160 (SCALED)	
	8	Flex Appeal	UNDER 160 (RX)			8	SCALED TODAY RX NEVER	UNDER 160 (SCALED)	
10:40						10:40			
		Gang Bang					Wife Swapping		
Lane		Team Name	Category			Lane	Team Name	Category	
	1	Unity	UNDER 160 (RX)				1	baby's day out	UNDER 160 (SCALED)
	2	Tyneside Titans	UNDER 160 (RX)				2	Battle Ready Army	UNDER 160 (SCALED)
	3	SLAP	UNDER 160 (RX)				3	JXL JNRS	UNDER 160 (SCALED)
	4	Death or Glory Black	UNDER 160 (RX)				4	Zero Fawkes Given	UNDER 160 (SCALED)
	5	YO25	UNDER 160 (RX)				5	Early birds hate the worm	UNDER 160 (SCALED)
	6	Queens & Jerks	UNDER 160 (RX)				6	Apex engines	OVER 160 (RX)
	7	Thruster Clucks	UNDER 160 (RX)				7	The Fitness Project	OVER 160 (RX)
	8	Crosshitters	UNDER 160 (RX)				8	Apex most improved	OVER 160 (RX)
11:15						11:15			
		Couples Therapy					Squeaky Clean		
Lane		Team Name	Category			Lane	Team Name	Category	
	1	Two jerks and a couple of snatches	OVER 160 (SCALED)				1	Two jerks and a couple of snatches	OVER 160 (SCALED)
	2	Wod the F..CF	OVER 160 (SCALED)				2	Wod the F..CF	OVER 160 (SCALED)
	3	just for giggles	OVER 160 (SCALED)				3	just for giggles	OVER 160 (SCALED)
	4	FCF Odd Squad	OVER 160 (SCALED)				4	FCF Odd Squad	OVER 160 (SCALED)
	5	I wasn't expecting that!	OVER 160 (SCALED)				5	I wasn't expecting that!	OVER 160 (SCALED)
	6	Buck furpees	UNDER 160 (SCALED)				6	Buck furpees	UNDER 160 (SCALED)
	7	Grizzilicious	UNDER 160 (SCALED)				7	Grizzilicious	UNDER 160 (SCALED)
	8	Last Minute Loo Squad	UNDER 160 (SCALED)				8	Last Minute Loo Squad	UNDER 160 (SCALED)
11:30						11:30			
		Couples Therapy					Squeaky Clean		
Lane		Team Name	Category			Lane	Team Name	Category	
	1	Crossshit affletes	UNDER 160 (SCALED)				1	Crossshit affletes	UNDER 160 (SCALED)
	2	quads of fury	UNDER 160 (SCALED)				2	quads of fury	UNDER 160 (SCALED)
	3	PRO:U SPARTANS	UNDER 160 (SCALED)				3	PRO:U SPARTANS	UNDER 160 (SCALED)
	4	Wrenches and Rusty Nuts	UNDER 160 (SCALED)				4	Wrenches and Rusty Nuts	UNDER 160 (SCALED)
	5	Pimps & Hoes	UNDER 160 (SCALED)				5	Pimps & Hoes	UNDER 160 (SCALED)
	6	PLATES BEFORE DATES	UNDER 160 (SCALED)				6	PLATES BEFORE DATES	UNDER 160 (SCALED)
	7	May the fource be with us	UNDER 160 (SCALED)				7	May the fource be with us	UNDER 160 (SCALED)
	8	SCALED TODAY RX NEVER	UNDER 160 (SCALED)				8	SCALED TODAY RX NEVER	UNDER 160 (SCALED)
11:45						11:45			
		Couples Therapy					Squeaky Clean		
Lane		Team Name	Category			Lane	Team Name	Category	
	1	baby's day out	UNDER 160 (SCALED)				1	baby's day out	UNDER 160 (SCALED)
	2	Battle Ready Army	UNDER 160 (SCALED)				2	Battle Ready Army	UNDER 160 (SCALED)
	3	JXL JNRS	UNDER 160 (SCALED)				3	JXL JNRS	UNDER 160 (SCALED)
	4	Zero Fawkes Given	UNDER 160 (SCALED)				4	Zero Fawkes Given	UNDER 160 (SCALED)
	5	Early birds hate the worm	UNDER 160 (SCALED)				5	Early birds hate the worm	UNDER 160 (SCALED)
	6	Apex engines	OVER 160 (RX)				6	Apex engines	OVER 160 (RX)
	7	The Fitness Project	OVER 160 (RX)				7	The Fitness Project	OVER 160 (RX)
	8	Apex most improved	OVER 160 (RX)				8	Apex most improved	OVER 160 (RX)
12:00						12:00			
		Couples Therapy					Squeaky Clean		
Lane		Team Name	Category			Lane	Team Name	Category	
	1	Just Fitness	OVER 160 (RX)				1	Just Fitness	OVER 160 (RX)
	2	JXL Mature Movers	OVER 160 (RX)				2	JXL Mature Movers	OVER 160 (RX)

	3 Mighty	OVER 160 (RX)			3 Mighty	OVER 160 (RX)
	4 The Expendables	OVER 160 (RX)			4 The Expendables	OVER 160 (RX)
	5 Ageing Outlaws	OVER 160 (RX)			5 Ageing Outlaws	OVER 160 (RX)
	6 Stronger Things	UNDER 160 (RX)			6 Stronger Things	UNDER 160 (RX)
	7 Thrustersaurus-RX	UNDER 160 (RX)			7 Thrustersaurus-RX	UNDER 160 (RX)
	8 Crossfit Tyneside	UNDER 160 (RX)			8 Crossfit Tyneside	UNDER 160 (RX)
12:15				12:15		
	Couples Therapy				Squeaky Clean	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Cross shitters	UNDER 160 (RX)			1 Cross shitters	UNDER 160 (RX)
	2 Installing muscles.....please wait	UNDER 160 (RX)			2 Installing muscles.....please wait	UNDER 160 (RX)
	3 3 masters and a little grizz	UNDER 160 (RX)			3 3 masters and a little grizz	UNDER 160 (RX)
	4 Team CrocFit	UNDER 160 (RX)			4 Team CrocFit	UNDER 160 (RX)
	5 Dude, where's my barbell?	UNDER 160 (RX)			5 Dude, where's my barbell?	UNDER 160 (RX)
	6 Short and Bland	UNDER 160 (RX)			6 Short and Bland	UNDER 160 (RX)
	7 Death or Glory	UNDER 160 (RX)			7 Death or Glory	UNDER 160 (RX)
	8 Flex Appeal	UNDER 160 (RX)			8 Flex Appeal	UNDER 160 (RX)
12:30				12:30		
	Couples Therapy				Squeaky Clean	
Lane	Team Name	Category		Lane	Team Name	Category
	1 Unity	UNDER 160 (RX)			1 Unity	UNDER 160 (RX)
	2 Tyneside Titans	UNDER 160 (RX)			2 Tyneside Titans	UNDER 160 (RX)
	3 SLAP	UNDER 160 (RX)			3 SLAP	UNDER 160 (RX)
	4 Death or Glory Black	UNDER 160 (RX)			4 Death or Glory Black	UNDER 160 (RX)
	5 YO25	UNDER 160 (RX)			5 YO25	UNDER 160 (RX)
	6 Queens & Jerks	UNDER 160 (RX)			6 Queens & Jerks	UNDER 160 (RX)
	7 Thruster Clucks	UNDER 160 (RX)			7 Thruster Clucks	UNDER 160 (RX)
	8 Crosshitters	UNDER 160 (RX)			8 Crosshitters	UNDER 160 (RX)
13:00						
	Double Teamed					
Lane	Team Name	Category				
	1 Two jerks and a couple of snatches	OVER 160 (SCALED)				
	2 Wod the F..CF	OVER 160 (SCALED)				
	3 just for giggles	OVER 160 (SCALED)				
	4 FCF Odd Squad	OVER 160 (SCALED)				
	5 I wasn't expecting that!	OVER 160 (SCALED)				
	6 Buck furpees	UNDER 160 (SCALED)				
	7 Grizzilicious	UNDER 160 (SCALED)				
	8 Last Minute Loo Squad	UNDER 160 (SCALED)				
13:30						
	Double Teamed					
Lane	Team Name	Category				
	1 Crosshit affletes	UNDER 160 (SCALED)				
	2 quads of fury	UNDER 160 (SCALED)				
	3 PRO:U SPARTANS	UNDER 160 (SCALED)				
	4 Wrenches and Rusty Nuts	UNDER 160 (SCALED)				
	5 Pimps & Hoes	UNDER 160 (SCALED)				
	6 PLATES BEFORE DATES	UNDER 160 (SCALED)				
	7 May the fource be with us	UNDER 160 (SCALED)				
	8 SCALED TODAY RX NEVER	UNDER 160 (SCALED)				
14:00						
	Double Teamed					
Lane	Team Name	Category				
	1 baby's day out	UNDER 160 (SCALED)				
	2 Battle Ready Army	UNDER 160 (SCALED)				
	3 JXL JNRS	UNDER 160 (SCALED)				

	4 Zero Fawkes Given	UNDER 160 (SCALED)			
	5 Early birds hate the worm	UNDER 160 (SCALED)			
	6 Apex engines	OVER 160 (RX)			
	7 The Fitness Project	OVER 160 (RX)			
	8 Apex most improved	OVER 160 (RX)			
14:30					
	Double Teamed				
Lane	Team Name	Category			
	1 Just Fitness	OVER 160 (RX)			
	2 JXL Mature Movers	OVER 160 (RX)			
	3 Mighty	OVER 160 (RX)			
	4 The Expendables	OVER 160 (RX)			
	5 Ageing Outlaws	OVER 160 (RX)			
	6 Stronger Things	UNDER 160 (RX)			
	7 Thrustersaurus-RX	UNDER 160 (RX)			
	8 Crossfit Tyneside	UNDER 160 (RX)			
15:00					
	Double Teamed				
Lane	Team Name	Category			
	1 Cross shitters	UNDER 160 (RX)			
	2 Installing muscles.....please wait	UNDER 160 (RX)			
	3 3 masters and a little grizz	UNDER 160 (RX)			
	4 Team CrocFit	UNDER 160 (RX)			
	5 Dude, where's my barbell?	UNDER 160 (RX)			
	6 Short and Bland	UNDER 160 (RX)			
	7 Death or Glory	UNDER 160 (RX)			
	8 Flex Appeal	UNDER 160 (RX)			
15:30					
	Double Teamed				
Lane	Team Name	Category			
	1 Unity	UNDER 160 (RX)			
	2 Tyneside Titans	UNDER 160 (RX)			
	3 SLAP	UNDER 160 (RX)			
	4 Death or Glory Black	UNDER 160 (RX)			
	5 YO25	UNDER 160 (RX)			
	6 Queens & Jerks	UNDER 160 (RX)			
	7 Thruster Clucks	UNDER 160 (RX)			
	8 Crosshitters	UNDER 160 (RX)			
16:15	Awards				
16:45	Post event drinks at the bar				