7.00	Atlalata O ludana na miatmatian				
7:30	Athlete & Judge registration	opens			
7:50	Judge registration closes				
0.00	Judgo Driofing				
0.00	Judge Briefing				
8:30	Athlete registration closes				
0.00	7 tanoto regiotration olocco				
9:00			9:00		
	Gang Bang			Wife Swapping	
Lane	Team Name	Category	Lane	Team Name	Category
	Two jerks and a couple of snatches	OVER 160 (SCALED)		Just Fitness	OVER 160 (RX)
	Wod the FCF	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		
0.20	Gang Bang		3.20	Wife Swapping	
_ane	Team Name	Category	Lane	Team Name	Category
	Crosshit affletes	UNDER 160 (SCALED)		Cross shitters	UNDER 160 (RX)
	quads of fury	UNDER 160 (SCALED)		Installing musclesplease wait	UNDER 160 (RX)
	PRO:U SPARTANS	UNDER 160 (SCALED)		3 masters and a little grizz	UNDER 160 (RX)
	Wrenches and Rusty Nuts	UNDER 160 (SCALED)		Team CrocFit	UNDER 160 (RX)
	Pimps & Hoes	UNDER 160 (SCALED)	5	Dude, where's my barbell?	UNDER 160 (RX)
6	PLATES BEFORE DATES	UNDER 160 (SCALED)		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		
0.10	Gang Bang		0.10	Wife Swapping	
Lane	Team Name	Category	Lane	Team Name	Category
	baby's day out	UNDER 160 (SCALED)		Unity	UNDER 160 (RX)
	Battle Ready Army	UNDER 160 (SCALED)		Tyneside Titans	UNDER 160 (RX)
	JXL JNRS	UNDER 160 (SCALED)		SLAP	UNDER 160 (RX)
	Zero Fawkes Given	UNDER 160 (SCALED)		Death or Glory Black	UNDER 160 (RX)
5	Early birds hate the worm	UNDER 160 (SCALED)		YO25	UNDER 160 (RX)
	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	Crosshiters	UNDER 160 (RX)
10:00			10:00		
	Gang Bang		.0.00	Wife Swapping	
ane	Team Name	Category	Lane	Team Name	Category
	Just Fitness	Category  OVER 160 (RX)		Two jerks and a couple of snatches	OVER 160 (SCALED)
	JXL Mature Movers	OVER 160 (RX)		Wod the FCF	OVER 160 (SCALED)
	Mighty	OVER 160 (RX)		just for giggles	OVER 160 (SCALED)
	The Expendables	OVER 160 (RX)		FCF Odd Squad	OVER 160 (SCALED)
	Ageing Outlaws	OVER 160 (RX)		I wasn't expecting that!	OVER 160 (SCALED)
	Stronger Things	UNDER 160 (RX)		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		
			10.20		
10.20	Gang Rang			Wife Swanning	
Lane	Gang Bang Team Name	Category	Lane	Wife Swapping Team Name	Category

2	Installing musclesplease wait	UNDER 160 (RX)	2	quads of fury	UNDER 160 (SCALED)
	3 masters and a little grizz	UNDER 160 (RX)		PRO:U SPARTANS	UNDER 160 (SCALED)
	Team CrocFit	UNDER 160 (RX)		Wrenches and Rusty Nuts	UNDER 160 (SCALED)
	Dude, where's my barbell?	` '		Pimps & Hoes	
	•	UNDER 160 (RX)			UNDER 160 (SCALED)
	Short and Bland	UNDER 160 (RX)		PLATES BEFORE DATES	UNDER 160 (SCALED)
	Death or Glory	UNDER 160 (RX)		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		
10.40	Gang Bang		10.40	Wife Swapping	
Lane	Team Name	Category	Lane	Team Name	Category
	Unity	UNDER 160 (RX)		baby's day out	UNDER 160 (SCALED)
	Tyneside Titans	UNDER 160 (RX)		Battle Ready Army	UNDER 160 (SCALED)
	SLAP	UNDER 160 (RX)		JXL JNRS	UNDER 160 (SCALED)
	Death or Glory Black	UNDER 160 (RX)		Zero Fawkes Given	UNDER 160 (SCALED)
	YO25	UNDER 160 (RX)		Early birds hate the worm	UNDER 160 (SCALED)
	Queens & Jerks	UNDER 160 (RX)		Apex engines	OVER 160 (RX)
	Thruster Clucks			The Fitness Project	
	Crosshiters	UNDER 160 (RX)		,	OVER 160 (RX)
8	Crossniters	UNDER 160 (RX)	8	Apex most improved	OVER 160 (RX)
11:15			11:15		
13	Country Theren		11.13	Saucola, Class	
	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 FCF	OVER 160 (SCALED)	2	Wod the FCF	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
	Crosshit affletes	UNDER 160 (SCALED)		Crosshit affletes	UNDER 160 (SCALED)
	guads of fury	UNDER 160 (SCALED)		quads of fury	UNDER 160 (SCALED)
	PRO:U SPARTANS	UNDER 160 (SCALED)		PRO:U SPARTANS	UNDER 160 (SCALED)
		` '			· · · · ·
	Wrenches and Rusty Nuts	UNDER 160 (SCALED)		Wrenches and Rusty Nuts	UNDER 160 (SCALED)
	Pimps & Hoes	UNDER 160 (SCALED)		Pimps & Hoes	UNDER 160 (SCALED)
	PLATES BEFORE DATES	UNDER 160 (SCALED)		PLATES BEFORE DATES	UNDER 160 (SCALED)
	May the fource be with us SCALED TODAY RX NEVER	UNDER 160 (SCALED) UNDER 160 (SCALED)		May the fource be with us SCALED TODAY RX NEVER	UNDER 160 (SCALED) UNDER 160 (SCALED)
11:45			11:45		
11.43	Couples Therapy		11.40	Squeaky Clean	
Lane	Team Name	Category	Lane	Team Name	Category
	baby's day out	UNDER 160 (SCALED)		baby's day out	UNDER 160 (SCALED)
	Battle Ready Army	UNDER 160 (SCALED)		Battle Ready Army	UNDER 160 (SCALED)
	JXL JNRS	UNDER 160 (SCALED)		JXL JNRS	UNDER 160 (SCALED)
	Zero Fawkes Given	UNDER 160 (SCALED)		Zero Fawkes Given	UNDER 160 (SCALED)
	Early birds hate the worm	UNDER 160 (SCALED)		Early birds hate the worm	UNDER 160 (SCALED)
	Apex engines The Fitness Project	OVER 160 (RX)		Apex engines The Fitness Project	OVER 160 (RX)
	The Fitness Project	OVER 160 (RX)		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		72.00	Squeaky Clean	
Lane	Team Name	Category	Lane	Team Name	Category
	rount runto	Juliagory	Lanc		
	Just Fitness	OVER 160 (RX)	1	Just Fitness	OVER 160 (RX)

^	Mighty	OVER 160 (BY)		Mighty	OVED 160 (DV)
	Mighty	OVER 160 (RX)		Mighty	OVER 160 (RX)
	The Expendables	OVER 160 (RX)		The Expendables	OVER 160 (RX)
	Ageing Outlaws	OVER 160 (RX)		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		
12.15	Oswalas Thansa.		12.15	Carragha Class	
	Couples Therapy			Squeaky Clean	
ane	Team Name	Category	Lane	Team Name	Category
-	Cross shitters	UNDER 160 (RX)		Cross shitters	UNDER 160 (RX)
	Installing musclesplease wait	UNDER 160 (RX)		Installing musclesplease wait	UNDER 160 (RX)
	3 masters and a little grizz	UNDER 160 (RX)		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		
12.30			12.30	Saucaky Claan	
	Couples Therapy			Squeaky Clean	
Lane	Team Name	Category	Lane	Team Name	Category
	Unity	UNDER 160 (RX)		Unity	UNDER 160 (RX)
	Tyneside Titans	UNDER 160 (RX)		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	Crosshiters	UNDER 160 (RX)	8	Crosshiters	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 FCF	OVER 160 (SCALED)			
3	just for giggles	OVER 160 (SCALED)			
4	FCF Odd Squad	OVER 160 (SCALED)			
	I wasn't expecting that!	OVER 160 (SCALED)			
	Buck furpees	UNDER 160 (SCALED)			
	Grizzilicious	UNDER 160 (SCALED)			
	Last Minute Loo Squad	UNDER 160 (SCALED)			
13:30					
	Double Teamed				
ane	Team Name	Category			
1	Crosshit affletes	UNDER 160 (SCALED)			
2	quads of fury	UNDER 160 (SCALED)			
	PRO:U SPARTANS	UNDER 160 (SCALED)			
	Wrenches and Rusty Nuts	UNDER 160 (SCALED)			
	Pimps & Hoes	UNDER 160 (SCALED)			
	PLATES BEFORE DATES	UNDER 160 (SCALED)			
	May the fource be with us	UNDER 160 (SCALED)			
	SCALED TODAY RX NEVER	UNDER 160 (SCALED)			
44.00					
14:00					
	Double Teamed				
Lane	Team Name	Category			
	baby's day out	UNDER 160 (SCALED)			
2	Battle Ready Army	UNDER 160 (SCALED)			
	JXL JNRS	UNDER 160 (SCALED)			

4	Zero Fawkes Given	UNDER 160 (SCALED)	
5	Early birds hate the worm	UNDER 160 (SCALED)	
	Apex engines	OVER 160 (RX)	
	The Fitness Project	OVER 160 (RX)	
	Apex most improved	OVER 160 (RX)	
14:30			
1 1.00			
_	Double Teamed		
Lane	Team Name	Category	
	Just Fitness	OVER 160 (RX)	
	JXL Mature Movers	OVER 160 (RX)	
	Mighty	OVER 160 (RX)	
	The Expendables	OVER 160 (RX)	
	Ageing Outlaws	OVER 160 (RX)	
	Stronger Things	UNDER 160 (RX)	
	Thrustersaurus-RX	UNDER 160 (RX)	
8	Crossfit Tyneside	UNDER 160 (RX)	
15:00			
	Double Teamed		
Lane	Team Name	Category	
	Cross shitters	UNDER 160 (RX)	
2	Installing musclesplease wait	UNDER 160 (RX)	
	3 masters and a little grizz	UNDER 160 (RX)	
	Team CrocFit	UNDER 160 (RX)	
	Dude, where's my barbell?	UNDER 160 (RX)	
	Short and Bland	UNDER 160 (RX)	
	Death or Glory	UNDER 160 (RX)	
	Flex Appeal	UNDER 160 (RX)	
15:30			
10.00	Double Teamed		
_			
Lane	Team Name	Category	
	Unity	UNDER 160 (RX)	
	Tyneside Titans	UNDER 160 (RX)	
	SLAP	UNDER 160 (RX)	
	Death or Glory Black	UNDER 160 (RX)	
	YO25	UNDER 160 (RX)	
	Queens & Jerks	UNDER 160 (RX)	
	Thruster Clucks	UNDER 160 (RX)	
8	Crosshiters	UNDER 160 (RX)	
16:15	Awards		
16:45	Post event drinks at the ba		