

ROCKY MOUNTAIN CRUSHER - START HEATS

	Team Name	Affiliate	Cat	Bib #
9:30am - HEAT #1				
T1	B.A.M.M.	Fithouse	RX	930
T2	We got a Babysitter!	Fithouse	RX	931
T3	HawkBerger with cheese	OPT Calgary	RX	932
T4	BEST FRANS	Fithouse	SC	933
T5	Morning Mafia	Fithouse	SC	934
	Team Name	Affiliate	Cat	Bib #
9:50am - HEAT #2				
T1	Rumpus	CrossFit Canmore	RX	950
T2	RAVEN	CrossFit Canmore	RX	951
T3	Stud Muffins	Fithouse	SC	952
T4	Like fun, only different	Fithouse	SC	953
T5	Tears for Beers	Fithouse	SC	954
	Team Name	Affiliate	Cat	Bib #
10:10am - HEAT #3				
T1	Pistols & Snatches	CrossFit Currie Barracks	RX	1010
T2	Chaffing the Dream	CrossFit Canmore	RX	1011
T3	Globo Gym	Summit RX/CrossFit Banff	RX	1012
T4	Will sell kids 4 Carbs	combo of gyms	SC	1013
T5	Girl on Girl	MMSC	SC	1014

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	Team Name	Affiliate	Cat	Bib #
10:30am - HEAT #4				
T1	Trec Lab Rats	Trec Fit Labs	RX	1030
T2	Morning WOD	CrossFit Canmore	RX	1031
T3	Summit Crushers	CrossFit Banff	SC	1032
T4	Run Like the Winded	CrossFit403	SC	1033
T5	Chalk & Awe	CrossFit Pyro	SC	1034
	Team Name	Affiliate	Cat	Bib #
10:50am - HEAT #5				
T1	World's Okay-ist Runners	CrossFit Cochrane	RX	1050
T2	Small Guys and Thunder Thighs	CrossFit pyro	RX	1051
T3	Salute the Glutes	CF403	RX	1052
T4	The Walking Dead-lifters	CrossFit Cochrane	SC	1053
T5	Lift it, Clean it, Jerk it, Snatch it - Repeat	Integrity Performance CrossFit	SC	1054
	Team Name	Affiliate	Cat	Bib #
11:10am - HEAT #6				
T1	Crip-a-Cola	CrossFit Canmore	RX	1110
T2	Flexual Healing	CrossFit Pyro	RX	1111
T3	The WOD Squad	Integrity Performance CrossFit	RX	1112
T4	IPC	Integrity Performance CrossFit	SC	1113
T5	Bow Valley CrossFit 2	Bow Valley CrossFit	SC	1114

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	Team Name	Affiliate	Cat	Bib #
11:30pm - HEAT #7				
T1	Reluctant attendees, with fragile knees	CrossFit Banff	RX	1130
T2	Just DU It	CrossFit Cochrane	RX	1131
T3	Team Superdraft	MMSC	RX	1132
T4	Aggressively Average	CrossFit Pyro	SC	1133
T5	Nequit Machinis	CrossFit Cochrane	SC	1134
	Team Name	Affiliate	Cat	Bib #
11:50pm - HEAT #8				
T1	Nacho Friends	CrossFit Currie Barracks	RX	1150
T2	Peacockin	CrossFit 403	RX	1151
T3	All Pain, No Gain	MMSC	RX	1152
T4	The Farmers	CF403	SC	1153
T5	The Asthmatics	CrossFit Canmore	SC	1154
	Team Name	Affiliate	Cat	Bib #
12:10pm - HEAT #9				
T1	Pace Force	CrossFit 403	RX	1210
T2	Parent Jeans and Power Cleans	CrossFit Canmore	RX	1211
T3	Bow Valley CrossFit 1	Bow Valley CrossFit	SC	1212
T4	PB & Belly	CrossFit Canmore	SC	1213
T5	WOD'n Pho empanadas	CrossFit Pyro	SC	1214

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	Team Name	Affiliate	Cat	Bib #
12:30pm - HEAT #10				
T1	WP Squad	CrossFit Pyro	RX	1230
T2	Agony of De Feet	CrossFit Canmore	RX	1231
T3	WODDING Crashers	Gun It CrossFit	SC	1232
T4	Sink or Swim	Trec Fit	SC	1233
T5	Baby Jags	Trec	SC	1234
	Team Name	Affiliate	Cat	Bib #
12:50pm - HEAT #11				
T1	GATZ	CrossFit Canmore	SC	1250
T2	Alaskan Wolverine Hunters	Integrity Performance CrossFit	SC	1251
T3	Your Mom	Pure Fitness CrossFit	SC	1252
T4				1253
T5				1254