

## **2014 Throwdown**

### **TimeTable**

7:00a – 7:30a	Athlete Check-In Vendors Arrive
7:45a – 8:10a	Athlete Briefing
8:45a	WOD #1 <ul style="list-style-type: none"><li>- Scaled Division: 8 heats (15mins per heat w/transition time)</li><li>- 5min transition to RX Division (@ 10:45am)</li><li>- RX Division: 2 heats (15mins per heat w/transition time)</li></ul>
*9:00am – 12:20pm	<i>Floater WOD</i>
11:30a	WOD #2 <ul style="list-style-type: none"><li>- Athletes move through ladder; 1 min per athlete per station</li><li>- 90min total</li></ul>
1:15p	*Group Picture by Carousel* <ul style="list-style-type: none"><li>- Determine top 12 teams per division</li><li>- Post to outdoor Leaderboard</li></ul>
1:30p	Semi-Final Athlete Briefing
1:50p	Semi-Final WOD <ul style="list-style-type: none"><li>- Scaled Division: 3 heats (14mins per heat w/transition time)</li><li>- 1min transition to RX Division</li><li>- RX Division: 2 heats (14mins per heat w/transition time)</li></ul>
3:15p	Set up for Final WOD <ul style="list-style-type: none"><li>- Determine top 4 teams per division</li><li>- Post to outdoor Leaderboard</li></ul>
3:30p	Final WOD Athlete Briefing
3:45p	Final WOD <ul style="list-style-type: none"><li>- Scaled Division: 1 heat (7mins)</li><li>- 3-5min transition to RX Division</li><li>- RX Division: 1 heat (7 mins)</li><li>-</li></ul>
4:20p	Awards Ceremony