

E1	TRIPLE DECKER	11 MIN CAP
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	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 1	1	BAR-BELLAS	CF FONTANA	FUN 1	35/5
	2	DECODED SWEAT ANGELS	CF DECODED	FUN 2	35/5
	3	POWERPUFF GIRLS	CF DECODED	W INT 1	35/15
8:20 AM	4	WILL LIFT FOR DONUTS	CF RIVERSIDE	W INT 2	35/15
	5	XANIAX	CF CROWN CITY	W INT 3	35/15
	6	BIG AL'S WRECKING CREW	CF LIFTED	W INT 4	35/15
	7	GRAB HER BY THE SNATCH	CF PANDEMIC	W INT 8	35/15
	8	MVA REDLINE	MODERN VIKING ATHLETICS	M INT 1	45/25
	9	ALRIGHT! ALRIGHT! ALRIGHT!	CF STUDIO CITY	M INT 2	45/25
	10	BWT	CF RIVERSIDE	M INT 3	45/25
	11	TRES LECHES - ARROW	ARROW CF	M INT 28	45/25

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 2	1	BUNS & GUNS	CF LIFTED	FUN 3	35/5
	2	CANT STOP THE CHALK	CF AVIATOR	FUN 4	35/5
	3	BAD MOMS	CF DECODED	W INT 6	35/15
8:33 AM	4	TRES TAQUITOS	CF DECODED	W INT 5	35/15
	5	TRES LECHES - LIFTED	CF LIFTED	W INT 7	35/15
	6	4:30 CHICAS	CHINO CF	W INT 9	35/15
	7	BEAST MODE THEN FEAST MODE	CF FONTANA	W INT 10	35/15
	8	CAFÉ CON LECHE	CF LIFTED	M INT 5	45/25
	9	BROS BEFORE ROWS	CF STUDIO CITY	M INT 6	45/25
	10	LOS GALLOS	UNAFFILIATED	M INT 7	45/25
	11	GRINGOS - 1	CF DECODED	M INT 8	45/25

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 3	1	DODGER BLUE GIRLS	CF FONTANA	FUN 5	35/5
	2	CLASSY SASSY & BAD-ASSY	CF DECODED	FUN 6	35/5
	3	PAN DULCE	CF DECODED	W INT 11	35/15
8:46 AM	4	3 Gs (GENERATIONS)	RESOLUTION CF	W INT 12	35/15
	5	SHRUG LIFE	CF WOODLAND HILLS	W INT 13	35/15
	6	SHUT UP WE'RE TRYING	LA PUENTE CF	W INT 14	35/15
	7	WRECKING CREW	CF LOS FELIZ	W INT 15	35/15
	8	TOP GUN	FORCE 12 TRAINING	M INT 9	45/25
	9	2 VIEGOS & A MARINE	CF LIFTED	M INT 10	45/25
	10	OGR (OLD GUYS RULE)	CF RIOT	M INT 11	45/25
	11	SCALED HEROS	CF STUDIO CITY	M INT 16	45/25

E1

TRIPLE DECKER

11 MIN CAP

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 4 8:59 AM	1	4 O'CLOCK HANGOVER	YESENIA GUTIERREZ	FUN 7	35/5
	2	MOTHER THRUSTERS	CF STUDIO CITY	FUN 8	35/5
	3	POPTARTS & POWER CLEANS	CF RIVERSIDE	FUN 9	35/5
	4	LAS CHINGONAS	DECODED CF	W INT 16	35/15
	5	WHISKEY TANGO FOXTROT	ATHLETIC UNITED PERRIS	W INT 17	35/15
	6	2 CLEANS & A JERK	CANYON CF	FUN - M1	35/15
	7	MAJABA	CF FONTANA	FUN - M2	35/15
	8	GO GO GATCHET SNATCH	CF LOS FELIZ	M INT 13	45/25
	9	KUNG FU PANDAS	LA PUENTE CF	M INT 14	45/25
	10	PANDEMIC	CF PANDEMIC	M INT 15	45/25
	11	S & G PUMPING	CF DECODED	M INT 12	45/25

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 5 9:12 AM	1	LIFTED, GIFTED, & TWISTED	CF LIFTED	FUN 10	35/5
	2	SWOLE SISTAS	CF AVIATOR	FUN 11	35/5
	3	BUNS-N-GUNS (RX)	CF AVIATOR/ COACHELLA VALLEY	W RX 1	35/25+5
	4	CARBIVORS	CF PERRIS	W RX 2	35/25+5
	5	SHIFTED LADIES	CF SFP	W RX 3	35/25+5
	6	HERE TO SLAY	CF STUDIO CITY	W RX 4	35/25+5
	7	PALM VALLEY GIRLS	PALM VALLEY CF	W RX 5	35/25+5
	8	HOLD MY BEER	CF FONTANA	M INT 17	45/25
	9	SHAQ MING & HART	CF SGV	M INT 18	45/25
	10	WOD SQUAD	LA PUENTE CF	M INT 19	45/25
	11	TRES CROSSFITEROS	FORCE 12 TRAINING	M INT 20	45/25

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 6 9:25 AM	1	WOD FATHERS	CF FONTANA	M RX 1	45/45
	2	LA PUENTE CF	LA PUENTE CF	M RX 2	45/45
	3	M.I.A.	RESOLUTION CF	M RX 3	45/45
	4	MIS TRES ANIMALES	FORCE 12 TRAINING	M RX 4	45/45
	5	SHIFTED HOMBRES	CF SFP	M RX 5	45/45
	6	CROSSFIT HUNZ	CF STRUCTURED	W RX 6	35/25+5
	7	SUSHI LOCO	OCEANSIDE CF	W RX 7	35/25+5
	8	NO DAD BOD	CF WOODLAND HILLS	M INT 21	45/25
	9	MACHO NACHOS	CF STUDIO CITY	M INT 22	45/25
	10	TEAM WOOOOO	CF AVIATOR	M INT 23	45/25
	11	TRES LECHES - DECODED	CF DECODED	M INT 24	45/25

E1

TRIPLE DECKER

11 MIN CAP

	LANE	TEAM	AFFILIATE	DIVISION	BB/WT
HEAT 7	1	TEAM CPC	CF STUDIO CITY/ DARK HORSE	M RX 6	45/45
	2	LEVEL 1 ELITE	LEVEL 1 ELITE	M RX 7	45/45
	3	TEAM FOOTHILL	CF FOOTHILL	M RX 8	45/45
9:38 AM	4	3 METCONEERS	CANYON CF	M RX 9	45/45
	5	PALM VALLEY CF	PALM VALLEY CF	M RX 10	45/45
	6	OPEN			
	7	THRUSTER? DON'T KNOW HER	CF WOODLAND HILLS	M INT 26	45/25
	8	BARBELLS & BROS	CF FONTANA	M INT 25	45/25
	9	THE LOST BOYS	CF AVIATOR	M INT 27	45/25
	10	HEART BREAKERS	CF DECODED	M INT 4	45/25
	11	STROLLIN THUNDER	CF STUDIO CITY	M INT 29	45/25

E3

FULL TILT

8 MIN CAP

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 1	1	BAR-BELLAS	CF FONTANA	FUN 1	15
	2	DECODED SWEAT ANGELS	CF DECODED	FUN 2	15
	3	POWERPUFF GIRLS	CF DECODED	W INT 1	25
10:10 AM	4	WILL LIFT FOR DONUTS	CF RIVERSIDE	W INT 2	25
	5	XANIAX	CF CROWN CITY	W INT 3	25
	6	BIG AL'S WRECKING CREW	CF LIFTED	W INT 4	25
	7	GRAB HER BY THE SNATCH	CF PANDEMIC	W INT 8	25
	8	MVA REDLINE	MODERN VIKING ATHLETICS	M INT 1	55
	9	ALRIGHT! ALRIGHT! ALRIGHT!	STUDIO CITY CF	M INT 2	55
	10	BWT	CF RIVERSIDE	M INT 3	55
	11	TRES LECHES - ARROW	ARROW CF	M INT 28	55

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 2	1	BUNS & GUNS	CF LIFTED	FUN 3	15
	2	CANT STOP THE CHALK	CF AVIATOR	FUN 4	15
	3	BAD MOMS	CF DECODED	W INT 6	25
10:20 AM	4	TRES TAQUITOS	CF DECODED	W INT 5	25
	5	TRES LECHES - LIFTED	CF LIFTED	W INT 7	25
	6	4:30 CHICAS	CHINO CF	W INT 9	25
	7	BEAST MODE THEN FEAST MODE	CF FONTANA	W INT 10	25
	8	CAFÉ CON LECHE	CF LIFTED	M INT 5	55
	9	BROS BEFORE ROWS	STUDIO CITY	M INT 6	55
	10	LOS GALLOS	UNAFFILIATED	M INT 7	55
	11	GRINGOS - 1	CF DECODED	M INT 8	55

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 3	1	DODGER BLUE GIRLS	CF FONTANA	FUN 5	15
	2	CLASSY SASSY & BAD-ASSY	CF DECODED	FUN 6	15
	3	PAN DULCE	CF DECODED	W INT 11	25
10:30 AM	4	3 Gs (GENERATIONS)	RESOLUTION CF	W INT 12	25
	5	SHRUG LIFE	CF WOODLAND HILLS	W INT 13	25
	6	SHUT UP WE'RE TRYING	LA PUENTE CF	W INT 14	25
	7	WRECKING CREW	CF LOS FELIZ	W INT 15	25
	8	TOP GUN	FORCE 12 TRAINING	M INT 9	55
	9	2 VIEGOS & A MARINE	CF LIFTED	M INT 10	55
	10	OGR (OLD GUYS RULE)	CF RIOT	M INT 11	55
	11	SCALED HEROS	CF STUDIO CITY	M INT 16	55

E3

FULL TILT

8 MIN CAP

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 4 10:40 AM	1	4 O'CLOCK HANGOVER	YESENIA GUTIERREZ	FUN 7	15
	2	MOTHER THRUSTERS	CF STUDIO CITY	FUN 8	15
	3	POPTARTS & POWER CLEANS	CF RIVERSIDE	FUN 9	15
	4	LAS CHINGONAS	DECODED CF	W INT 16	25
	5	WHISKEY TANGO FOXTROT	ATHLETIC UNITED PERRIS	W INT 17	25
	6	2 CLEANS & A JERK	CANYON CF	FUN - M1	25
	7	MAJABA	CF FONTANA	FUN - M2	25
	8	GO GO GATCHET SNATCH	CF LOS FELIZ	M INT 13	55
	9	KUNG FU PANDAS	LA PUENTE CF	M INT 14	55
	10	PANDEMIC	CF PANDEMIC	M INT 15	55
	11	S & G PUMPING	CF DECODED	M INT 12	55

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 5 10:50 AM	1	LIFTED, GIFTED, & TWISTED	CF LIFTED	FUN 10	15
	2	SWOLE SISTAS	CF AVIATOR	FUN 11	15
	3	BUNS-N-GUNS (RX)	CF AVIATOR/ COACHELLA VALLEY	W RX 1	25+15
	4	CARBIVORS	CF PERRIS	W RX 2	25+15
	5	SHIFTED LADIES	CF SFP	W RX 3	25+15
	6	HERE TO SLAY	CF STUDIO CITY	W RX 4	25+15
	7	PALM VALLEY GIRLS	PALM VALLEY CF	W RX 5	25+15
	8	HOLD MY BEER	CF FONTANA	M INT 17	55
	9	SHAQ MING & HART	CF SGV	M INT 18	55
	10	WOD SQUAD	LA PUENTE CF	M INT 19	55
	11	TRES CROSSFITEROS	FORCE 12 TRAINING	M INT 20	55

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 6 11:00 AM	1	WOD FATHERS	CF FONTANA	M RX 1	15+4(25)
	2	LA PUENTE CF	LA PUENTE CF	M RX 2	15+4(25)
	3	M.I.A.	RESOLUTION CF	M RX 3	15+4(25)
	4	MIS TRES ANIMALES	FORCE 12	M RX 4	15+4(25)
	5	SHIFTED HOMBRES	CF SFP	M RX 5	15+4(25)
	6	CROSSFIT HUNZ	CF STRUCTURED	W RX 6	25+15
	7	SUSHI LOCO	OCEANSIDE CF	W RX 7	25+15
	8	NO DAD BOD	CF WOODLAND HILLS	M INT	55
	9	MACHO NACHOS	CF STUDIO CITY	M INT	55
	10	TEAM WOOOOO	CF AVIATOR	M INT	55
	11	TRES LECHES - DECODED	CF DECODED	M INT	55

E3

FULL TILT

8 MIN CAP

	LANE	TEAM	AFFILIATE	DIVISION	
HEAT 7 11:10 AM	1	TEAM CPC	CF STUDIO CITY/ DARK HORSE	M RX 6	15+4(25)
	2	LEVEL 1 ELITE	LEVEL 1 ELITE	M RX 7	15+4(25)
	3	TEAM FOOTHILL	CF FOOTHILL	M RX 8	15+4(25)
	4	3 METCONEERS	CANYON CF	M RX 9	15+4(25)
	5	PALM VALLEY CF	PALM VALLEY CF	M RX 10	15+4(25)
	6	OPEN			
	7	THRUSTER? DON'T KNOW HER	CF WOODLAND HILLS	M INT 26	55
	8	BARBELLS & BROS	CF FONTANA	M INT 25	55
	9	THE LOST BOYS	CF AVIATOR	M INT 27	55
	10	HEART BREAKERS	CF DECODED	M INT 4	55
	11	STROLLIN THUNDER	CF STUDIO CITY	M INT 29	55

EVENT 4 - SPEED SQUAT CLEAN LADDER

3 MIN

HEAT 1 11:55 AM	LANE	TEAM	AFFILIATE	DIVISION
	1	BAR-BELLAS	CF FONTANA	FUN 1
	2	4 O'CLOCK HANGOVER	YESENIA GUTIERREZ	FUN 7
	3	BUNS & GUNS	CF LIFTED	FUN 3
	4	CANT STOP THE CHALK	CF AVIATOR	FUN 4

HEAT 2 12:00 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	DODGER BLUE GIRLS	CF FONTANA	FUN 5
	2	CLASSY SASSY & BAD-ASSY	CF DECODED	FUN 6
	3	LIFTED GIFTED & TWISTED	CF LIFTED	FUN 10
	4	MOTHER THRUSTERS	CF STUDIO CITY	FUN 8

HEAT 3 12:05 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	POPARTS & POWER CLEANS	CF RIVERSIDE	FUN 9
	2	DECODED SWEAT ANGELS	CF DECODED	FUN 2
	3	SWOLE SISTAS	CF AVIATOR	FUN 11
	4	MAJABA	CF FONTANA	FUN M1

HEAT 4 12:10 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	POWERPUFF GIRLS	CF DECODED	W INT 1
	2	WILL LIFT FOR DONUTS	CF RIVERSIDE	W INT 2
	3	XANIAX	CF CROWN CITY	W INT 3
	4	2 CLEANS & A JERK	CANYON CF	FUN M2

HEAT 5 12:15 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	BIG AL'S WRECKING CREW	CF LIFTED	W INT 4
	2	TRES TAQUITOS	CF DECODED	W INT 5
	3	GRAB HER BY THE SNATCH	CF PANDEMIC	W INT 8
	4	TRES LECHES - LIFTED	CF LIFTED	W INT 7

HEAT 6 12:20 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	BAD MOMS	CF DECODED	W INT 6
	2	3 Gs (GENERATIONS)	RESOLUTION CF	W INT 12
	3	WHISKEY TANGO FOXTROT	ATHLETIC UNITED PERRIS	W INT 17
	4	BEAST MODE THEN FEAST MODE	CF FONTANA	W INT 10

HEAT 7 12:25 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	PAN DULCE	CF DECODED	W INT 11
	2	SHRUG LIFE	CF WOODLAND HILLS	W INT 13
	3	SHUT UP WE'RE TRYING	LA PUENTE CF	W INT 14
	4	WRECKING CREW	CF LOS FELIZ	W INT 15

EVENT 4 - SPEED SQUAT CLEAN LADDER

3 MIN

HEAT 8 12:30 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	LAS CHINGONAS	DECODED CF	W INT 16
	2	4:30 CHICAS	CHINO CF	W INT 9
	3	SHIFTED LADIES	CF SFP	W RX 3
	4	HERE TO SLAY	CF STUDIO CITY	W RX 4

HEAT 9 12:35 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	BUNS-N-GUNS (RX)	CF AVIATOR/ COACHELLA VALLEY	W RX 1
	2	CARBIVORS	CF PERRIS	W RX 2
	3	PALM VALLEY GIRLS	PALM VALLEY CF	W RX 5
	4	SUSHI LOCO	OCEANSIDE CF	W RX 7

HEAT 10 12:40 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	CROSSFIT HUNZ	CF STRUCTURED	W RX 6
	2	WOD FATHERS	CF FONTANA	M RX 1
	3	LA PUENTE CF	LA PUENTE CF	M RX 2
	4	M.I.A.	RESOLUTION CF	M RX 3

HEAT 11 12:45 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	MIS TRES ANIMALES	FORCE 12	M RX 4
	2	SHIFTED HOMBRES	CF SFP	M RX 5
	3	TEAM CPC	CF STUDIO CITY/ DARK HORSE	M RX 6
	4	LEVEL 1 ELITE	LEVEL 1 ELITE	M RX 7

HEAT 12 12:50 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	TEAM FOOTHILL	CF FOOTHILL	M RX 8
	2	3 METCONEERS	CANYON CF	M RX 9
	3	PALM VALLEY CF	PALM VALLEY CF	M RX 10
	4	TRES LECHES - ARROW	ARROW CF	M INT 28

HEAT 13 1:00 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	MVA REDLINE	MODERN VIKING ATHLETICS	M INT 1
	2	ALRIGHT! ALRIGHT! ALRIGHT!	STUDIO CITY CF	M INT 2
	3	BWT	CF RIVERSIDE	M INT 3
	4	GRINGOS - 1	CF DECODED	M INT 8

HEAT 14 1:05 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	CAFÉ CON LECHE	CF LIFTED	M INT 5
	2	BROS BEFORE ROWS	STUDIO CITY	M INT 6
	3	LOS GALLOS	UNAFFILIATED	M INT 7
	4	S & G PUMPING	CF DECODED	M INT 12

EVENT 4 - SPEED SQUAT CLEAN LADDER

3 MIN

HEAT 15 1:10 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	TOP GUN	FORCE 12 TRAINING	M INT 9
	2	2 VIEGOS & A MARINE	CF LIFTED	M INT 10
	3	OGR (OLD GUYS RULE)	CF RIOT	M INT 11
	4	SCALED HEROS	CF STUDIO CITY	M INT 16

HEAT 16 1:15 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	NO DAD BOD	CF WOODLAND HILLS	M INT 21
	2	KUNG FU PANDAS	LA PUENTE CF	M INT 14
	3	PANDEMIC	CF PANDEMIC	M INT 15
	4	HEART BREAKERS	CF DECODED	M INT 4

HEAT 17 1:20 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	HOLD MY BEER	CF FONTANA	M INT 17
	2	MACHO NACHOS	CF STUDIO CITY	M INT 22
	3	WOD SQUAD	LA PUENTE CF	M INT 19
	4	TRES LECHES - DECODED	CF DECODED	M INT 24

HEAT 18 1:25 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	SHAQ MING & HART	CF SGV	M INT 18
	2	GO GO GATCHET SNATCH	CF LOS FELIZ	M INT 13
	3	TEAM WOOOOO	CF AVIATOR	M INT 23
	4	THRUSTER? DON'T KNOW HER	CF WOODLAND HILLS	M INT 26

HEAT 19 1:30 PM	LANE	TEAM	AFFILIATE	DIVISION
	1	TRES CROSSFITEROS	FORCE 12 TRAINING	M INT 20
	2	THE LOST BOYS	CF AVIATOR	M INT 27
	3	BARBELLS & BROS	CF FONTANA	M INT 25
	4	STROLLIN THUNDER	CF STUDIO CITY	M INT 29