

<b>Division</b>	<b>Hoist the Colors - Stage 1</b>	<b>Black Spot - Stage 2</b>	<b>Shipworm - Stage 2</b>	<b>Barrcuda - Stage 1</b>
Scaled Women Heat 1	9:33 AM	10:40 AM	2:42 PM	1:40 PM
Scaled Women Heat 2	9:51 AM	10:54 AM	3:00 PM	1:50 PM
35-44 Women Heat 1	10:09 AM	11:29 AM	3:18 PM	2:00 PM
34-44 Co-Ed Heat 1	10:27 AM	11:43 AM	3:36 PM	2:10 PM
34-44 Co-Ed Heat 2	10:45 AM	11:57 AM	3:54 PM	2:20 PM
45-54 Women Heat 1	11:03 AM	12:11 AM	4:12 PM	2:30 PM
45-54 Co-Ed Heat 1	11:03 AM	12:11 AM	4:12 PM	2:30 PM
Scaled Co-Ed Heat 1	11:21 AM	12:25 AM	4:30 PM	2:40 PM
Scaled Men Heat 1	11:39 AM	10:26 AM	2:24 PM	3:30 PM
Scaled Men Heat 2	11:57 AM	10:12 AM	2:06 PM	3:40 PM
55+ Men Heat 1	11:57 AM	10:12 AM	2:06 PM	3:40 PM
35-44 Men Heat 1	11:57 AM	10:12 AM	2:06 PM	3:40 PM
35-44 Men Heat 2	12:15 PM	9:58 AM	1:48 PM	3:50 PM
45-54 Men Heat 1	12:33 PM	9:44 AM	1:30 PM	4:00 PM

## Fittest of the Coast Workout - Hoist the Colors - Stage 1 (50' Lane)

Saturday, January 22, 2022

Time	Heat	Lane	Division	Team
9:33 AM	1	1	Scaled Women	Cleaning Crew
9:33 AM	1	2	Scaled Women	Double Mint Twins
9:33 AM	1	3	Scaled Women	Old Lady Gains
9:33 AM	1	4	Scaled Women	The WODdlers
9:33 AM	1	5	Scaled Women	Keeping the Pace
9:33 AM	1	6	Scaled Women	Team Whack
9:33 AM	1	7	Scaled Women	Hakuna MaSquata
9:33 AM	1	8	Scaled Women	Wod now wine later
9:33 AM	1	9		OPEN
9:33 AM	1	10		OPEN
Time	Heat	Lane	Division	Team
9:51 AM	2	1	Scaled Women	It's Fine, Everthing is Fine.
9:51 AM	2	2	Scaled Women	Deadlifts & Chill
9:51 AM	2	3	Scaled Women	Small But Mighty
9:51 AM	2	4	Scaled Women	TWINNERS
9:51 AM	2	5	Scaled Women	Another Night at the Bar
9:51 AM	2	6	Scaled Women	The double wonders
9:51 AM	2	7		OPEN
9:51 AM	2	8		OPEN
9:51 AM	2	9		OPEN
9:51 AM	2	10		OPEN
Time	Heat	Lane	Division	Team
10:09 AM	3	1	35-44 Women	JCMastersFit
10:09 AM	3	2	35-44 Women	Golden Girls
10:09 AM	3	3	35-44 Women	CrossFit 843
10:09 AM	3	4	35-44 Women	Berkshire Bandits
10:09 AM	3	5	35-44 Women	Jessica Kennedy
10:09 AM	3	6	35-44 Women	Icy Hot Mommas

10:09 AM	3	7	35-44 Women	You can do it put your back into it
10:09 AM	3	8	35-44 Women	Brunettes Have More Guns
10:09 AM	3	9		OPEN
10:09 AM	3	10		OPEN
Time	Heat	Lane	Division	Team
10:27 AM	4	1	35-44 Co-Ed	Beauty Before Age
10:27 AM	4	2	35-44 Co-Ed	Inappropriate in the morning
10:27 AM	4	3	35-44 Co-Ed	Rest Bench
10:27 AM	4	4	35-44 Co-Ed	First to the Fight
10:27 AM	4	5	35-44 Co-Ed	Excuse My Friend, He's a Little Slow
10:27 AM	4	6	35-44 Co-Ed	Swole Sisters
10:27 AM	4	7	35-44 Co-Ed	Waccamaw MALL!
10:27 AM	4	8	35-44 Co-Ed	I understand
10:27 AM	4	9	35-44 Co-Ed	My wife is better than yours
10:27 AM	4	10		OPEN
Time	Heat	Lane	Division	Team
10:45 AM	5	1	35-44 Co-Ed	AshTrey
10:45 AM	5	2	35-44 Co-Ed	Kentucky Fried Tacos
10:45 AM	5	3	35-44 Co-Ed	Bodyweight All Day
10:45 AM	5	4	35-44 Co-Ed	The Bald and The Beautiful
10:45 AM	5	5	35-44 Co-Ed	DeMarcos
10:45 AM	5	6	35-44 Co-Ed	Legends
10:45 AM	5	7	35-44 Co-Ed	Flex Appeal
10:45 AM	5	8	35-44 Co-Ed	Rise and Grind
10:45 AM	5	9	35-44 Co-Ed	Mister and Lady
10:45 AM	5	10	35-44 Co-Ed	Open
Time	Heat	Lane	Division	Team
*Mixed Heat*				
11:03 AM	6	1	45-54 Women	AARX
11:03 AM	6	2	45-54 Women	Goblet and Styrofoam
11:03 AM	6	3	45-54 Women	Off Our Rockers

11:03 AM	6	4	45-54 Women	Hot Flashes
11:03 AM	6	5	45-54 Women	Probably Gonna Walk
11:03 AM	6	6	45-54 Women	Demented Dumbbells
11:03 AM	6	7		OPEN
11:03 AM	6	8	45-54 Co-Ed	Built By Wine
11:03 AM	6	9	45-54 Co-Ed	This is BS
11:03 AM	6	10		
Time	Heat	Lane	Division	Team
11:21 AM	7	1	Scaled Co-Ed	Booty and the Beard
11:21 AM	7	2	Scaled Co-Ed	Young and the Restless
11:21 AM	7	3	Scaled Co-Ed	Blackwell
11:21 AM	7	4	Scaled Co-Ed	The Gladeaters
11:21 AM	7	5	Scaled Co-Ed	Andrew Bishop
11:21 AM	7	6	Scaled Co-Ed	Mid-Leg Crisis
11:21 AM	7	7	Scaled Co-Ed	Carlisle Carter
11:21 AM	7	8	Scaled Co-Ed	PB & Double J
11:21 AM	7	9	Scaled Co-Ed	TNT
11:21 AM	7	10	Scaled Co-Ed	The Hermanos
Time	Heat	Lane	Division	Team
11:39 AM	8	1	Scaled Men	Pants Off Dance Off
11:39 AM	8	2	Scaled Men	We Aren't Weeks
11:39 AM	8	3	Scaled Men	Upper Body
11:39 AM	8	4	Scaled Men	Xfit Underground
11:39 AM	8	5	Scaled Men	GregP&RyanC
11:39 AM	8	6	Scaled Men	In WOD We Trust
11:39 AM	8	7	Scaled Men	Cirque de Sore Legs
11:39 AM	8	8	Scaled Men	Straight Outta Breath
11:39 AM	8	9	Scaled Men	Ghost Riders
11:39 AM	8	10	Scaled Men	Scarecrow
Time	Heat	Lane	Division	Team
<b>*Mixed Heat*</b>				

11:57 AM	9	1	Scaled Men	Chalk Me Daddy
11:57 AM	9	2		OPEN
11:57 AM	9	3	55+ Men	The Man, No Myths, & The Legend
11:57 AM	9	4	55+ Men	CFNC
11:57 AM	9	5	55+ Men	Old Towne Beaufort
11:57 AM	9	6	55+ Men	DocNScrub
11:57 AM	9	7	35-44 Men	QFE Day Ones
11:57 AM	9	8	35-44 Men	Guns and Buns
11:57 AM	9	9	35-44 Men	B Squad
11:57 AM	9	10	35-44 Men	QFE Masters
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
12:15 PM	10	1	35-44 Men	Team Xtreme
12:15 PM	10	2	35-44 Men	The Banana Stand
12:15 PM	10	3	35-44 Men	CrossFit 843
12:15 PM	10	4	35-44 Men	The Thigh Masters
12:15 PM	10	5	35-44 Men	Garage Gym Heros
12:15 PM	10	6	35-44 Men	David and Goliath
12:15 PM	10	7	35-44 Men	Shake 'n Bake
12:15 PM	10	8	35-44 Men	Sandbagging sons of beaches
12:15 PM	10	9	35-44 Men	Mike & Noa
12:15 PM	10	10	35-44 Men	Patrick and Mahomes
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
12:33 PM	11	1	45-54 Men	CFNC Middle Age Express
12:33 PM	11	2	45-54 Men	JJ DyeNoMight
12:33 PM	11	3	45-54 Men	Half Century
12:33 PM	11	4	45-54 Men	Fitter than Most
12:33 PM	11	5	45-54 Men	Upstate Infiltration
12:33 PM	11	6	45-54 Men	Bald & the Beautiful
12:33 PM	11	7	45-54 Men	Rusty Thrusters
12:33 PM	11	8	45-54 Men	C&M Garage
12:33 PM	11	9	45-54 Men	Lowcountry Boys

12:33 PM	11	10		OPEN
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<b>Fittest of the Coast Workout - Black Spot - Stage 2 (25' Lane)</b>				
<i>Saturday, January 22, 2022</i>				
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
9:44 AM	1	1	45-54 Men	CFNC Middle Age Express
9:44 AM	1	2	45-54 Men	JJ DyeNoMight
9:44 AM	1	3	45-54 Men	Half Century
9:44 AM	1	4	45-54 Men	Fitter than Most
9:44 AM	1	5	45-54 Men	Upstate Infiltration
9:44 AM	1	6	45-54 Men	Bald & the Beautiful
9:44 AM	1	7	45-54 Men	Rusty Thrusters
9:44 AM	1	8	45-54 Men	C&M Garage
9:44 AM	1	9	45-54 Men	Lowcountry Boys
9:44 AM	1	10		OPEN
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
9:58 AM	2	1	35-44 Men	Team Xtreme
9:58 AM	2	2	35-44 Men	The Banana Stand
9:58 AM	2	3	35-44 Men	CrossFit 843
9:58 AM	2	4	35-44 Men	The Thigh Masters
9:58 AM	2	5	35-44 Men	Garage Gym Heros
9:58 AM	2	6	35-44 Men	David and Goliath
9:58 AM	2	7	35-44 Men	Shake 'n Bake
9:58 AM	2	8	35-44 Men	Sandbagging sons of beaches
9:58 AM	2	9	35-44 Men	Mike & Noa
9:58 AM	2	10	35-44 Men	Patrick and Mahomes
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
<b>*Mixed Heat*</b>				
10:12 AM	3	1	Scaled Men	Chalk Me Daddy
10:12 AM	3	2		OPEN
10:12 AM	3	3	55+ Men	The Man, No Myths, & The Legend
10:12 AM	3	4	55+ Men	CFNC
10:12 AM	3	5	55+ Men	Old Towne Beaufort

10:12 AM	3	6	55+ Men	DocNScrub	
10:12 AM	3	7	35-44 Men	QFE Day Ones	
10:12 AM	3	8	35-44 Men	Guns and Buns	
10:12 AM	3	9	35-44 Men	B Squad	
10:12 AM	3	10	35-44 Men	QFE Masters	
Time	Heat	Lane	Division	Team	
10:26 AM	4	1	Scaled Men	Pants Off Dance Off	
10:26 AM	4	2	Scaled Men	We Aren't Weeks	
10:26 AM	4	3	Scaled Men	Upper Body	
10:26 AM	4	4	Scaled Men	Xfit Underground	
10:26 AM	4	5	Scaled Men	GregP&RyanC	
10:26 AM	4	6	Scaled Men	In WOD We Trust	
10:26 AM	4	7	Scaled Men	Cirque de Sore Legs	
10:26 AM	4	8	Scaled Men	Straight Outta Breath	
10:26 AM	4	9	Scaled Men	Ghost Riders	
10:26 AM	4	10	Scaled Men	Scarecrow	
Time	Heat	Lane	Division	Team	
10:40 AM	5	1	Scaled Women	Cleaning Crew	
10:40 AM	5	2	Scaled Women	Double Mint Twins	
10:40 AM	5	3	Scaled Women	Old Lady Gains	
10:40 AM	5	4	Scaled Women	The WODdlers	
10:40 AM	5	5	Scaled Women	Keeping the Pace	
10:40 AM	5	6	Scaled Women	Team Whack	
10:40 AM	5	7	Scaled Women	Hakuna MaSquata	
10:40 AM	5	8	Scaled Women	Wod now wine later	
10:40 AM	5	9		OPEN	
10:40 AM	5	10		OPEN	
Time	Heat	Lane	Division	Team	
10:54 AM	6	1	Scaled Women	It's Fine, Everthing is Fine.	
10:54 AM	6	2	Scaled Women	Deadlifts & Chill	
10:54 AM	6	3	Scaled Women	Small But Mighty	

10:54 AM	6	4	Scaled Women	TWINNERS	
10:54 AM	6	5	Scaled Women	Another Night at the Bar	
10:54 AM	6	6	Scaled Women	The double wonders	
10:54 AM	6	7		OPEN	
10:54 AM	6	8		OPEN	
10:54 AM	6	9		OPEN	
10:54 AM	6	10		OPEN	
Time	Heat	Lane	Division	Team	
11:29 AM	7	1	35-44 Women	JCMastersFit	
11:29 AM	7	2	35-44 Women	Golden Girls	
11:29 AM	7	3	35-44 Women	CrossFit 843	
11:29 AM	7	4	35-44 Women	Berkshire Bandits	
11:29 AM	7	5	35-44 Women	Jessica Kennedy	
11:29 AM	7	6	35-44 Women	Icy Hot Mommas	
11:29 AM	7	7	35-44 Women	You can do it put your back into it	
11:29 AM	7	8	35-44 Women	Brunettes Have More Guns	
11:29 AM	7	9		OPEN	
11:29 AM	7	10		OPEN	
Time	Heat	Lane	Division	Team	
11:43 AM	8	1	35-44 Co-Ed	Beauty Before Age	
11:43 AM	8	2	35-44 Co-Ed	Inappropriate in the morning	
11:43 AM	8	3	35-44 Co-Ed	Rest Bench	
11:43 AM	8	4	35-44 Co-Ed	First to the Fight	
11:43 AM	8	5	35-44 Co-Ed	Excuse My Friend, He's a Little Slow	
11:43 AM	8	6	35-44 Co-Ed	Swole Sisters	
11:43 AM	8	7	35-44 Co-Ed	Waccamaw MALL!	
11:43 AM	8	8	35-44 Co-Ed	I understand	
11:43 AM	8	9	35-44 Co-Ed	My wife is better than yours	
11:43 AM	8	10	35-44 Co-Ed	OPEN	
Time	Heat	Lane	Division	Team	
11:57 AM	9	1	35-44 Co-Ed	AshTrey	

11:57 AM	9	2	35-44 Co-Ed	Kentucky Fried Tacos	
11:57 AM	9	3	35-44 Co-Ed	Bodyweight All Day	
11:57 AM	9	4	35-44 Co-Ed	The Bald and The Beautiful	
11:57 AM	9	5	35-44 Co-Ed	DeMarcos	
11:57 AM	9	6	35-44 Co-Ed	Legends	
11:57 AM	9	7	35-44 Co-Ed	Flex Appeal	
11:57 AM	9	8	35-44 Co-Ed	Rise and Grind	
11:57 AM	9	9	35-44 Co-Ed	Mister and Lady	
11:57 AM	9	10	35-44 Co-Ed	Open	
Time	Heat	Lane	Division	Team	
*Mixed Heat*					
12:11 PM	10	1	45-54 Women	AARX	
12:11 PM	10	2	45-54 Women	Goblet and Styrofoam	
12:11 PM	10	3	45-54 Women	Off Our Rockers	
12:11 PM	10	4	45-54 Women	Hot Flashes	
12:11 PM	10	5	45-54 Women	Probably Gonna Walk	
12:11 PM	10	6	45-54 Women	Demented Dumbbells	
12:11 PM	10	7		OPEN	
12:11 PM	10	8	45-54 Co-Ed	Built By Wine	
12:11 PM	10	9	45-54 Co-Ed	This is BS	
12:11 PM	10	10			
Time	Heat	Lane	Division	Team	
12:25 PM	11	1	Scaled Co-Ed	Booty and the Beard	
12:25 PM	11	2	Scaled Co-Ed	Young and the Restless	
12:25 PM	11	3	Scaled Co-Ed	Blackwell	
12:25 PM	11	4	Scaled Co-Ed	The Gladeaters	
12:25 PM	11	5	Scaled Co-Ed	Andrew Bishop	
12:25 PM	11	6	Scaled Co-Ed	Mid-Leg Crisis	
12:25 PM	11	7	Scaled Co-Ed	Carlisle Carter	
12:25 PM	11	8	Scaled Co-Ed	PB & Double J	
12:25 PM	11	9	Scaled Co-Ed	TNT	

12:25 PM	11	10	Scaled Co-Ed	The Hermanos	
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<b>Fittest of the Coast Workout - Shipworm - Stage 2 (25' Lane)</b>				
<i>Saturday, January 22, 2022</i>				
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
1:30 PM	1	1	45-54 Men	CFNC Middle Age Express
1:30 PM	1	2	45-54 Men	JJ DyeNoMight
1:30 PM	1	3	45-54 Men	Half Century
1:30 PM	1	4	45-54 Men	Fitter than Most
1:30 PM	1	5	45-54 Men	Upstate Infiltration
1:30 PM	1	6	45-54 Men	Bald & the Beautiful
1:30 PM	1	7	45-54 Men	Rusty Thrusters
1:30 PM	1	8	45-54 Men	C&M Garage
1:30 PM	1	9	45-54 Men	Lowcountry Boys
1:30 PM	1	10		OPEN
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
1:48 PM	2	1	35-44 Men	Team Xtreme
1:48 PM	2	2	35-44 Men	The Banana Stand
1:48 PM	2	3	35-44 Men	CrossFit 843
1:48 PM	2	4	35-44 Men	The Thigh Masters
1:48 PM	2	5	35-44 Men	Garage Gym Heros
1:48 PM	2	6	35-44 Men	David and Goliath
1:48 PM	2	7	35-44 Men	Shake 'n Bake
1:48 PM	2	8	35-44 Men	Sandbagging sons of beaches
1:48 PM	2	9	35-44 Men	Mike & Noa
1:48 PM	2	10	35-44 Men	Patrick and Mahomes
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
<b>*Mixed Heat*</b>				
2:06 PM	3	1	Scaled Men	Chalk Me Daddy
2:06 PM	3	2		OPEN
2:06 PM	3	3	55+ Men	The Man, No Myths, & The Legend
2:06 PM	3	4	55+ Men	CFNC
2:06 PM	3	5	55+ Men	Old Towne Beaufort

2:06 PM	3	6	55+ Men	DocNScrub	
2:06 PM	3	7	35-44 Men	QFE Day Ones	
2:06 PM	3	8	35-44 Men	Guns and Buns	
2:06 PM	3	9	35-44 Men	B Squad	
2:06 PM	3	10	35-44 Men	QFE Masters	
Time	Heat	Lane	Division	Team	
2:24 PM	4	1	Scaled Men	Pants Off Dance Off	
2:24 PM	4	2	Scaled Men	We Aren't Weeks	
2:24 PM	4	3	Scaled Men	Upper Body	
2:24 PM	4	4	Scaled Men	Xfit Underground	
2:24 PM	4	5	Scaled Men	GregP&RyanC	
2:24 PM	4	6	Scaled Men	In WOD We Trust	
2:24 PM	4	7	Scaled Men	Cirque de Sore Legs	
2:24 PM	4	8	Scaled Men	Straight Outta Breath	
2:24 PM	4	9	Scaled Men	Ghost Riders	
2:24 PM	4	10	Scaled Men	Scarecrow	
Time	Heat	Lane	Division	Team	
2:42 PM	5	1	Scaled Women	Cleaning Crew	
2:42 PM	5	2	Scaled Women	Double Mint Twins	
2:42 PM	5	3	Scaled Women	Old Lady Gains	
2:42 PM	5	4	Scaled Women	The WODdlers	
2:42 PM	5	5	Scaled Women	Keeping the Pace	
2:42 PM	5	6	Scaled Women	Team Whack	
2:42 PM	5	7	Scaled Women	Hakuna MaSquata	
2:42 PM	5	8	Scaled Women	Wod now wine later	
2:42 PM	5	9		OPEN	
2:42 PM	5	10		OPEN	
Time	Heat	Lane	Division	Team	
3:00 PM	6	1	Scaled Women	It's Fine, Everthing is Fine.	
3:00 PM	6	2	Scaled Women	Deadlifts & Chill	
3:00 PM	6	3	Scaled Women	Small But Mighty	

3:00 PM	6	4	Scaled Women	TWINNERS	
3:00 PM	6	5	Scaled Women	Another Night at the Bar	
3:00 PM	6	6	Scaled Women	The double wonders	
3:00 PM	6	7		OPEN	
3:00 PM	6	8		OPEN	
3:00 PM	6	9		OPEN	
3:00 PM	6	10		OPEN	
Time	Heat	Lane	Division	Team	
3:18 PM	7	1	35-44 Women	JCMastersFit	
3:18 PM	7	2	35-44 Women	Golden Girls	
3:18 PM	7	3	35-44 Women	CrossFit 843	
3:18 PM	7	4	35-44 Women	Berkshire Bandits	
3:18 PM	7	5	35-44 Women	Jessica Kennedy	
3:18 PM	7	6	35-44 Women	Icy Hot Mommas	
3:18 PM	7	7	35-44 Women	You can do it put your back into it	
3:18 PM	7	8	35-44 Women	Brunettes Have More Guns	
3:18 PM	7	9		OPEN	
3:18 PM	7	10		OPEN	
Time	Heat	Lane	Division	Team	
3:36 PM	8	1	35-44 Co-Ed	Beauty Before Age	
3:36 PM	8	2	35-44 Co-Ed	Inappropriate in the morning	
3:36 PM	8	3	35-44 Co-Ed	Rest Bench	
3:36 PM	8	4	35-44 Co-Ed	First to the Fight	
3:36 PM	8	5	35-44 Co-Ed	Excuse My Friend, He's a Little Slow	
3:36 PM	8	6	35-44 Co-Ed	Swole Sisters	
3:36 PM	8	7	35-44 Co-Ed	Waccamaw MALL!	
3:36 PM	8	8	35-44 Co-Ed	I understand	
3:36 PM	8	9	35-44 Co-Ed	My wife is better than yours	
3:36 PM	8	10		Open	
Time	Heat	Lane	Division	Team	
3:54 PM	9	1	35-44 Co-Ed	AshTrey	

3:54 PM	9	2	35-44 Co-Ed	Kentucky Fried Tacos	
3:54 PM	9	3	35-44 Co-Ed	Bodyweight All Day	
3:54 PM	9	4	35-44 Co-Ed	The Bald and The Beautiful	
3:54 PM	9	5	35-44 Co-Ed	DeMarcos	
3:54 PM	9	6	35-44 Co-Ed	Legends	
3:54 PM	9	7	35-44 Co-Ed	Flex Appeal	
3:54 PM	9	8	35-44 Co-Ed	Rise and Grind	
3:54 PM	9	9	35-44 Co-Ed	Mister and Lady	
3:54 PM	9	10	35-44 Co-Ed	Open	
Time	Heat	Lane	Division	Team	
*Mixed Heat*					
4:12 PM	10	1	45-54 Women	AARX	
4:12 PM	10	2	45-54 Women	Goblet and Styrofoam	
4:12 PM	10	3	45-54 Women	Off Our Rockers	
4:12 PM	10	4	45-54 Women	Hot Flashes	
4:12 PM	10	5	45-54 Women	Probably Gonna Walk	
4:12 PM	10	6	45-54 Women	Demented Dumbbells	
4:12 PM	10	7		OPEN	
4:12 PM	10	8	45-54 Co-Ed	Built By Wine	
4:12 PM	10	9	45-54 Co-Ed	This is BS	
4:12 PM	10	10			
Time	Heat	Lane	Division	Team	
4:30 PM	11	1	Scaled Co-Ed	Booty and the Beard	
4:30 PM	11	2	Scaled Co-Ed	Young and the Restless	
4:30 PM	11	3	Scaled Co-Ed	Blackwell	
4:30 PM	11	4	Scaled Co-Ed	The Gladeaters	
4:30 PM	11	5	Scaled Co-Ed	Andrew Bishop	
4:30 PM	11	6	Scaled Co-Ed	Mid-Leg Crisis	
4:30 PM	11	7	Scaled Co-Ed	Carlisle Carter	
4:30 PM	11	8	Scaled Co-Ed	PB & Double J	
4:30 PM	11	9	Scaled Co-Ed	TNT	

4:30 PM	11	10	Scaled Co-Ed	The Hermanos	
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## Fittest of the Coast Workout - Barrcuda - Stage 1 (50' Lane)

Saturday, January 22, 2022

Time	Heat	Lane	Division	Team
1:40 PM	1	1	Scaled Women	Cleaning Crew
1:40 PM	1	2	Scaled Women	Double Mint Twins
1:40 PM	1	3	Scaled Women	Old Lady Gains
1:40 PM	1	4	Scaled Women	The WODdlers
1:40 PM	1	5	Scaled Women	Keeping the Pace
1:40 PM	1	6	Scaled Women	Team Whack
1:40 PM	1	7	Scaled Women	Hakuna MaSquata
1:40 PM	1	8	Scaled Women	Wod now wine later
1:40 PM	1	9		OPEN
1:40 PM	1	10		OPEN
Time	Heat	Lane	Division	Team
1:50 PM	2	1	Scaled Women	It's Fine, Everthing is Fine.
1:50 PM	2	2	Scaled Women	Deadlifts & Chill
1:50 PM	2	3	Scaled Women	Small But Mighty
1:50 PM	2	4	Scaled Women	TWINNERS
1:50 PM	2	5	Scaled Women	Another Night at the Bar
1:50 PM	2	6	Scaled Women	The double wonders
1:50 PM	2	7		OPEN
1:50 PM	2	8		OPEN
1:50 PM	2	9		OPEN
1:50 PM	2	10		OPEN
Time	Heat	Lane	Division	Team
2:00 PM	3	1	35-44 Women	JCMastersFit
2:00 PM	3	2	35-44 Women	Golden Girls
2:00 PM	3	3	35-44 Women	CrossFit 843
2:00 PM	3	4	35-44 Women	Berkshire Bandits
2:00 PM	3	5	35-44 Women	Jessica Kennedy
2:00 PM	3	6	35-44 Women	Icy Hot Mommas

2:00 PM	3	7	35-44 Women	You can do it put your back into it
2:00 PM	3	8	35-44 Women	Brunettes Have More Guns
2:00 PM	3	9		OPEN
2:00 PM	3	10		OPEN
Time	Heat	Lane	Division	Team
2:10 PM	4	1	35-44 Co-Ed	Beauty Before Age
2:10 PM	4	2	35-44 Co-Ed	Inappropriate in the morning
2:10 PM	4	3	35-44 Co-Ed	Rest Bench
2:10 PM	4	4	35-44 Co-Ed	First to the Fight
2:10 PM	4	5	35-44 Co-Ed	Excuse My Friend, He's a Little Slow
2:10 PM	4	6	35-44 Co-Ed	Swole Sisters
2:10 PM	4	7	35-44 Co-Ed	Waccamaw MALL!
2:10 PM	4	8	35-44 Co-Ed	I understand
2:10 PM	4	9	35-44 Co-Ed	My wife is better than yours
2:10 PM	4	10		Open
Time	Heat	Lane	Division	Team
2:20 PM	5	1	35-44 Co-Ed	AshTrey
2:20 PM	5	2	35-44 Co-Ed	Kentucky Fried Tacos
2:20 PM	5	3	35-44 Co-Ed	Bodyweight All Day
2:20 PM	5	4	35-44 Co-Ed	The Bald and The Beautiful
2:20 PM	5	5	35-44 Co-Ed	DeMarcos
2:20 PM	5	6	35-44 Co-Ed	Legends
2:20 PM	5	7	35-44 Co-Ed	Flex Appeal
2:20 PM	5	8	35-44 Co-Ed	Rise and Grind
2:20 PM	5	9	35-44 Co-Ed	Mister and Lady
2:20 PM	5	10		Open
Time	Heat	Lane	Division	Team
*Mixed Heat*				
2:30 PM	6	1	45-54 Women	AARX
2:30 PM	6	2	45-54 Women	Goblet and Styrofoam
2:30 PM	6	3	45-54 Women	Off Our Rockers

2:30 PM	6	4	45-54 Women	Hot Flashes
2:30 PM	6	5	45-54 Women	Probably Gonna Walk
2:30 PM	6	6	45-54 Women	Demented Dumbbells
2:30 PM	6	7		OPEN
2:30 PM	6	8	45-54 Co-Ed	Built By Wine
2:30 PM	6	9	45-54 Co-Ed	This is BS
2:30 PM	6	10		
Time	Heat	Lane	Division	Team
2:40 PM	7	1	Scaled Co-Ed	Booty and the Beard
2:40 PM	7	2	Scaled Co-Ed	Young and the Restless
2:40 PM	7	3	Scaled Co-Ed	Blackwell
2:40 PM	7	4	Scaled Co-Ed	The Gladeaters
2:40 PM	7	5	Scaled Co-Ed	Andrew Bishop
2:40 PM	7	6	Scaled Co-Ed	Mid-Leg Crisis
2:40 PM	7	7	Scaled Co-Ed	Carlisle Carter
2:40 PM	7	8	Scaled Co-Ed	PB & Double J
2:40 PM	7	9	Scaled Co-Ed	TNT
2:40 PM	7	10	Scaled Co-Ed	The Hermanos
Time	Heat	Lane	Division	Team
3:30 PM	8	1	Scaled Men	Pants Off Dance Off
3:30 PM	8	2	Scaled Men	We Aren't Weeks
3:30 PM	8	3	Scaled Men	Upper Body
3:30 PM	8	4	Scaled Men	Xfit Underground
3:30 PM	8	5	Scaled Men	GregP&RyanC
3:30 PM	8	6	Scaled Men	In WOD We Trust
3:30 PM	8	7	Scaled Men	Cirque de Sore Legs
3:30 PM	8	8	Scaled Men	Straight Outta Breath
3:30 PM	8	9	Scaled Men	Ghost Riders
3:30 PM	8	10	Scaled Men	Scarecrow
Time	Heat	Lane	Division	Team
<b>*Mixed Heat*</b>				

3:40 PM	9	1	Scaled Men	Chalk Me Daddy
3:40 PM	9	2		OPEN
3:40 PM	9	3	55+ Men	The Man, No Myths, & The Legend
3:40 PM	9	4	55+ Men	CFNC
3:40 PM	9	5	55+ Men	Old Towne Beaufort
3:40 PM	9	6	55+ Men	DocNScrub
3:40 PM	9	7	35-44 Men	QFE Day Ones
3:40 PM	9	8	35-44 Men	Guns and Buns
3:40 PM	9	9	35-44 Men	B Squad
3:40 PM	9	10	35-44 Men	QFE Masters
Time	Heat	Lane	Division	Team
3:50 PM	10	1	35-44 Men	Team Xtreme
3:50 PM	10	2	35-44 Men	The Banana Stand
3:50 PM	10	3	35-44 Men	CrossFit 843
3:50 PM	10	4	35-44 Men	The Thigh Masters
3:50 PM	10	5	35-44 Men	Garage Gym Heros
3:50 PM	10	6	35-44 Men	David and Goliath
3:50 PM	10	7	35-44 Men	Shake 'n Bake
3:50 PM	10	8	35-44 Men	Sandbagging sons of beaches
3:50 PM	10	9	35-44 Men	Mike & Noa
3:50 PM	10	10	35-44 Men	Patrick and Mahomes
Time	Heat	Lane	Division	Team
4:00 PM	11	1	45-54 Men	CFNC Middle Age Express
4:00 PM	11	2	45-54 Men	JJ DyeNoMight
4:00 PM	11	3	45-54 Men	Half Century
4:00 PM	11	4	45-54 Men	Fitter than Most
4:00 PM	11	5	45-54 Men	Upstate Infiltration
4:00 PM	11	6	45-54 Men	Bald & the Beautiful
4:00 PM	11	7	45-54 Men	Rusty Thrusters
4:00 PM	11	8	45-54 Men	C&M Garage
4:00 PM	11	9	45-54 Men	Lowcountry Boys

4:00 PM	11	10		OPEN
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