

<b>SUNDAY</b>				
<b>Division</b>	<b>Black Spot - Stage 2 (Sunday)</b>	<b>Shipworm - Stage 2</b>	<b>Barrcuda - Stage 1</b>	<b>Hoist the Colors - Stage 1</b>
RX Women Heat 1		10:21 AM	8:45 AM	12:10 PM
RX Women Heat 2		10:39 AM	8:54 AM	12:28 PM
Int Women Heat 1	2:00 PM	11:33 AM	9:03 AM	3:28 PM
Int Women Heat 2	2:15 PM	11:51 AM	9:12 AM	3:46 PM
Int Co-Ed Heat 1	1:30 PM	10:57 AM	9:21 AM	2:52 PM
Int Co-Ed Heat 2	1:45 PM	11:15 AM	9:30 AM	3:10 PM
RX Co-Ed Heat 1		9:45 AM	11:00 AM	12:46 PM
RX Co-Ed Heat 2		10:03 AM	11:10 AM	1:04 PM
RX Men Heat 1		9:09 AM	10:30 PM	1:22 PM
RX Men Heat 2		9:27 AM	10:40 PM	1:40 PM
Int Men Heat 1	12:45 PM	8:15 AM	10:00 AM	1:58 PM
Int Men Heat 2	1:00 PM	8:33 AM	10:10 AM	2:16 PM
Int Men Heat 3	1:15 PM	8:51 AM	10:20 AM	2:34 PM
<b>SATURDAY NIGHT</b>				
<b>Division</b>	<b>Black Spot - Stage 2 (Sunday)</b>			
RX Women Heat 1	6:00 PM			
RX Women Heat 2	6:20 PM			
RX CoEd Heat 1	6:40 PM			
RX CoEd Heat 2	7:00 PM			
RX Men Heat 1	7:20 PM			
RX Men Heat 2	7:40 PM			

## Fittest of the Coast Workout - Black Spot - Stage 1 (50' Lane)

*Saturday, January 22, 2022*

Time	Heat	Lane	Division	Team
6:00 PM	1	1	RX Women	Gin and Tonic
6:00 PM	1	2	RX Women	Katrin and Amanda
6:00 PM	1	3	RX Women	The Valkyries
6:00 PM	1	4	RX Women	Beast Mode Mood
6:00 PM	1	5	RX Women	Moma's Spaghetti
6:00 PM	1	6	RX Women	CFOR Red
6:00 PM	1	7	RX Women	AM REUNITED
6:00 PM	1	8	RX Women	Is Butter a Carb?
6:00 PM	1	9		OPEN
6:00 PM	1	10		OPEN
Time	Heat	Lane	Division	Team
6:20 PM	2	1	RX Women	Sweet and Sassy
6:20 PM	2	2	RX Women	919 Spine Swammers
6:20 PM	2	3	RX Women	SHOOFLY
6:20 PM	2	4	RX Women	Blackwolfe Athletica
6:20 PM	2	5	RX Women	Cristian and Steph
6:20 PM	2	6	RX Women	We agreed to this while drinking
6:20 PM	2	7	RX Women	She Unit
6:20 PM	2	8	RX Women	The Gold Standard
6:20 PM	2	9		OPEN
6:20 PM	2	10		OPEN
Time	Heat	Lane	Division	Team
6:40 PM	3	1	RX Co-Ed	You don't know me
6:40 PM	3	2	RX Co-Ed	Sky's out Thighs Out
6:40 PM	3	3	RX Co-Ed	Hustle and Muscle
6:40 PM	3	4	RX Co-Ed	Engine and The Tank
6:40 PM	3	5	RX Co-Ed	CFOR Black
6:40 PM	3	6	RX Co-Ed	Powered by Chipotle

6:40 PM	3	7	RX Co-Ed	The Weight's Lifted
6:40 PM	3	8	RX Co-Ed	Wicked Washed Up
6:40 PM	3	9	RX Co-Ed	The Powerbuff Girls
6:40 PM	3	10	RX Co-Ed	SIZE Systems
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
7:00 PM	4	1	RX Co-Ed	Mo & T James
7:00 PM	4	2	RX Co-Ed	Faith in Motion
7:00 PM	4	3	RX Co-Ed	Lowcountry Strength
7:00 PM	4	4	RX Co-Ed	Wild South
7:00 PM	4	5	RX Co-Ed	Meep & Merp
7:00 PM	4	6	RX Co-Ed	BigBeefyBois
7:00 PM	4	7	RX Co-Ed	336 CrossFit
7:00 PM	4	8	RX Co-Ed	Beastmode Baddies
7:00 PM	4	9	RX Co-Ed	Mint Thrill
7:00 PM	4	10	RX Co-Ed	Broken Brakes
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
7:20 PM	5	1	RX Men	Prestige Worldwide
7:20 PM	5	2	RX Men	Fit Like Nick
7:20 PM	5	3	RX Men	Team JUICE
7:20 PM	5	4	RX Men	Christmas at the Dionne's
7:20 PM	5	5	RX Men	Drug-free Duo
7:20 PM	5	6	RX Men	Just Here To Justify Eating Like A Fat Piece Of Shit
7:20 PM	5	7	RX Men	Fueled By Tropical Grille
7:20 PM	5	8	RX Men	Lindsey twins
7:20 PM	5	9	RX Men	Sunshine on a Rainy Day
7:20 PM	5	10	RX Men	Heavyweights
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
7:40 PM	6	1	RX Men	Zero Fox
7:40 PM	6	2	RX Men	Aggressively Average 1.0
7:40 PM	6	3	RX Men	The Bearded Avengers
7:40 PM	6	4	RX Men	Tyler and Jared-RIM

7:40 PM	6	5	RX Men	Sogo Misfits
7:40 PM	6	6	RX Men	Country Bumpkins
7:40 PM	6	7	RX Men	Team HODL
7:40 PM	6	8	RX Men	Myology Rigshakers
7:40 PM	6	9	RX Men	Big Guns and Man Buns
7:40 PM	6	10	RX Men	Sharkbait

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

*Sunday, January 23, 2022*

Time	Heat	Lane	Division	Team
8:45 AM	1	1	RX Women	Gin and Tonic
8:45 AM	1	2	RX Women	Katrin and Amanda
8:45 AM	1	3	RX Women	The Valkyries
8:45 AM	1	4	RX Women	Beast Mode Mood
8:45 AM	1	5	RX Women	Moma's Spaghetti
8:45 AM	1	6	RX Women	CFOR Red
8:45 AM	1	7	RX Women	AM REUNITED
8:45 AM	1	8	RX Women	Is Butter a Carb?
8:45 AM	1	9		OPEN
8:45 AM	1	10		OPEN
Time	Heat	Lane	Division	Team
8:54 AM	2	1	RX Women	Sweet and Sassy
8:54 AM	2	2	RX Women	919 Spine Swammers
8:54 AM	2	3	RX Women	SHOOFLY
8:54 AM	2	4	RX Women	Blackwolfe Athletica
8:54 AM	2	5	RX Women	Cristian and Steph
8:54 AM	2	6	RX Women	We agreed to this while drinking
8:54 AM	2	7	RX Women	She Unit
8:54 AM	2	8	RX Women	The Gold Standard
8:54 AM	2	9		OPEN
8:54 AM	2	10		OPEN
Time	Heat	Lane	Division	Team
9:03 AM	3	1	Intermediate Women	Potato-Tomato
9:03 AM	3	2	Intermediate Women	We We're Set Up!
9:03 AM	3	3	Intermediate Women	Baby Blue Crabs
9:03 AM	3	4	Intermediate Women	It's A Trap!
9:03 AM	3	5	Intermediate Women	Golden Girls
9:03 AM	3	6	Intermediate Women	The Hunter and The Stone

9:03 AM	3	7	Intermediate Women	Owen Says
9:03 AM	3	8	Intermediate Women	Always Hungry
9:03 AM	3	9	Intermediate Women	Barely Here
9:03 AM	3	10	Intermediate Women	Designated Drinkers
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
9:12 AM	4	1	Intermediate Women	Still Accepting Sponsorships
9:12 AM	4	2	Intermediate Women	Will WOD for Doughnuts
9:12 AM	4	3	Intermediate Women	KH x 2
9:12 AM	4	4	Intermediate Women	Peaches and Cleans
9:12 AM	4	5	Intermediate Women	Swole Sisters
9:12 AM	4	6	Intermediate Women	Cirque de Sore Legs
9:12 AM	4	7	Intermediate Women	A1 from day 1
9:12 AM	4	8	Intermediate Women	Swole Mates
9:12 AM	4	9	Intermediate Women	Pretty Tough
9:12 AM	4	10	Intermediate Women	She believed she could SUSHI did
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
9:21 AM	5	1	Intermediate Co-Ed	Brad and Boujee
9:21 AM	5	2	Intermediate Co-Ed	Climbing the Leaderboard
9:21 AM	5	3	Intermediate Co-Ed	Shake & Bake
9:21 AM	5	4	Intermediate Co-Ed	What's Up Dog?
9:21 AM	5	5	Intermediate Co-Ed	Booty and the Beast (PA)
9:21 AM	5	6	Intermediate Co-Ed	JSA Blue
9:21 AM	5	7	Intermediate Co-Ed	CTF Couches
9:21 AM	5	8	Intermediate Co-Ed	Fighting Spirit
9:21 AM	5	9	Intermediate Co-Ed	Grim and Bear It
9:21 AM	5	10	Intermediate Co-Ed	2 Peas in a POOD
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
9:30 AM	6	1	Intermediate Co-Ed	Booty and the Beast (SC)
9:30 AM	6	2	Intermediate Co-Ed	Best friends
9:30 AM	6	3	Intermediate Co-Ed	Semper Thighs
9:30 AM	6	4	Intermediate Co-Ed	Active insufficiency

9:30 AM	6	5	Intermediate Co-Ed	Barbells & Ponytails
9:30 AM	6	6	Intermediate Co-Ed	Working Our Ashoffs
9:30 AM	6	7	Intermediate Co-Ed	Yeungsters
9:30 AM	6	8	Intermediate Co-Ed	Ebony and Ivory
9:30 AM	6	9	Intermediate Co-Ed	We Just Met
9:30 AM	6	10	Intermediate Co-Ed	Team Juicy
Time	Heat	Lane	Division	Team
*Mixed Heat*				
10:00 AM	7	1	Intermediate Men	Run Like The Winded
10:00 AM	7	2	Intermediate Men	Built By Beer
10:00 AM	7	3	Intermediate Men	Trophy Husbands
10:00 AM	7	4	Intermediate Men	Nips to Nips
10:00 AM	7	5	Intermediate Men	Shake and Bake
10:00 AM	7	6	Intermediate Men	The Saverages
10:00 AM	7	7	Intermediate Men	Team Blastoff
10:00 AM	7	8	Intermediate Men	Southern Pines Snake Pit
10:00 AM	7	9	Intermediate Men	Off constantly
10:00 AM	7	10	Intermediate Co-Ed	Bonnie & Clyde
Time	Heat	Lane	Division	Team
10:10 AM	8	1	Intermediate Men	Flex Islanders
10:10 AM	8	2	Intermediate Men	CrossFit Thrive
10:10 AM	8	3	Intermediate Men	Sudd & Hodge
10:10 AM	8	4	Intermediate Men	Fueled by Faith
10:10 AM	8	5	Intermediate Men	BarnFit
10:10 AM	8	6	Intermediate Men	HANGOVER
10:10 AM	8	7	Intermediate Men	I'm Jak and He's Dan
10:10 AM	8	8	Intermediate Men	Intramural Champs
10:10 AM	8	9	Intermediate Men	Ask Your Mom About Us
10:10 AM	8	10	Intermediate Men	Here to beat Mike
Time	Heat	Lane	Division	Team
10:20 AM	9	1	Intermediate Men	Guns and Hoses

10:20 AM	9	2	Intermediate Men	Nathan Mccall
10:20 AM	9	3	Intermediate Men	Thunder and lightning
10:20 AM	9	4	Intermediate Men	Team los Burros
10:20 AM	9	5	Intermediate Men	Rhode Warriors
10:20 AM	9	6	Intermediate Men	Darrow And The Dadalorian
10:20 AM	9	7	Intermediate Men	Worst game of tag ever
10:20 AM	9	8	Intermediate Men	Cinnamon Toast Crunch
10:20 AM	9	9	Intermediate Men	Meat Lovers
10:20 AM	9	10		OPEN
Time	Heat	Lane	Division	Team
10:30 AM	10	1	RX Men	Prestige Worldwide
10:30 AM	10	2	RX Men	Fit Like Nick
10:30 AM	10	3	RX Men	Team JUICE
10:30 AM	10	4	RX Men	Christmas at the Dionne's
10:30 AM	10	5	RX Men	Drug-free Duo
10:30 AM	10	6	RX Men	Just Here To Justify Eating Like A Fat Piece Of Shit
10:30 AM	10	7	RX Men	Fueled By Tropical Grille
10:30 AM	10	8	RX Men	Lindsey twins
10:30 AM	10	9	RX Men	Sunshine on a Rainy Day
10:30 AM	10	10	RX Men	Heavyweights
Time	Heat	Lane	Division	Team
10:40 AM	11	1	RX Men	Zero Fox
10:40 AM	11	2	RX Men	Aggressively Average 1.0
10:40 AM	11	3	RX Men	The Bearded Avengers
10:40 AM	11	4	RX Men	Tyler and Jared-RIM
10:40 AM	11	5	RX Men	Sogo Misfits
10:40 AM	11	6	RX Men	Country Bumpkins
10:40 AM	11	7	RX Men	Team HODL
10:40 AM	11	8	RX Men	Myology Rigshakers
10:40 AM	11	9	RX Men	Big Guns and Man Buns
10:40 AM	11	10	RX Men	Sharkbait



<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
11:00 AM	12	1	RX Co-Ed	You don't know me
11:00 AM	12	2	RX Co-Ed	Sky's out Thighs Out
11:00 AM	12	3	RX Co-Ed	Hustle and Muscle
11:00 AM	12	4	RX Co-Ed	Engine and The Tank
11:00 AM	12	5	RX Co-Ed	CFOR Black
11:00 AM	12	6	RX Co-Ed	Powered by Chipotle
11:00 AM	12	7	RX Co-Ed	The Weight's Lifted
11:00 AM	12	8	RX Co-Ed	Wicked Washed Up
11:00 AM	12	9	RX Co-Ed	The Powerbuff Girls
11:00 AM	12	10	RX Co-Ed	SIZE Systems
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
11:10 AM	13	1	RX Co-Ed	Mo & T James
11:10 AM	13	2	RX Co-Ed	Faith in Motion
11:10 AM	13	3	RX Co-Ed	Lowcountry Strength
11:10 AM	13	4	RX Co-Ed	Wild South
11:10 AM	13	5	RX Co-Ed	Meep & Merp
11:10 AM	13	6	RX Co-Ed	BigBeefyBois
11:10 AM	13	7	RX Co-Ed	336 CrossFit
11:10 AM	13	8	RX Co-Ed	Beastmode Baddies
11:10 AM	13	9	RX Co-Ed	Mint Thrill
11:10 AM	13	10	RX Co-Ed	Broken Brakes

## Fittest of the Coast Workout - Shipworm - Stage 2 (25' Lane)

*Sunday, January 23, 2022*

Time	Heat	Lane	Division	Team
<b>*Mixed Heat*</b>				
8:15 AM	1	1	Intermediate Men	Run Like The Winded
8:15 AM	1	2	Intermediate Men	Built By Beer
8:15 AM	1	3	Intermediate Men	Trophy Husbands
8:15 AM	1	4	Intermediate Men	Nips to Nips
8:15 AM	1	5	Intermediate Men	Shake and Bake
8:15 AM	1	6	Intermediate Men	The Saverages
8:15 AM	1	7	Intermediate Men	Team Blastoff
8:15 AM	1	8	Intermediate Men	Southern Pines Snake Pit
8:15 AM	1	9	Intermediate Men	Off constantly
8:15 AM	1	10	Intermediate Co-Ed	Bonnie & Clyde
Time	Heat	Lane	Division	Team
8:33 AM	2	1	Intermediate Men	Flex Islanders
8:33 AM	2	2	Intermediate Men	CrossFit Thrive
8:33 AM	2	3	Intermediate Men	Sudd & Hodge
8:33 AM	2	4	Intermediate Men	Fueled by Faith
8:33 AM	2	5	Intermediate Men	BarnFit
8:33 AM	2	6	Intermediate Men	HANGOVER
8:33 AM	2	7	Intermediate Men	I'm Jak and He's Dan
8:33 AM	2	8	Intermediate Men	Intramural Champs
8:33 AM	2	9	Intermediate Men	Ask Your Mom About Us
8:33 AM	2	10	Intermediate Men	Here to beat Mike
Time	Heat	Lane	Division	Team
8:51 AM	3	1	Intermediate Men	Guns and Hoses
8:51 AM	3	2	Intermediate Men	Nathan Mccall
8:51 AM	3	3	Intermediate Men	Thunder and lightning
8:51 AM	3	4	Intermediate Men	Team los Burros
8:51 AM	3	5	Intermediate Men	Rhode Warriors

8:51 AM	3	6	Intermediate Men	Darrow And The Dadalorian
8:51 AM	3	7	Intermediate Men	Worst game of tag ever
8:51 AM	3	8	Intermediate Men	Cinnamon Toast Crunch
8:51 AM	3	9	Intermediate Men	Meat Lovers
8:51 AM	3	10		OPEN
Time	Heat	Lane	Division	Team
9:09 AM	4	1	RX Men	Prestige Worldwide
9:09 AM	4	2	RX Men	Fit Like Nick
9:09 AM	4	3	RX Men	Team JUICE
9:09 AM	4	4	RX Men	Christmas at the Dionne's
9:09 AM	4	5	RX Men	Drug-free Duo
9:09 AM	4	6	RX Men	Just Here To Justify Eating Like A Fat Piece Of Shit
9:09 AM	4	7	RX Men	Fueled By Tropical Grille
9:09 AM	4	8	RX Men	Lindsey twins
9:09 AM	4	9	RX Men	Sunshine on a Rainy Day
9:09 AM	4	10	RX Men	Heavyweights
Time	Heat	Lane	Division	Team
9:27 AM	5	1	RX Men	Zero Fox
9:27 AM	5	2	RX Men	Aggressively Average 1.0
9:27 AM	5	3	RX Men	The Bearded Avengers
9:27 AM	5	4	RX Men	Tyler and Jared-RIM
9:27 AM	5	5	RX Men	Sogo Misfits
9:27 AM	5	6	RX Men	Country Bumpkins
9:27 AM	5	7	RX Men	Team HODL
9:27 AM	5	8	RX Men	Myology Rigshakers
9:27 AM	5	9	RX Men	Big Guns and Man Buns
9:27 AM	5	10	RX Men	Sharkbait
Time	Heat	Lane	Division	Team
9:45 AM	6	1	RX Co-Ed	You don't know me
9:45 AM	6	2	RX Co-Ed	Sky's out Thighs Out
9:45 AM	6	3	RX Co-Ed	Hustle and Muscle

9:45 AM	6	4	RX Co-Ed	Engine and The Tank
9:45 AM	6	5	RX Co-Ed	CFOR Black
9:45 AM	6	6	RX Co-Ed	Powered by Chipotle
9:45 AM	6	7	RX Co-Ed	The Weight's Lifted
9:45 AM	6	8	RX Co-Ed	Wicked Washed Up
9:45 AM	6	9	RX Co-Ed	The Powerbuff Girls
9:45 AM	6	10	RX Co-Ed	SIZE Systems
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
10:03 AM	7	1	RX Co-Ed	Mo & T James
10:03 AM	7	2	RX Co-Ed	Faith in Motion
10:03 AM	7	3	RX Co-Ed	Lowcountry Strength
10:03 AM	7	4	RX Co-Ed	Wild South
10:03 AM	7	5	RX Co-Ed	Meep & Merp
10:03 AM	7	6	RX Co-Ed	BigBeefyBois
10:03 AM	7	7	RX Co-Ed	336 CrossFit
10:03 AM	7	8	RX Co-Ed	Beastmode Baddies
10:03 AM	7	9	RX Co-Ed	Mint Thrill
10:03 AM	7	10	RX Co-Ed	Broken Brakes
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
10:21 AM	8	1	RX Women	Gin and Tonic
10:21 AM	8	2	RX Women	Katrin and Amanda
10:21 AM	8	3	RX Women	The Valkyries
10:21 AM	8	4	RX Women	Beast Mode Mood
10:21 AM	8	5	RX Women	Moma's Spaghetti
10:21 AM	8	6	RX Women	CFOR Red
10:21 AM	8	7	RX Women	AM REUNITED
10:21 AM	8	8	RX Women	Is Butter a Carb?
10:21 AM	8	9		OPEN
10:21 AM	8	10		OPEN
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
10:39 AM	9	1	RX Women	Sweet and Sassy

10:39 AM	9	2	RX Women	919 Spine Swammers
10:39 AM	9	3	RX Women	SHOOFLY
10:39 AM	9	4	RX Women	Blackwolfe Athletica
10:39 AM	9	5	RX Women	Cristian and Steph
10:39 AM	9	6	RX Women	We agreed to this while drinking
10:39 AM	9	7	RX Women	She Unit
10:39 AM	9	8	RX Women	The Gold Standard
10:39 AM	9	9		OPEN
10:39 AM	9	10		OPEN
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
10:57 AM	10	1	Intermediate Co-Ed	Brad and Boujee
10:57 AM	10	2	Intermediate Co-Ed	Climbing the Leaderboard
10:57 AM	10	3	Intermediate Co-Ed	Shake & Bake
10:57 AM	10	4	Intermediate Co-Ed	What's Up Dog?
10:57 AM	10	5	Intermediate Co-Ed	Booty and the Beast (PA)
10:57 AM	10	6	Intermediate Co-Ed	JSA Blue
10:57 AM	10	7	Intermediate Co-Ed	CTF Couches
10:57 AM	10	8	Intermediate Co-Ed	Fighting Spirit
10:57 AM	10	9	Intermediate Co-Ed	Grim and Bear It
10:57 AM	10	10	Intermediate Co-Ed	2 Peas in a POOD
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
11:15 AM	11	1	Intermediate Co-Ed	Booty and the Beast (SC)
11:15 AM	11	2	Intermediate Co-Ed	Best friends
11:15 AM	11	3	Intermediate Co-Ed	Semper Thighs
11:15 AM	11	4	Intermediate Co-Ed	Active insufficiency
11:15 AM	11	5	Intermediate Co-Ed	Barbells & Ponytails
11:15 AM	11	6	Intermediate Co-Ed	Working Our Ashoffs
11:15 AM	11	7	Intermediate Co-Ed	Yeungsters
11:15 AM	11	8	Intermediate Co-Ed	Ebony and Ivory
11:15 AM	11	9	Intermediate Co-Ed	We Just Met
11:15 AM	11	10	Intermediate Co-Ed	Team Juicy

<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
11:33 AM	12	1	Intermediate Women	Potato-Tomato
11:33 AM	12	2	Intermediate Women	We We're Set Up!
11:33 AM	12	3	Intermediate Women	Baby Blue Crabs
11:33 AM	12	4	Intermediate Women	It's A Trap!
11:33 AM	12	5	Intermediate Women	Golden Girls
11:33 AM	12	6	Intermediate Women	The Hunter and The Stone
11:33 AM	12	7	Intermediate Women	Owen Says
11:33 AM	12	8	Intermediate Women	Always Hungry
11:33 AM	12	9	Intermediate Women	Barely Here
11:33 AM	12	10	Intermediate Women	Designated Drinkers
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
11:51 AM	13	1	Intermediate Women	Still Accepting Sponsorships
11:51 AM	13	2	Intermediate Women	Will WOD for Doughnuts
11:51 AM	13	3	Intermediate Women	KH x 2
11:51 AM	13	4	Intermediate Women	Peaches and Cleans
11:51 AM	13	5	Intermediate Women	Swole Sisters
11:51 AM	13	6	Intermediate Women	Cirque de Sore Legs
11:51 AM	13	7	Intermediate Women	A1 from day 1
11:51 AM	13	8	Intermediate Women	Swole Mates
11:51 AM	13	9	Intermediate Women	Pretty Tough
11:51 AM	13	10	Intermediate Women	She believed she could SUSHI did

## Fittest of the Coast Workout - Black Spot - Stage 2 (25' Lane)

*Sunday, January 23, 2022*

Time	Heat	Lane	Division	Team
12:45 PM	1	1	Intermediate Men	Run Like The Winded
12:45 PM	1	2	Intermediate Men	Built By Beer
12:45 PM	1	3	Intermediate Men	Trophy Husbands
12:45 PM	1	4	Intermediate Men	Nips to Nips
12:45 PM	1	5	Intermediate Men	Shake and Bake
12:45 PM	1	6	Intermediate Men	The Saverages
12:45 PM	1	7	Intermediate Men	Team Blastoff
12:45 PM	1	8	Intermediate Men	Southern Pines Snake Pit
12:45 PM	1	9	Intermediate Men	Off constantly
12:45 PM	1	10		
Time	Heat	Lane	Division	Team
1:00 PM	2	1	Intermediate Men	Flex Islanders
1:00 PM	2	2	Intermediate Men	CrossFit Thrive
1:00 PM	2	3	Intermediate Men	Sudd & Hodge
1:00 PM	2	4	Intermediate Men	Fueled by Faith
1:00 PM	2	5	Intermediate Men	BarnFit
1:00 PM	2	6	Intermediate Men	HANGOVER
1:00 PM	2	7	Intermediate Men	I'm Jak and He's Dan
1:00 PM	2	8	Intermediate Men	Intramural Champs
1:00 PM	2	9	Intermediate Men	Ask Your Mom About Us
1:00 PM	2	10	Intermediate Men	Here to beat Mike
Time	Heat	Lane	Division	Team
*Mixed Heat*				
1:15 PM	3	1	Intermediate Men	Guns and Hoses
1:15 PM	3	2	Intermediate Men	Nathan Mccall
1:15 PM	3	3	Intermediate Men	Thunder and lightning
1:15 PM	3	4	Intermediate Men	Team los Burros
1:15 PM	3	5	Intermediate Men	Rhode Warriors

1:15 PM	3	6	Intermediate Men	Darrow And The Dadalorian
1:15 PM	3	7	Intermediate Men	Worst game of tag ever
1:15 PM	3	8	Intermediate Men	Cinnamon Toast Crunch
1:15 PM	3	9	Intermediate Men	Meat Lovers
1:15 PM	3	10	Intermediate Co-Ed	Bonnie & Clyde
Time	Heat	Lane	Division	Team
1:30 PM	4	1	Intermediate Co-Ed	Brad and Boujee
1:30 PM	4	2	Intermediate Co-Ed	Climbing the Leaderboard
1:30 PM	4	3	Intermediate Co-Ed	Shake & Bake
1:30 PM	4	4	Intermediate Co-Ed	What's Up Dog?
1:30 PM	4	5	Intermediate Co-Ed	Booty and the Beast (PA)
1:30 PM	4	6	Intermediate Co-Ed	JSA Blue
1:30 PM	4	7	Intermediate Co-Ed	CTF Couches
1:30 PM	4	8	Intermediate Co-Ed	Fighting Spirit
1:30 PM	4	9	Intermediate Co-Ed	Grim and Bear It
1:30 PM	4	10	Intermediate Co-Ed	2 Peas in a POOD
Time	Heat	Lane	Division	Team
1:45 PM	5	1	Intermediate Co-Ed	Booty and the Beast (SC)
1:45 PM	5	2	Intermediate Co-Ed	Best friends
1:45 PM	5	3	Intermediate Co-Ed	Semper Thighs
1:45 PM	5	4	Intermediate Co-Ed	Active insufficiency
1:45 PM	5	5	Intermediate Co-Ed	Barbells & Ponytails
1:45 PM	5	6	Intermediate Co-Ed	Working Our Ashoffs
1:45 PM	5	7	Intermediate Co-Ed	Yeungsters
1:45 PM	5	8	Intermediate Co-Ed	Ebony and Ivory
1:45 PM	5	9	Intermediate Co-Ed	We Just Met
1:45 PM	5	10	Intermediate Co-Ed	Team Juicy
Time	Heat	Lane	Division	Team
2:00 PM	6	1	Intermediate Women	Potato-Tomato
2:00 PM	6	2	Intermediate Women	We We're Set Up!
2:00 PM	6	3	Intermediate Women	Baby Blue Crabs



2:00 PM	6	4	Intermediate Women	It's A Trap!
2:00 PM	6	5	Intermediate Women	Golden Girls
2:00 PM	6	6	Intermediate Women	The Hunter and The Stone
2:00 PM	6	7	Intermediate Women	Owen Says
2:00 PM	6	8	Intermediate Women	Always Hungry
2:00 PM	6	9	Intermediate Women	Barely Here
2:00 PM	6	10	Intermediate Women	Designated Drinkers
<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
2:15 PM	7	1	Intermediate Women	Still Accepting Sponsorships
2:15 PM	7	2	Intermediate Women	Will WOD for Doughnuts
2:15 PM	7	3	Intermediate Women	KH x 2
2:15 PM	7	4	Intermediate Women	Peaches and Cleans
2:15 PM	7	5	Intermediate Women	Swole Sisters
2:15 PM	7	6	Intermediate Women	Cirque de Sore Legs
2:15 PM	7	7	Intermediate Women	A1 from day 1
2:15 PM	7	8	Intermediate Women	Swole Mates
2:15 PM	7	9	Intermediate Women	Pretty Tough
2:15 PM	7	10	Intermediate Women	She believed she could SUSHI did

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

*Sunday, January 23, 2022*

Time	Heat	Lane	Division	Team
12:10 PM	1	1	RX Women	Gin and Tonic
12:10 PM	1	2	RX Women	Katrin and Amanda
12:10 PM	1	3	RX Women	The Valkyries
12:10 PM	1	4	RX Women	Beast Mode Mood
12:10 PM	1	5	RX Women	Moma's Spaghetti
12:10 PM	1	6	RX Women	CFOR Red
12:10 PM	1	7	RX Women	AM REUNITED
12:10 PM	1	8	RX Women	Is Butter a Carb?
12:10 PM	1	9	RX Women	OPEN
12:10 PM	1	10	RX Women	OPEN
Time	Heat	Lane	Division	Team
12:28 PM	2	1	RX Women	Sweet and Sassy
12:28 PM	2	2	RX Women	919 Spine Swammers
12:28 PM	2	3	RX Women	SHOOFLY
12:28 PM	2	4	RX Women	Blackwolfe Athletica
12:28 PM	2	5	RX Women	Cristian and Steph
12:28 PM	2	6	RX Women	We agreed to this while drinking
12:28 PM	2	7	RX Women	She Unit
12:28 PM	2	8	RX Women	The Gold Standard
12:28 PM	2	9		OPEN
12:28 PM	2	10		OPEN
Time	Heat	Lane	Division	Team
12:46 PM	3	1	RX Co-Ed	You don't know me
12:46 PM	3	2	RX Co-Ed	Sky's out Thighs Out
12:46 PM	3	3	RX Co-Ed	Hustle and Muscle
12:46 PM	3	4	RX Co-Ed	Engine and The Tank
12:46 PM	3	5	RX Co-Ed	CFOR Black
12:46 PM	3	6	RX Co-Ed	Powered by Chipotle

12:46 PM	3	7	RX Co-Ed	The Weight's Lifted
12:46 PM	3	8	RX Co-Ed	Wicked Washed Up
12:46 PM	3	9	RX Co-Ed	The Powerbuff Girls
12:46 PM	3	10	RX Co-Ed	SIZE Systems
Time	Heat	Lane	Division	Team
1:04 PM	4	1	RX Co-Ed	Mo & T James
1:04 PM	4	2	RX Co-Ed	Faith in Motion
1:04 PM	4	3	RX Co-Ed	Lowcountry Strength
1:04 PM	4	4	RX Co-Ed	Wild South
1:04 PM	4	5	RX Co-Ed	Meep & Merp
1:04 PM	4	6	RX Co-Ed	BigBeefyBois
1:04 PM	4	7	RX Co-Ed	336 CrossFit
1:04 PM	4	8	RX Co-Ed	Beastmode Baddies
1:04 PM	4	9	RX Co-Ed	Mint Thrill
1:04 PM	4	10	RX Co-Ed	Broken Brakes
Time	Heat	Lane	Division	Team
1:22 PM	5	1	RX Men	Prestige Worldwide
1:22 PM	5	2	RX Men	Fit Like Nick
1:22 PM	5	3	RX Men	Team JUICE
1:22 PM	5	4	RX Men	Christmas at the Dionne's
1:22 PM	5	5	RX Men	Drug-free Duo
1:22 PM	5	6	RX Men	Just Here To Justify Eating Like A Fat Piece Of Shit
1:22 PM	5	7	RX Men	Fueled By Tropical Grille
1:22 PM	5	8	RX Men	Lindsey twins
1:22 PM	5	9	RX Men	Sunshine on a Rainy Day
1:22 PM	5	10	RX Men	Heavyweights
Time	Heat	Lane	Division	Team
1:40 PM	6	1	RX Men	Zero Fox
1:40 PM	6	2	RX Men	Aggressively Average 1.0
1:40 PM	6	3	RX Men	The Bearded Avengers
1:40 PM	6	4	RX Men	Tyler and Jared-RIM

1:40 PM	6	5	RX Men	Sogo Misfits
1:40 PM	6	6	RX Men	Country Bumpkins
1:40 PM	6	7	RX Men	Team HODL
1:40 PM	6	8	RX Men	Myology Rigshakers
1:40 PM	6	9	RX Men	Big Guns and Man Buns
1:40 PM	6	10	RX Men	Sharkbait
Time	Heat	Lane	Division	Team
1:58 PM	7	1	Intermediate Men	Run Like The Winded
1:58 PM	7	2	Intermediate Men	Built By Beer
1:58 PM	7	3	Intermediate Men	Trophy Husbands
1:58 PM	7	4	Intermediate Men	Nips to Nips
1:58 PM	7	5	Intermediate Men	Shake and Bake
1:58 PM	7	6	Intermediate Men	The Saverages
1:58 PM	7	7	Intermediate Men	Team Blastoff
1:58 PM	7	8	Intermediate Men	Southern Pines Snake Pit
1:58 PM	7	9	Intermediate Men	Off constantly
1:58 PM	7	10	Intermediate Men	OPEN
Time	Heat	Lane	Division	Team
2:16 PM	8	1	Intermediate Men	Flex Islanders
2:16 PM	8	2	Intermediate Men	CrossFit Thrive
2:16 PM	8	3	Intermediate Men	Sudd & Hodge
2:16 PM	8	4	Intermediate Men	Fueled by Faith
2:16 PM	8	5	Intermediate Men	BarnFit
2:16 PM	8	6	Intermediate Men	HANGOVER
2:16 PM	8	7	Intermediate Men	I'm Jak and He's Dan
2:16 PM	8	8	Intermediate Men	Intramural Champs
2:16 PM	8	9	Intermediate Men	Ask Your Mom About Us
2:16 PM	8	10	Intermediate Men	Here to beat Mike
Time	Heat	Lane	Division	Team
*Mixed Heat*				
2:34 PM	9	1	Intermediate Men	Guns and Hoses

2:34 PM	9	2	Intermediate Men	Nathan Mccall
2:34 PM	9	3	Intermediate Men	Thunder and lightning
2:34 PM	9	4	Intermediate Men	Team los Burros
2:34 PM	9	5	Intermediate Men	Rhode Warriors
2:34 PM	9	6	Intermediate Men	Darrow And The Dadalorian
2:34 PM	9	7	Intermediate Men	Worst game of tag ever
2:34 PM	9	8	Intermediate Men	Cinnamon Toast Crunch
2:34 PM	9	9	Intermediate Men	Meat Lovers
2:34 PM	9	10	Intermediate Co-Ed	Bonnie & Clyde
Time	Heat	Lane	Division	Team
2:52 PM	10	1	Intermediate Co-Ed	Brad and Boujee
2:52 PM	10	2	Intermediate Co-Ed	Climbing the Leaderboard
2:52 PM	10	3	Intermediate Co-Ed	Shake & Bake
2:52 PM	10	4	Intermediate Co-Ed	What's Up Dog?
2:52 PM	10	5	Intermediate Co-Ed	Booty and the Beast (PA)
2:52 PM	10	6	Intermediate Co-Ed	JSA Blue
2:52 PM	10	7	Intermediate Co-Ed	CTF Couches
2:52 PM	10	8	Intermediate Co-Ed	Fighting Spirit
2:52 PM	10	9	Intermediate Co-Ed	Grim and Bear It
2:52 PM	10	10	Intermediate Co-Ed	2 Peas in a POOD
Time	Heat	Lane	Division	Team
3:10 PM	11	1	Intermediate Co-Ed	Booty and the Beast (SC)
3:10 PM	11	2	Intermediate Co-Ed	Best friends
3:10 PM	11	3	Intermediate Co-Ed	Semper Thighs
3:10 PM	11	4	Intermediate Co-Ed	Active insufficiency
3:10 PM	11	5	Intermediate Co-Ed	Barbells & Ponytails
3:10 PM	11	6	Intermediate Co-Ed	Working Our Ashoffs
3:10 PM	11	7	Intermediate Co-Ed	Yeungsters
3:10 PM	11	8	Intermediate Co-Ed	Ebony and Ivory
3:10 PM	11	9	Intermediate Co-Ed	We Just Met
3:10 PM	11	10	Intermediate Co-Ed	Team Juicy

<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
3:28 PM	12	1	Intermediate Women	Potato-Tomato
3:28 PM	12	2	Intermediate Women	We We're Set Up!
3:28 PM	12	3	Intermediate Women	Baby Blue Crabs
3:28 PM	12	4	Intermediate Women	It's A Trap!
3:28 PM	12	5	Intermediate Women	Golden Girls
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<b>Time</b>	<b>Heat</b>	<b>Lane</b>	<b>Division</b>	<b>Team</b>
3:46 PM	13	1	Intermediate Women	Still Accepting Sponsorships
3:46 PM	13	2	Intermediate Women	Will WOD for Doughnuts
3:46 PM	13	3	Intermediate Women	KH x 2
3:46 PM	13	4	Intermediate Women	Peaches and Cleans
3:46 PM	13	5	Intermediate Women	Swole Sisters
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3:46 PM	13	9	Intermediate Women	Pretty Tough
3:46 PM	13	10	Intermediate Women	She believed she could SUSHI did