

12:25 PM	Rope Nastics	Heat 1
12:26 PM		
12:27 PM	AMRAP 16 (4x4:00)	
12:28 PM		
12:29 PM		
12:30 PM		
12:31 PM		
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12:41 PM		
12:42 PM		
12:43 PM		
12:44 PM		Reset
12:45 PM		
12:46 PM		
12:47 PM		Heat 2
12:48 PM		
12:49 PM		
12:50 PM		
12:51 PM		
12:52 PM		
12:53 PM		
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12:56 PM		
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12:58 PM		
12:59 PM		
1:00 PM		
1:01 PM		
1:02 PM		
1:03 PM		
1:04 PM		
1:05 PM		
1:06 PM		Reset
1:07 PM		

1:08 PM	
1:09 PM	Heat 3
1:10 PM	
1:11 PM	
1:12 PM	
1:13 PM	
1:14 PM	
1:15 PM	
1:16 PM	
1:17 PM	
1:18 PM	
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1:23 PM	
1:24 PM	
1:25 PM	
1:26 PM	
1:27 PM	
1:28 PM	Reset
1:29 PM	
1:30 PM	
1:31 PM	Heat 4
1:32 PM	
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1:49 PM	Event Ends