

HEAT LISTS - SATURDAY SEP 30

| HEAT | LANE | TEAM NAME | DIVISION | HEAT | LANE | TEAM NAME | DIVISION |
|------|------|-----------------------------------|----------------|------|------|-----------------------------------|------------|
| 1 | 1 | Nurses Who Lift | Women's Scaled | 5 | 1 | Beginners Luck | Women's RX |
| 1 | 2 | Teacher Twins | Women's Scaled | 5 | 2 | Cali Girls | Women's RX |
| 1 | 3 | From Gait Belts to Weight Belts | Women's Scaled | 5 | 3 | Team Porta-Potty | Mixed RX |
| 1 | 4 | Babies' Mamas | Women's Scaled | 5 | 4 | FWCF | Mixed RX |
| 1 | 5 | Mother Thrusters | Women's Scaled | 5 | 5 | Pineapple Express | Mixed RX |
| 1 | 6 | Snatchtastic AF | Women's Scaled | 5 | 6 | Cougar & Cub | Mixed RX |
| 1 | 7 | Shut Up and WOD | Women's Scaled | 5 | 7 | The Fairly Strong Parents | Mixed RX |
| 1 | 8 | Lifting B*tch Face | Women's Scaled | 5 | 8 | FAITH RX'D | Mixed RX |
| 1 | 9 | Lot Lizards | Women's Scaled | 5 | 9 | Fit For The King | Mixed RX |
| 1 | 10 | 5:05 Class Captains | Women's Scaled | 5 | 10 | Sasser Squared | Mixed RX |
| HEAT | LANE | TEAM NAME | DIVISION | HEAT | LANE | TEAM NAME | DIVISION |
| 2 | 1 | | | 6 | 1 | Thunder & Lightning | Mixed RX |
| 2 | 2 | Molly and Erica | Women's Scaled | 6 | 2 | Quad Squad | Mixed RX |
| 2 | 3 | 2 Blondes & a Barbell | Women's Scaled | 6 | 3 | Sowder Rangers | Men's RX |
| 2 | 4 | Biggie and Smalls | Women's Scaled | 6 | 4 | Deadlift Divas | Men's RX |
| 2 | 5 | SQUAD GHOULS | Women's Scaled | 6 | 5 | Sharpen The Axe | Men's RX |
| 2 | 6 | Here for the T-Shirt | Mixed Scaled | 6 | 6 | Fit...ish | Men's RX |
| 2 | 7 | Donuts Are My Dumbbells | Mixed Scaled | 6 | 7 | He's Fast, I'm Furious | Men's RX |
| 2 | 8 | #resttime | Mixed Scaled | 6 | 8 | Garage Junkies | Men's RX |
| 2 | 9 | Papaw and the Youngin | Mixed Scaled | 6 | 9 | | |
| 2 | 10 | CrossFit Hendersonville | Mixed Scaled | 6 | 10 | | |
| HEAT | LANE | TEAM NAME | DIVISION | HEAT | LANE | TEAM NAME | DIVISION |
| 3 | 1 | AMZAP | Mixed Scaled | 7 | 1 | Young Jerk & Can't Remember Squat | Men's RX |
| 3 | 2 | Fit Cookies | Mixed Scaled | 7 | 2 | Crackin' Cold Ones | Men's RX |
| 3 | 3 | Carrie This, I'm N. Payne | Mixed Scaled | 7 | 3 | Batman & Robin | Men's RX |
| 3 | 4 | Best Team Name Ever...of all time | Mixed Scaled | 7 | 4 | Reed Farms Jerky | Men's RX |
| 3 | 5 | PBR | Mixed Scaled | 7 | 5 | ESF Black | Men's RX |
| 3 | 6 | Awesome McAwesomeness | Mixed Scaled | 7 | 6 | Too Tall For CrossFit | Men's RX |
| 3 | 7 | Karla and Her Big D | Mixed Scaled | 7 | 7 | CALI | Men's RX |
| 3 | 8 | Chalk Dirty to Me | Mixed Scaled | 7 | 8 | Mee and My Boy | Men's RX |

| 3 | 9 | Early Birds | Mixed Scaled | 7 | 9 | The Collection Agency | Men's RX |
|------|------|---------------------------|--------------|------|------|-----------------------|----------|
| 3 | 10 | Trap Trap Trap | Mixed Scaled | 7 | 10 | Thick and Pretty | Men's RX |
| HEAT | LANE | TEAM NAME | DIVISION | HEAT | LANE | TEAM NAME | DIVISION |
| 4 | 1 | DAD\$ | Men's Scaled | | | | |
| 4 | 2 | WODi dodi | Men's Scaled | | | | |
| 4 | 3 | Dad Bod | Men's Scaled | | | | |
| 4 | 4 | Killer Nuts | Men's Scaled | | | | |
| 4 | 5 | Ponch and Baker | Men's Scaled | | | | |
| 4 | 6 | IDGAF | Men's Scaled | | | | |
| 4 | 7 | CuzFit | Men's Scaled | | | | |
| 4 | 8 | Mr. Clean and the swiffer | Men's Scaled | | | | |
| 4 | 9 | | | | | | |
| 4 | 10 | | | | | | |