

ELLERSLIE HEAVY EVENTS SCHEDULE - AUGUST 20

Time	Women / Junior / Lightweight / Master 50+ (9)	Am B / Open / Master 40-49 (11)
Judge	Sean Langford	Megan Melham
Tape	TBD	TBD
8:00	Set Up	
8:15		
8:30	Registration & Warmup	
8:45	Open Stone	
9:00		
9:15	WFD Warmup	
9:30	Light Weight	
9:45		
10:00	Hammer Warmup	
10:15	Light Hammer	
10:30		
10:45	Caber	
11:00		
11:15		
11:30	WOB	
11:45		
12:00		
12:15	Kids Heavy Events	
12:30		
12:45		Registration & Warmup
13:00		Open Stone
13:15		
13:30		WFD Warmup
13:45		Light Weight
14:00		
14:15		Hammer Warmup
14:30		Light Hammer
14:45		
15:00		Caber
15:15		
15:30		
15:45		
16:00		WOB
16:15		
16:30	Tear Down	
16:45		