

TIMETABLE SATURDAY 16TH

TIME	HEAT	FIELD 1 (CONCEPT)	FIELD 2 (KINGSBOX)	FIELD 3 (XXL BEACH)
ATHLETE REGISTRATION (08:00 – 10:00)				
09:00 – 09:15	1	PARENT & KID	SCALED F/F	SCALED M/M & REGULAR M/F
09:15 – 09:30	2	PARENT & KID	SCALED F/F	REGULAR M/F
09:30 – 09:45	3	PARENT & KID	SCALED F/F	REGULAR M/F
09:45 – 10:00	4	REGULAR F/F	SCALED F/F	REGULAR M/F
10:00 – 10:15	5	REGULAR F/F	SCALED F/F	REGULAR M/F
10:15 – 10:30	6	REGULAR F/F	SCALED M/F	REGULAR M/F
10:30 – 10:45	7	REGULAR F/F	SCALED M/F	REGULAR M/M
10:45 – 11:00	8	REGULAR F/F	SCALED M/F & REGULAR M/F 35+	REGULAR M/M
11:00 – 11:15	9	REGULAR F/F	REGULAR M/F 35+	REGULAR M/M
11:15 – 11:30	10	REGULAR F/F 35+	REGULAR F/F 35+	REGULAR M/M 35+
BREAK				
12:15 – 12:30	11	SCALED M/M & REGULAR M/F	PARENT & KID	SCALED F/F
12:30 – 12:45	12	REGULAR M/F	PARENT & KID	SCALED F/F
12:45 – 13:00	13	REGULAR M/F	PARENT & KID	SCALED F/F
13:00 – 13:15	14	REGULAR M/F	REGULAR F/F	SCALED F/F
13:15 – 13:30	15	REGULAR M/F	REGULAR F/F	SCALED F/F
13:30 – 13:45	16	REGULAR M/F	REGULAR F/F	SCALED M/F
13:45 – 14:00	17	REGULAR M/M	REGULAR F/F	SCALED M/F
14:00 – 14:15	18	REGULAR M/M	REGULAR F/F	SCALED M/F & REGULAR M/F 35+
14:15 – 14:30	19	REGULAR M/M	REGULAR F/F	REGULAR M/F 35+
14:30 – 14:45	20	REGULAR M/M 35+	REGULAR F/F 35+	REGULAR F/F 35+
BREAK				
15:15 – 15:30	21	SCALED F/F	SCALED M/M & REGULAR M/F	PARENT & KID
15:30 – 15:45	22	SCALED F/F	REGULAR M/F	PARENT & KID
15:45 – 16:00	23	SCALED F/F	REGULAR M/F	PARENT & KID
16:00 – 16:15	24	SCALED F/F	REGULAR M/F	REGULAR F/F
16:15 – 16:30	25	SCALED F/F	REGULAR M/F	REGULAR F/F
16:30 – 16:45	26	SCALED M/F	REGULAR M/F	REGULAR F/F
16:45 – 17:00	27	SCALED M/F	REGULAR M/M	REGULAR F/F
17:00 – 17:15	28	SCALED M/F & REGULAR M/F 35+	REGULAR M/M	REGULAR F/F
17:15 – 17:30	29	REGULAR M/F 35+	REGULAR M/M	REGULAR F/F
17:30 – 17:45	30	REGULAR F/F 35+	REGULAR M/M 35+	REGULAR F/F 35+
PRICE CEREMONY (18:00)				

HEATS WOD 1 "SANDSKIING" (ROUND 1)

SATURDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
PARENT & KID 09:00 – 09:15	1	LEOPA	CONDAL PURPURINA	PAPA TRAINS HARD BUT I TRAIN HARDER	DJYM UNICORNS	DE SMALHEERTJES	DE BLOEMHOFJES	BABY T-REX	K2	DIE SCHMIDDIS	X
PARENT & KID 09:15 – 09:30	2	TEAM SONIC	THE FIRE DRAGONS	PEANUTS	#NOCARDIOC REW	TIGERS WIEHED	KREMERS UNITED	THE KITTYCATS	MARIELLE & STIJN	NINJA TIGERS	CONDAL ARCOIRIS
PARENT & KID 09:30 – 09:45	3	THE BOYS	BEAST-BUDDIES	DER SCHÖNE & DAS BIEST	JEF JAAS KEAL	JABE & SEBA	THE BARBELL AND THE BEASTS	TEAM PREPPY	K&L BEASTMODE	BENANI CHICKIES	IER & TES
REGULAR F/F 09:45 – 10:00	4	TEAM VELOCITY	BEAST MODE BABES	BAD BITCHES	BEACH BUMS AND BARBELLS	TINY TERRIERS	FLEXON THE BEACH	SANDSPORT IN ZANDVOORT	LUFTNOT	TEAM OUWEHOER	AM ALLSTARS
REGULAR F/F 10:00 – 10:15	5	DOUBLE STRUGGLE	FLOW 'NGROW	BAD BEACHES	HUGE	FLEXUAL HEALING	WOD'S YOUR NAME	MISSION SLIMBOXXIBLE	GRANGERDANGER	DROP IT LIKE A SQUAT	BLONDIE&BR OWNIE
REGULAR F/F 10:15 – 10:30	6	CLEAN BEES	THUMBS UP	THE BEACHY BUTS	THE L-TEAM	SQUAT IT 'TIL U DROP IT	VRIJGEZELLIG	THE POWER CLEANO SISTERS	KORDAAT(JE) POWER	MALOCHER MÄDELS	#WWLD
REGULAR F/F 10:30 – 10:45	7	HEAVY LEGS	RECHT DOOR ZEE	HAKUNA MASQUATA	JUST FOR FUN	PULL&PRAY	SYNCHRO SISTERS	THE FEM FITALES	NO PAIN NO GAIN	MEGMAU	LISANNE
REGULAR F/F 10:45 – 11:00	8	TEAM ALFRED	SORRY, LITTLE LEGS	DONNERBUDDY S	RTM SWOLE SISTERS	PANCAKE PANIC	BIS EINER WEINT	2 LEGIT 2 QUIT	LOSLOPEND WILD	TROP'IC LIKE A SQUAT	PANDA
REGULAR F/F 11:00 – 11:15	9	MAUD&MA AS	INSTALLING MUSCLES, PLEASE WAIT	SALT & PEPPER	BENCH AND JERRY'S	KATHA- &ANNABOLIC	DE BAMBI'S	DE LEIDSE LADIES	ZWEIMALKLUG	SPONGEBOB SLOWPANTS	EBS & VLOED
REGULAR F/F 35+ 11:15 – 11:30	10	MAMASAU RUS	MERCIE	SANDSTORM WARRIORS	DIE KRIKER	TEAM ALPHA FEMALE	LIFTING SANDFLEAS	DAMES MAAS	WEIGHTS BEFORE DATES	THE PAINKILLERS	BETTER TOGETHER
BREAK											

HEATS WOD 1 "SANDSKIING" (ROUND 2)

SATURDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED M/M & REGULAR M/F 12:15 – 12:30	11	PINDA & KAAS	HARDWIRED TO SELF-DESTRUCT	TEAM MIDDENMOOT	DICK & DOOF	BEANS N BARBELLS	TEAM TOFU	TOGETHER, STRONGER	RTM WOLF PACK	BEAUTYAND THEBEAST	CRAZY KETTLEBELLS
REGULAR M/F 12:30 – 12:45	12	WOD WARRIORS	JUST FLEX, NO SEX	BÄRBEL UND WILLI	DE FÄTZE OND SINI SCHWÖSTER	DIE DOKTOR -ANDEN	THE CROPIS	STIEF TOF	TWO AND A HALF METER	KIPPING NUGGETS	THE CARROTS
REGULAR M/F 12:45 – 13:00	13	BRUUTAAL	3 1/2 TRIZEPS	GASI NORENG	DONGENSE PEËN	VENTJES	BEACH & BURPEES	THE ORIGINAL TALL & SMALL	CARMA	SEXY MAMA'S	EMERGENCY ATHLETES
REGULAR M/F 13:00 – 13:15	14	KNUIP AAF	KROONPRINS-6 OF THE BEACH	JE WEET ZELUF	BARBELLS AND BROS	MLEMLEMLEM	TEAM SAND HELP!	THUNDER AND THE JOKER	SOMOS TU Y YO	DE ZANDHAPPERS	THE FUNIS
REGULAR M/F 13:15 – 13:30	15	MONIQUE & DENNIS	SAND EATERS	SUPER MARIOS BROS	THUNDER TED	MAD RICK	SNATCH ME IF YOU CAN	OG'S	SNATCHON THE BEACH	SWEET & SALTY	LOVE 2 EAT
REGULAR M/F 13:30 – 13:45	16	MINI & MAXI	TEAM TRAIN PAINGAIN	99 PROBLEMS, BUT THE BEACH AIN'T ONE	TEAM O'BOS	LAZY AND SCORELESS	THE BUTTERS	THE SHORTY SQUAD	BALLERHINOS	NEWLY WEDS	BEAUTY AND THE BREEN
REGULAR M/M 13:45 – 14:00	17	FIRST REP - NO REP	ALMERE BEACH BOYS	LOOK PRO, GO SLOW	RHINO SAFARI GUIDES	CF PIJNACKER	WAAR IS MIJNE VELO?	RAANAN & RICHARD	MVMNT ERROR	TEAM 015	THE SUMMER BODY BOYS
REGULAR M/M 14:00 – 14:15	18	OUT OF SHAPE	THEACCOUNTANTS	BEARDS N' BARBELLS	DUMB AND DUMBELL	CF CREW	ZEESTERREN	DE LIFESTIJLKAMER	EL PLAN BLANCO	LAURA'S BOYS	GLADDE PALING
REGULAR M/M 14:15 – 14:30	19	PINKY AND THE BRAIN	BOUBEDRIJF VD BORNE	HUBBIES	SKYR ERG	ARIES '89	PARTYBORN	ARNHEMSE JOCHIES	[HAUA OF PAUA]	TILL FAILLURE	DADDY POWER
REGULAR M/M 35+ 14:30 – 14:45	20	KARELS BEACHBOYS	DADBOD	ZO NIET DAN TOCH	THE PEACH BOYS	FRAPA	REDHOTNOREPERS	RAPID RHINO	MIDLIFE FIGHTERS	SPEK EN EI	BEACH CLEANERS
BREAK											

HEATS WOD 1 "SANDSKIING" (ROUND 3)

SATURDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED F/F 15:15 – 15:30	21	DUTCHGIRLS GONEWILD	BARBELL BABES	TO SHORT TO HANDLE	OH WOW	SCORPIOS	ALL YOU NEED IS HARD GAAN	BUNS AND GUNS	THE ACCOUNTANTS	KIMCHI	SCALED TRIPPERS
SCALED F/F 15:30 – 15:45	22	ROWING PAINS	MIR ZWEI	THE REDHEADS	T-REX- ÄRMCHEN	BARBELL BITCHES	RUNNINGAG	READY TO DIE	TEAM ALL PAIN, NO GAIN!	WOD NOW, WINE LATER	PEANUT BUTTER BUDDIES
SCALED F/F 15:45 – 16:00	23	SPICE GIRL'S	FAN	ALL IN	KETTLE BELLAS	PUSH IT REAL GOOD	BODY-ATTACK JR.	LOST & FOUND	YOUNG AT HEART	DJYM22	TOES TO THE BARKRUK
SCALED F/F 16:00 – 16:15	24	BARBELL BREW CREW	CROSSFIT CLICK MASTERS	TWO PEAS IN A WOD	LOT & SIEN	JUT EN JUL	STRONG MOMMY'S	STRONG SHORTY'S	DAT KUTZAND!	DE BOURGONDIËR S	FLASH
SCALED F/F 16:15 – 16:30	25	MAYW(O)OD	BLONDES HAVE MORE FUN	BFF FOR THE WIN	KAKMOAS	NO PULLUPS	WINE NOW, WOD LATER	THE ILSE'S	UNRESTRICTED MAYHEM	TURN DOWN FOR WOD	MOMMY'S BACK ON TRACK
SCALED M/F 16:30 – 16:45	26	B(URPEE)-REX	THE PAUSTIANS	BURPEES & BURGER	DUMM & DÜMMER	THE MILLERS	MIMIMI	ANKA SQUATTER UND DER HALF- REP PRINZ	PATCH PACT	FITNESSFORGE -BUDDYS	WHAT THE FREAK
SCALED M/F 16:45 – 17:00	27	SIE DACHTE ES WIRD EIN STRANDURLAUB	THAT'S WHAT SHE SAID!	BER- BELL&FREEK	COUPLES THERAPY	FITSTOP	GET FIT WITH RAYAN & SANDER	MIGHTY MAPAS	DAS KLEINSTE ÜBEL	DOMINATOR	KIPPING IT REAL
SCALED M/F & REGULAR M/F 35+ 17:00 – 17:15	28	BITCH THROWDOWN	TEAM MINIONS	SNELLE VLIETJES	TEAM DANONE	ZORRORO	VINKIE & BINKIE	GREEKLANDERS	IMPERFECTION	THE INFAMOUS	CHALKY CHIPPERS
REGULAR M/F 35+ 17:15 – 17:30	29	GENIETEAM	VALENTINO'S	GHOSTTHRUS TERS	DIE DINOS	CF RETIREMEN T	TEAM CHAOS	NO STRICT PULL UPS	KORDAAT OG'S	TEAM VV	WE SHALL SEA
REGULAR F/F 35+ 17:30 – 17:45	30	BEACH & BARBELLS	FITTE WAIFFIES	NIENKE & ELENA	AMRAP ATTACKERS	THE PROMS	THE CHILLAXS	TEAM KM	SUN'S OUT, GUNS OUT	VICTORIOUS SECRET	DE SARAAS
PRICE CEREMONY											

HEATS WOD 2 "KETTLE KONG" (ROUND 1)

SATURDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED F/F 09:00 – 09:15	1	DUTCHGIRLS GONEWILD	BARBELL BABES	TO SHORT TO HANDLE	OH WOW	SCORPIOS	ALL YOU NEED IS HARD GAAN	BUNS AND GUNS	THE ACCOUNTANTS	KIMCHI	SCALED TRIPPERS
SCALED F/F 09:15 – 09:30	2	ROWING PAINS	MIR ZWEI	THE REDHEADS	T-REX- ÄRMCHEN	BARBELL BITCHES	RUNNINGAG	READY TO DIE	TEAM ALL PAIN, NO GAIN!	WOD NOW, WINE LATER	PEANUT BUTTER BUDDIES
SCALED F/F 09:30 – 09:45	3	SPICE GIRL'S	FAN	ALL IN	KETTLE BELLAS	PUSH IT REAL GOOD	BODY-ATTACK JR.	LOST & FOUND	YOUNG AT HEART	DJYM22	TOES TO THE BARKRUK
SCALED F/F 09:45 – 10:00	4	BARBELL BREW CREW	CROSSFIT CLICK MASTERS	TWO PEAS IN A WOD	LOT & SIEN	JUT EN JUL	STRONG MOMMY'S	STRONG SHORTY'S	DAT KUTZAND!	DE BOURGONDIËRS	FLASH
SCALED F/F 10:00 – 10:15	5	MAYW(O)OD	BLONDES HAVE MORE FUN	BFF FOR THE WIN	KAKMOAS	NO PULLUPS	WINE NOW, WOD LATER	THE ILSE'S	UNRESTRICTED MAYHEM	TURN DOWN FOR WOD	MOMMY'S BACK ON TRACK
SCALED M/F 10:15 – 10:30	6	B(URPEE)-REX	THE PAUSTIANS	BURPEES & BURGER	DUMM & DÜMMER	THE MILLERS	MIMIMI	ANKA SQUATTER UND DER HALF- REP PRINZ	PATCH PACT	FITNESSFORGE- BUDDYS	WHAT THE FREAK
SCALED M/F 10:30 – 10:45	7	SIE DACHTE ES WIRD EIN STRANDURLAUB	THAT'S WHAT SHE SAID!	BER-BELL&FREEK	COUPLES THERAPY	FITSTOP	GET FIT WITH RAYAN & SANDER	MIGHTY MAPAS	DAS KLEINSTE ÜBEL	DOMINATOR	KIPPING IT REAL
SCALED M/F & REGULAR M/F 35+ 10:45 – 11:00	8	BITCH THROWDOWN	TEAM MINIONS	SNELLE VLIETJES	TEAM DANONE	ZORRORO	VINKIE & BINKIE	GREEKLANDERS	IMPERFECTION	THE INFAMOUS	CHALKY CHIPPERS
REGULAR M/F 35+ 11:00 – 11:15	9	GENIETEAM	VALENTINO'S	GHOSTTHRUSTERS	DIE DINOS	CF RETIREMENT	TEAM CHAOS	NO STRICT PULL UPS	KORDAAT OG'S	TEAM VV	WE SHALL SEA
REGULAR F/F 35+ 11:15 – 11:30	10	BEACH & BARBELLS	FITTE WAIFFIES	NIENKE & ELENA	AMRAP ATTACKERS	THE PROMS	THE CHILLAXS	TEAM KM	SUN'S OUT, GUNS OUT	VICTORIOUS SECRET	DE SARAAS
BREAK											

HEATS WOD 2 "KETTLE KONG" (ROUND 2)

SATURDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
PARENT & KID 12:15 – 12:30	11	LEOPA	CONDAL PURPURINA	PAPA TRAINS HARD BUT I TRAIN HARDER	DJYM UNICORNS	DE SMALHEERTJES	DE BLOEMHOFJES	BABY T-REX	K2	DIE SCHMIDDIS	X
PARENT & KID 12:30 – 12:45	12	TEAM SONIC	THE FIRE DRAGONS	PEANUTS	#NOCARDIOCRE W	TIGERS WIEHED	KREMERS UNITED	THE KITTYCATS	MARIELLE & STIJN	NINJA TIGERS	CONDAL ARCOIRIS
PARENT & KID 12:45 – 13:00	13	THE BOYS	BEAST- BUDDIES	DER SCHÖNE & DAS BIEST	JEF JAAS KEAL	JABE & SEBA	THE BARBELL AND THE BEASTS	TEAM PREPPY	K&L BEASTMODE	BENANI CHICKIES	IER & TES
REGULAR F/F 13:00 – 13:15	14	TEAM VELOCITY	BEAST MODE BABES	BAD BITCHES	BEACH BUMS AND BARBELLS	TINY TERRIERS	FLEXON THE BEACH	SANDSPORT IN ZANDVOORT	LUFTNOT	TEAM OUWEHOER	AM ALLSTARS
REGULAR F/F 13:15 – 13:30	15	DOUBLE STRUGGLE	FLOW 'NGROW	BAD BEACHES	HUGE	FLEXUAL HEALING	WOD'S YOUR NAME	MISSION SLIMBOXXIBLE	GRANGERDANG ER	DROP IT LIKE A SQUAT	BLONDIE&BROWNIE
REGULAR F/F 13:30 – 13:45	16	CLEAN BEES	THUMBS UP	THE BEACHY BUTS	THE L-TEAM	SQUAT IT 'TIL U DROP IT	VRIJGEZELLIG	THE POWER CLEANO SISTERS	KORDAAT(JE) POWER	MALOCHER MÄDELS	#WWLD
REGULAR F/F 13:45 – 14:00	17	HEAVY LEGS	RECHT DOOR ZEE	HAKUNA MASQUATA	JUST FOR FUN	PULL&PRAY	SYNCHRO SISTERS	THE FEM FITALES	NO PAIN NO GAIN	MEGMAU	LISANNE
REGULAR F/F 14:00 – 14:15	18	TEAM ALFRED	SORRY, LITTLE LEGS	DONNERBUDDY S	RTM SWOLE SISTERS	PANCAKE PANIC	BIS EINER WEINT	2 LEGIT 2 QUIT	LOSLOPEND WILD	TROP'IC LIKE A SQUAT	PANDA
REGULAR F/F 14:15 – 14:30	19	MAUD&M AAS	INSTALLING MUSCLES, PLEASE WAIT	SALT & PEPPER	BENCH AND JERRY'S	KATHA- &ANNABOLIC	DE BAMBI'S	DE LEIDSE LADIES	ZWEIMALKLUG	SPONGEBOB SLOWPANTS	EBS & VLOED
REGULAR F/F 35+ 14:30 – 14:45	20	MAMASA URUS	MERCIE	SANDSTORM WARRIORS	DIE KRIKER	TEAM ALPHA FEMALE	LIFTING SANDFLEAS	DAMES MAAS	WEIGHTS BEFORE DATES	THE PAINKILLERS	BETTER TOGETHER
BREAK											

HEATS WOD 2 "KETTLE KONG" (ROUND 3)

SATURDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED M/M & REGULAR M/F 15:15 – 15:30	21	PINDA & KAAS	HARDWIRED TO SELF-DESTRUCT	TEAM MIDDENMOOT	DICK & DOOF	BEANS N BARBELLS	TEAM TOFU	TOGETHER, STRONGER	RTM WOLF PACK	BEAUTYAND THEBEAST	CRAZY KETTLEBELLS
REGULAR M/F 15:30 – 15:45	22	WOD WARRIORS	JUST FLEX, NO SEX	BÄRBEL UND WILLI	DE FÄTZE OND SINI SCHWÖSTER	DIE DOKTORANDE N	THE CROPIS	STIEF TOF	TWO AND A HALF METER	KIPPING NUGGETS	THE CARROTS
REGULAR M/F 15:45 – 16:00	23	BRUUTAAL	3 1/2 TRIZEPS	GASI NORENG	DONGENSE PEËN	VENTJES	BEACH & BURPEES	THE ORIGINAL TALL & SMALL	CARMA	SEXY MAMA'S	EMERGENCY ATHLETES
REGULAR M/F 16:00 – 16:15	24	KNUIP AAF	KROONPRINS-6 OF THE BEACH	JE WEET ZELUF	BARBELLS AND BROS	MLEMLEMLEM	TEAM SAND HELP!	THUNDER AND THE JOKER	SOMOS TU Y YO	DE ZANDHAPPERS	THE FUNIS
REGULAR M/F 16:15 – 16:30	25	MONIQUE & DENNIS	SAND EATERS	SUPER MARIOS BROS	THUNDER TED	MAD RICK	SNATCH ME IF YOU CAN	OG'S	SNATCHON THE BEACH	SWEET & SALTY	LOVE 2 EAT
REGULAR M/F 16:30 – 16:45	26	MINI & MAXI	TEAM TRAIN PAINGAIN	99 PROBLEMS, BUT THE BEACH AIN'T ONE	TEAM O'BOS	LAZY AND SCORELESS	THE BUTTERS	THE SHORTY SQUAD	BALLERHINOS	NEWLY WEDS	BEAUTY AND THE BREEN
REGULAR M/M 16:45 – 17:00	27	FIRST REP - NO REP	ALMERE BEACH BOYS	LOOK PRO, GO SLOW	RHINO SAFARI GUIDES	CF PIJNACKER	WAAR IS MIJNE VELO?	RAANAN & RICHARD	MVMNT ERROR	TEAM 015	THE SUMMER BODY BOYS
REGULAR M/M 17:00 – 17:15	28	OUT OF SHAPE	THEACCOUNTANTS	BEARDS N' BARBELLS	DUMB AND DUMBELL	CF CREW	ZEESTERREN	DE LIFESTIJLKAMER	EL PLAN BLANCO	LAURA'S BOYS	GLADDE PALING
REGULAR M/M 17:15 – 17:30	29	PINKY AND THE BRAIN	BOUBEDRIJF VD BORNE	HUBBIES	SKYR ERG	ARIES '89	PARTYBORN	ARNHEMSE JOCHIES	[HAUA OF PAUA]	TILL FAILLURE	DADDY POWER
REGULAR M/M 35+ 17:30 – 17:45	30	KARELS BEACHBOYS	DADBOD	ZO NIET DAN TOCH	THE PEACH BOYS	FRAPA	REDHOTNOREPPERS	RAPID RHINO	MIDLIFE FIGHTERS	SPEK EN EI	BEACH CLEANERS
PRICE CEREMONY											

HEATS WOD 3 "STORK'S LEG" (ROUND 1)

SATURDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED M/M & REGULAR M/F 09:00 – 09:15	1	PINDA & KAAS	HARDWIRED TO SELF-DESTRUCT	TEAM MIDDENMOOT	DICK & DOOF	BEANS N BARBELLS	TEAM TOFU	TOGETHER, STRONGER	RTM WOLF PACK	BEAUTYAND THEBEAST	CRAZY KETTLEBELLS
REGULAR M/F 09:15 – 09:30	2	WOD WARRIORS	JUST FLEX, NO SEX	BÄRBEL UND WILLI	DE FÄTZE OND SINI SCHWÖSTER	DIE DOKTORANDE N	THE CROPIS	STIEF TOF	TWO AND A HALF METER	KIPPING NUGGETS	THE CARROTS
REGULAR M/F 09:30 – 09:45	3	BRUUTAAL	3 1/2 TRIZEPS	GASI NORENG	DONGENSE PEËN	VENTJES	BEACH & BURPEES	THE ORIGINAL TALL & SMALL	CARMA	SEXY MAMA'S	EMERGENCY ATHLETES
REGULAR M/F 09:45 – 10:00	4	KNUIP AAF	KROONPRINS-6 OF THE BEACH	JE WEET ZELUF	BARBELLS AND BROS	MLEMLEMLEM	TEAM SAND HELP!	THUNDER AND THE JOKER	SOMOS TU Y YO	DE ZANDHAPPERS	THE FUNIS
REGULAR M/F 10:00 – 10:15	5	MONIQUE & DENNIS	SAND EATERS	SUPER MARIOS BROS	THUNDER TED	MAD RICK	SNATCH ME IF YOU CAN	OG'S	SNATCHON THE BEACH	SWEET & SALTY	LOVE 2 EAT
REGULAR M/F 10:15 – 10:30	6	MINI & MAXI	TEAM TRAIN PAINGAIN	99 PROBLEMS, BUT THE BEACH AIN'T ONE	TEAM O'BOS	LAZY AND SCORELESS	THE BUTTERS	THE SHORTY SQUAD	BALLERHINOS	NEWLY WEDS	BEAUTY AND THE BREEN
REGULAR M/M 10:30 – 10:45	7	FIRST REP - NO REP	ALMERE BEACH BOYS	LOOK PRO, GO SLOW	RHINO SAFARI GUIDES	CF PIJNACKER	WAAR IS MIJNE VELO?	RAANAN & RICHARD	MVMNT ERROR	TEAM 015	THE SUMMER BODY BOYS
REGULAR M/M 10:45 – 11:00	8	OUT OF SHAPE	THEACCOUNTANTS	BEARDS N' BARBELLS	DUMB AND DUMBELL	CF CREW	ZEESTERREN	DE LIFESTIJLKAME R	EL PLAN BLANCO	LAURA'S BOYS	GLADDE PALING
REGULAR M/M 11:00 – 11:15	9	PINKY AND THE BRAIN	BOUBEDRIJF VD BORNE	HUBBIES	SKYR ERG	ARIES '89	PARTYBORN	ARNHEMSE JOCHIES	[HAUA OF PAUA]	TILL FAILLURE	DADDY POWER
REGULAR M/M 35+ 11:15 – 11:30	10	KARELS BEACHBOYS	DADBOD	ZO NIET DAN TOCH	THE PEACH BOYS	FRAPA	REDHOTNOREPPERS	RAPID RHINO	MIDLIFE FIGHTERS	SPEK EN EI	BEACH CLEANERS
BREAK											

HEATS WOD 3 "STORK'S LEG" (ROUND 2)

SATURDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
SCALED F/F 12:15 – 12:30	11	DUTCHGIRLS GONEWILD	BARBELL BABES	TO SHORT TO HANDLE	OH WOW	SCORPIOS	ALL YOU NEED IS HARD GAAN	BUNS AND GUNS	THE ACCOUNTANTS	KIMCHI	SCALED TRIPPERS
SCALED F/F 12:30 – 12:45	12	ROWING PAINS	MIR ZWEI	THE REDHEADS	T-REX- ÄRMCHEN	BARBELL BITCHES	RUNNINGAG	READY TO DIE	TEAM ALL PAIN, NO GAIN!	WOD NOW, WINE LATER	PEANUT BUTTER BUDDIES
SCALED F/F 12:45 – 13:00	13	SPICE GIRL'S	FAN	ALL IN	KETTLE BELLAS	PUSH IT REAL GOOD	BODY-ATTACK JR.	LOST & FOUND	YOUNG AT HEART	DJYM22	TOES TO THE BARKRUK
SCALED F/F 13:00 – 13:15	14	BARBELL BREW CREW	CROSSFIT CLICK MASTERS	TWO PEAS IN A WOD	LOT & SIEN	JUT EN JUL	STRONG MOMMY'S	STRONG SHORTY'S	DAT KUTZAND!	DE BOURGONDIËRS	FLASH
SCALED F/F 13:15 – 13:30	15	MAYW(O)OD	BLONDES HAVE MORE FUN	BFF FOR THE WIN	KAKMOAS	NO PULLUPS	WINE NOW, WOD LATER	THE ILSE'S	UNRESTRICTED MAYHEM	TURN DOWN FOR WOD	MOMMY'S BACK ON TRACK
SCALED M/F 13:30 – 13:45	16	B(URPEE)-REX	THE PAUSTIANS	BURPEES & BURGER	DUMM & DÜMMER	THE MILLERS	MIMIMI	ANKA SQUATTER UND DER HALF- REP PRINZ	PATCH PACT	FITNESSFORGE- BUDDYS	WHAT THE FREAK
SCALED M/F 13:45 – 14:00	17	SIE DACHTE ES WIRD EIN STRANDURLAUB	THAT'S WHAT SHE SAID!	BER-BELL&FEEK	COUPLES THERAPY	FITSTOP	GET FIT WITH RAYAN & SANDER	MIGHTY MAPAS	DAS KLEINSTE ÜBEL	DOMINATOR	KIPPING IT REAL
SCALED M/F & REGULAR M/F 35+ 14:00 – 14:15	18	BITCH THROWDOWN	TEAM MINIONS	SNELLE VLIETJES	TEAM DANONE	ZORRORO	VINKIE & BINKIE	GREEKLANDERS	IMPERFECTION	THE INFAMOUS	CHALKY CHIPPERS
REGULAR M/F 35+ 14:15 – 14:30	19	GENIETEAM	VALENTINO'S	GHOSTTHRUSTERS	DIE DINOS	CF RETIREMENT	TEAM CHAOS	NO STRICT PULL UPS	KORDAAT OG'S	TEAM VV	WE SHALL SEA
REGULAR F/F 35+ 14:30 – 14:45	20	BEACH & BARBELLS	FITTE WAIFFIES	NIENKE & ELENA	AMRAP ATTACKERS	THE PROMS	THE CHILLAXS	TEAM KM	SUN'S OUT, GUNS OUT	VICTORIOUS SECRET	DE SARAAS
BREAK											

HEATS WOD 3 "STORK'S LEG" (ROUND 3)

SATURDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
PARENT & KID 15:15 – 15:30	21	LEOPA	CONDAL PURPURINA	PAPA TRAINS HARD BUT I TRAIN HARDER	DJYM UNICORNS	DE SMALHEERTJES	DE BLOEMHOFJES	BABY T-REX	K2	DIE SCHMIDDIS	X
PARENT & KID 15:30 – 15:45	22	TEAM SONIC	THE FIRE DRAGONS	PEANUTS	#NOCARDIO CREW	TIGERS WIEHED	KREMERS UNITED	THE KITTYCATS	MARIELLE & STIJN	NINJA TIGERS	CONDAL ARCOIRIS
PARENT & KID 15:45 – 16:00	23	THE BOYS	BEAST-BUDDIES	DER SCHÖNE & DAS BIEST	JEF JAAS KEAL	JABE & SEBA	THE BARBELL AND THE BEASTS	TEAM PREPPY	K&L BEASTMODE	BENANI CHICKIES	IER & TES
REGULAR F/F 16:00 – 16:15	24	TEAM VELOCITY	BEAST MODE BABES	BAD BITCHES	BEACH BUMS AND BARBELLS	TINY TERRIERS	FLEXON THE BEACH	SANDSPORT IN ZANDVOORT	LUFTNOT	TEAM OUWEHOER	AM ALLSTARS
REGULAR F/F 16:15 – 16:30	25	DOUBLE STRUGGLE	FLOW 'NGROW	BAD BEACHES	HUGE	FLEXUAL HEALING	WOD'S YOUR NAME	MISSION SLIMBOXXIBLE	GRANGERDANGER	DROP IT LIKE A SQUAT	BLONDIE & BROWNIE
REGULAR F/F 16:30 – 16:45	26	CLEAN BEES	THUMBS UP	THE BEACHY BUTS	THE L-TEAM	SQUAT IT 'TIL U DROP IT	VRIJGEZELLIG	THE POWER CLEANO SISTERS	KORDAAT(JE) POWER	MALOCHER MÄDELS	#WWLD
REGULAR F/F 16:45 – 17:00	27	HEAVY LEGS	RECHT DOOR ZEE	HAKUNA MASQUATA	JUST FOR FUN	PULL&PRAY	SYNCHRO SISTERS	THE FEM FITALES	NO PAIN NO GAIN	MEGMAU	LISANNE
REGULAR F/F 17:00 – 17:15	28	TEAM ALFRED	SORRY, LITTLE LEGS	DONNERBUDDYS	RTM SWOLE SISTERS	PANCAKE PANIC	BIS EINER WEINT	2 LEGIT 2 QUIT	LOSLOPEND WILD	TROP'IC LIKE A SQUAT	PANDA
REGULAR F/F 17:15 – 17:30	29	MAUD & MAAS	INSTALLING MUSCLES, PLEASE WAIT	SALT & PEPPER	BENCH AND JERRY'S	KATHA- &ANNABOLIC	DE BAMBI'S	DE LEIDSE LADIES	ZWEIMALKLUG	SPONGEBOB SLOWPANTS	EBS & VLOED
REGULAR F/F 35+ 17:30 – 17:45	30	MAMASA URUS	MERCIE	SANDSTORM WARRIORS	DIE KRIKER	TEAM ALPHA FEMALE	LIFTING SANDFLEAS	DAMES MAAS	WEIGHTS BEFORE DATES	THE PAINKILLERS	BETTER TOGETHER
PRICE CEREMONY											