

CHECK YOUR HEATS @ COMPETITION CORNER

TIMETABLE SUNDAY 17TH

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

HEATS WOD 1 "SANDSKIING" (ROUND 1)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/F 09:00 – 09:15	1	CUSTOM CABINETS	MASSEPHASE	CHALK DIRTY TO ME	BROODJE GUIROS	LOUD & PROUD	ALL PAIN NO GAIN	A- KWADRAAT	THE NOSEDIVERS	ON FIRE	JEN & BERRY
ADVANCED M/F 09:15 – 09:30	2	TEARS FOR BEERS	DOUBLE DUMPLINGS	STEMMGARTEN	ZODANFAST	COCONUTZ	WOD'S POPPIN	TEAM BRUUT	TEAM KIP & RIJST	THE POWERHOUSES	TEAM SJANS
ADVANCED M/F 09:30 – 09:45	3	JORDI& SANDRA	RX PERFORMANCE	PX	CROSSFIT RTM	JUMANJI	LISANNE&JARO	RECHARGE	DIE FIRMA	HEEF JE DR OM	FWOB
ADVANCED M/F 09:45 – 10:00	4	PROBABLY GONNA WALK	BETTER NAKED	SIDE CHEST, PLEASE!	ALL PAIN, NO GAIN	MUSCLE & HUSTLE	APEROL LIFTS	BETTER PINK TWICE	IRON THRONE	TEAM21	MELLEX
ADVANCED M/F 10:00 – 10:15	5	TEAM NULTIEN	THAT'S WHAT SHE SAID	THE BEAUTY & THE BUTCHER	PACO SNATCH	KOEKIE MONSTERS	LONG TIME NO SEE	JOR & LEO	JORILLAS	THE BALD AND THE BEAUTIFUL	TEAM MINDEN
ADVANCED M/F 10:15 – 10:30	6	THE ROOTSFITTERS	FLYING NUGGETS	TEAM INTIM	HUGINN & MUNINN	MARJET EN NOG IEMAND	VRIENDEN VAN BRAM EN CHARLES	THE BEAUTY AND THE BEARD	TEAM (SOMS) OP TIJD	LIFE IS A BEACH	TURBOSCHNECKEN
ADVANCED M/F 10:30 – 10:45	7	FAIL FORWARD	DIE FLUTSCHGRANATEN	12 YEARS APART	TEAM OLD BUT GOLD	FLEX APPEAL	THE NEXT GEN	ERROR 404	QUEEN & JERK	THE REIBER OF THE BARBELLS	NO MERCY
RX F/F 10:45 – 11:00	8	POWER POTT GIRLS	SUNASTIC TWO	BEACH BABES	GAINZ & WAVES	HANDMADE ATHLETES	SKIPPED HEAVY DAY	WIJCHENSE BUFFELS	LOTTI KAROTTI	FLIPPING OUT	CFH CRZY TRTLS
ELITE M/F & ELITE M/M 11:00 – 11:15	9	40 FEELS LIKE 28	KIM & MARIEKE	STORM BROTHERS	KORDAAT BEACH BOYZ	UNBROKEN	BATTLE BAZEN!	THE GODWITS	CROSSFIT HOOFDDORP	THE BAD BATCH	FIT-TASTIC DUO
ELITE M/F & ELITE M/M 11:15 – 11:30	10	SAND IM GETRIEBE	BEARDMAN	EVERY BLONDIE NEEDS A BROWNIE	HEIZUNG AUF 5	BROSKI	NET NIET	GYM ZUYD	TEAM DIKZAK	HERMANN'S & VAN KEEKEN	EASTERN EUROPEAN
BREAK											

HEATS WOD 1 "SANDSKIING" (ROUND 2)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/M 12:15 – 12:30	11	CROSSFIT WS	BEACH BANG THEORY	IJSSELGEKKIES	SPARTAN REBRI	RICKERT & RAYMUNDO	POWER NAP & REST	MAD SD	'T VOELT ZWAAR VANDAAG	GINGER AND JULIET	THE HANDSTAND PUSSY'S
ADVANCED M/M 12:30 – 12:45	12	NOORD GESTOORD	JOLLY JUMPERS	SENSEI EN PADAWAN	S.O.R.	CF POSTERUS	BUCK FURPEES	MOVING LIFTING ACTING BREATHERS	TWENTSE TORSERS	NIKPIT	BURPEE DONT HURT ME
ADVANCED M/M 12:45 – 13:00	13	ROADRUNNERS	BOTB	SAUNA CLUB CHANTALE	ALAN & STEVE	WOUT & KO	CAKE FORMED BODIES	MG BACKYARD BOYS	DOUBLE D	THE EXPLORERS	TEAM KCH
ADVANCED M/M 13:00 – 13:15	14	BODY FORMED CAKES	DER STARKE UND DER ALTE	TEAM DADDY POWER	KALLAX	TEAM BAJO	HEIDI & AGEETH	FUTURERX	DEMI GODS	BARBELL KILLERS	ONCE UPON A TIMECAP
ADVANCED M/M 13:15 – 13:30	15	IMPOSAN(DT)	PETER & JORT	BAD DECISIONS	SPARTIATEN	AMBULANCE AFTER AMBIANCE	HOLD MY NOCCO	OUDGEDIENDEN	TEAM ONE RM	H.O.M.M.	TUP & JOEP
ADVANCED M/M 35+ 13:30 – 13:45	16	TALL & SMALL	BEACH DADS	TIJMEN & JOHNNY	BUURMAN & BUURMANGET FIT	SNOW AND THE GREY	INGLOURIOUS CLUSTERS	HUMBLE HAARLEM	CIGAR SMOKING DUDES	CF HERNE	LOLEK AND BOLEK
ADVANCED M/M 35+ 13:45 – 14:00	17	TEAM EMPTY BAR	VRIENDEN VAN VINCE EN JOHAN	MASSA IS KASSA	LOONIE2GO	MUFFIN TOP	TEAM GEEN IDEE	CATCHUSIFYOUCAN	EISENSCHMIEDE	GENTLE SILVERBACKS	SPEKLAPJES
ADVANCED M/M 35+ 14:00 – 14:15	18	LOS SEÑORES	FSF OLD TIMERS	FASTER & SON	BUURMAN & BUURMAN	BEARD & PAINTER	JM & JM	IRON HORDE	TEAM MAGNUM	GEER & GOOR	VLAMEN
ADVANCED M/F 35+ 14:15 – 14:30	19	ALLTAGS ATHLETEN	ULTIMATE ALPHA	SANDY NINJA'S	DATTELSIRUP	HONGKONG MEETS KINGKONG	TNT	DOWN FOR WODEVER	KAFFEE UND KUCHEN	WOD AM I DOING	SQUAT BUDS
ADVANCED M/F 35+ 14:30 – 14:45	20	WILD & HERT	BERZERKERS	SPORTLOODS OOST	ABS & NAPS	COCONUTS	BARBL GYM MASTERS	MEAT LOVE	WANNGEHT'S LOS?	BINK&BINKY	KOEK EN ZUIPIE
BREAK											

HEATS WOD 1 "SANDSKIING" (ROUND 3)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED F/F 15:15 – 15:30	21	WOD NOW, WINE LATER 1	CHALLENGE ACCEPTED	THE FETA-CCINIS	BEACHES& PEACHES	SOFIE&SAM	OG BUDDY'S	FRYSLÂN BOPPE	WANNE	WODS & SHOTS	CIRQUE DE SORE LEGS
ADVANCED F/F 15:30 – 15:45	22	IRGENDWAS MIT BURPEES	BARBIE GIRLS	PANCAKE EXPRESS	DO RE MY	CHALKOHOLICS	DUMBBELLS AND DONUTS	EAT SLEEP REPEAT	CLEAÑA COLADA	TEAM GIJS & GEERT	HIKI
ADVANCED F/F 15:45 – 16:00	23	DJ	AVENGHERS	M&M'S	CLEANING CREW	MULLE'S ATHLETES	TEAM WILD	FRIETERIA	MUSCLE- MEOW	ALL PAIN, NO GAIN.	FRENCH TOASTS
ADVANCED F/F 16:00 – 16:15	24	RAMBO	SNATCH US IF YOU CAN	GROTE STAPPEN SNEL THUIS	ALL THE WHEY UP	LADYBIRDS	ABRISS KOMMANDO	DEAD LIFTERS	CAR & SUUS	THE HULKSTERS	KORRIE EN ASSIE
ADVANCED F/F 35+ 16:15 – 16:30	25	BREKKI	STRONG LEGS	ZEEMEERSINNER S	THE BARBELLA'S	GULLS & SKULLS	A-TEAM	WÄLLER M&MS	DEMOLITION TEAM	WÜRG & JERK	TEAM MASCHINEN- BERGER
RX M/F 16:30 – 16:45	26	ERNIE & BERT	MEET THE FOKKAS	XXL NUTRITION	BART & LUUS	NU IS ALLES ROESTIGER	THE PACK, NO SHIRT	MUSCLE UNDERS	YOUR PACE OR MINE	DEVILS PRES(S)LEY	MAD BUTTS
RX M/F 16:45 – 17:00	27	BIG BUTTS AND COCONUTS	LICHT ONTVLAMBAAR	VECHTERS BAASJES	SAAR OLDIES	ALL YOU CAN EAT	KEEP SMILING	TEAM LACTIC ACID	TEAM HORMIGÓN	CFLWD	COLD AS ICE
RX M/F & RX M/M 17:00 – 17:15	28	MASSE IST MACHT	NORTH STREET	NO S T R E S S	WIE HEEFT MIJN BUDDY GEZIEN?	TINY TITANS	TEAM KENNEMER	MADTIES	SOLA-BIA	MUSCLE BOYS F**K BEST	BARRELBOX
RX M/M 17:15 – 17:30	29	TEAM NIET FIT	BEACH-MODE	BIMMEL & BOMMEL	ANTI DELOAD CLUB	CROSSFIT WINSCHOTEN	WHITE HAMMER	BAYWATCH	OVERSCHAT	HUSTLE AND MUSCLE	PLAYA VARDIA
RX M/M 17:30 – 17:45	30	FOUTMELDING	BEACH BOYS	BUGGIBACH	ROCKET BOYS	BEACH WARRIORS	THE RUBESTERS	CROSSFIT 0342	RELENTLESS	TEAM DURCHSICHTIG	TASKFORCE PIUSHAVEN
PRICE CEREMONY											

HEATS WOD 2 "KETTLE KONG" (ROUND 1)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/M 09:00 – 09:15	1	CROSSFIT WS	BEACH BANG THEORY	IJSSELGEKKIES	SPARTAN REBRI	RICKERT & RAYMUNDO	POWER NAP & REST	MAD SD	'T VOELT ZWAAR VANDAAG	GINGER AND JULIET	THE HANDSTAND PUSSY'S
ADVANCED M/M 09:15 – 09:30	2	NOORD GESTOORD	JOLLY JUMPERS	SENSEI EN PADAWAN	S.O.R.	CF POSTERUS	BUCK FURPEES	MOVING LIFTING ACTING BREATHERS	TWENTSE TORSERS	NIKPIT	BURPEE DONT HURT ME
ADVANCED M/M 09:30 – 09:45	3	ROADRUNNE RS	BOTB	SAUNA CLUB CHANTALE	ALAN & STEVE	WOUT & KO	CAKE FORMED BODIES	MG BACKYARD BOYS	DOUBLE D	THE EXPLORERS	TEAM KCH
ADVANCED M/M 09:45 – 10:00	4	BODY FORMED CAKES	DER STARKE UND DER ALTE	TEAM DADDY POWER	KALLAX	TEAM BAJO	HEIDI & AGEETH	FUTURERX	DEMI GODS	BARBELL KILLERS	ONCE UPON A TIMECAP
ADVANCED M/M 10:00 – 10:15	5	IMPOSAN(DT)	PETER & JORT	BAD DECISIONS	SPARTIATEN	AMBULANCE AFTER AMBIANCE	HOLD MY NOCCO	OUDGEDIENDEN	TEAM ONE RM	H.O.M.M.	TUP & JOEP
ADVANCED M/M 35+ 10:15 – 10:30	6	TALL & SMALL	BEACH DADS	TIJMEN & JOHNNY	BUURMAN & BUURMANGE T FIT	SNOW AND THE GREY	INGLOURIOUS CLUSTERS	HUMBLE HAARLEM	CIGAR SMOKING DUDES	CF HERNE	LOLEK AND BOLEK
ADVANCED M/M 35+ 10:30 – 10:45	7	TEAM EMPTY BAR	VRIENDEN VAN VINCE EN JOHAN	MASSA IS KASSA	LOONIE2GO	MUFFIN TOP	TEAM GEEN IDEE	CATCHUSIFYOU CAN	EISENSCHMIEDE	GENTLE SILVERBACKS	SPEKLAPJES
ADVANCED M/M 35+ 10:45 – 11:00	8	LOS SEÑORES	FSF OLD TIMERS	FASTER & SON	BUURMAN & BUURMAN	BEARD & PAINTER	JM & JM	IRON HORDE	TEAM MAGNUM	GEER & GOOR	VLAMEN
ADVANCED M/F 35+ 11:00 – 11:15	9	ALLTAGS ATHLETEN	ULTIMATE ALPHA	SANDY NINJA'S	DATTELSIRUP	HONGKONG MEETS KINGKONG	TNT	DOWN FOR WODEVER	KAFFEE UND KUCHEN	WOD AM I DOING	SQUAT BUDS
ADVANCED M/F 35+ 11:15 – 11:30	10	WILD & HERT	BERZERKERS	SPORTLOODS OOST	ABS & NAPS	COCONUTS	BARBL GYM MASTERS	MEAT LOVE	WANNGEHT'S LOS?	BINK&BINKY	KOEK EN ZUIPIE
BREAK											

HEATS WOD 2 "KETTLE KONG" (ROUND 2)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED F/F 12:15 – 12:30	11	WOD NOW, WINE LATER 1	CHALLENGE ACCEPTED	THE FETA-CCINIS	BEACHES& PEACHES	SOFIE&SAM	OG BUDDY'S	FRYSLÂN BOPPE	WANNE	WODS & SHOTS	CIRQUE DE SORE LEGS
ADVANCED F/F 12:30 – 12:45	12	IRGENDWAS MIT BURPEES	BARBIE GIRLS	PANCAKE EXPRESS	DO RE MY	CHALKOHOLICS	DUMBBELLS AND DONUTS	EAT SLEEP REPEAT	CLEAÑA COLADA	TEAM GIJS & GEERT	HIKI
ADVANCED F/F 12:45 – 13:00	13	DJ	AVENGHERS	M&M'S	CLEANING CREW	MULLE'S ATHLETES	TEAM WILD	FRIETERIA	MUSCLE- MEOW	ALL PAIN, NO GAIN.	FRENCH TOASTS
ADVANCED F/F 13:00 – 13:15	14	RAMBO	SNATCH US IF YOU CAN	GROTE STAPPEN SNEL THUIS	ALL THE WHEY UP	LADYBIRDS	ABRISS KOMMANDO	DEAD LIFTERS	CAR & SUUS	THE HULKSTERS	KORRIE EN ASSIE
ADVANCED F/F 35+ 13:15 – 13:30	15	BREKKI	STRONG LEGS	ZEEMEERSINNERS	THE BARBELLA'S	GULLS & SKULLS	A-TEAM	WÄLLER M&MS	DEMOLITION TEAM	WÜRG & JERK	TEAM MASCHINEN- BERGER
RX M/F 13:30 – 13:45	16	ERNIE & BERT	MEET THE FOKKAS	XXL NUTRITION	BART & LUUS	NU IS ALLES ROESTIGER	THE PACK, NO SHIRT	MUSCLE UNDERS	YOUR PACE OR MINE	DEVILS PRES(S)LEY	MAD BUTTS
RX M/F 13:45 – 14:00	17	BIG BUTTS AND COCONUTS	LICHT ONTVLAMBAAR	VECHTERS BAASJES	SAAR OLDIES	ALL YOU CAN EAT	KEEP SMILING	TEAM LACTIC ACID	TEAM HORMIGÓN	CFLWD	COLD AS ICE
RX M/F & RX M/M 14:00 – 14:15	18	MASSE IST MACHT	NORTH STREET	NO S T R E S S	WIE HEEFT MIJN BUDDY GEZIEN?	TINY TITANS	TEAM KENNEMER	MADTIES	SOLA-BIA	MUSCLE BOYS F**K BEST	BARRELBOX
RX M/M 14:15 – 14:30	19	TEAM NIET FIT	BEACH-MODE	BIMMEL & BOMMEL	ANTI DELOAD CLUB	CROSSFIT WINSCHOTEN	WHITE HAMMER	BAYWATCH	OVERSCHAT	HUSTLE AND MUSCLE	PLAYA VARDIA
RX M/M 14:30 – 14:45	20	FOUTMELDING	BEACH BOYS	BUGGIBACH	ROCKET BOYS	BEACH WARRIORS	THE RUBESTERS	CROSSFIT 0342	RELENTLESS	TEAM DURCHSICHTIG	TASKFORCE PIUSHAVEN
BREAK											

HEATS WOD 2 "KETTLE KONG" (ROUND 3)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/F 15:15 – 15:30	21	CUSTOM CABINETS	MASSEPHASE	CHALK DIRTY TO ME	BROODJE GUIROS	LOUD & PROUD	ALL PAIN NO GAIN	A- KWADRAAT	THE NOSEDIVERS	ON FIRE	JEN & BERRY
ADVANCED M/F 15:30 – 15:45	22	TEARS FOR BEERS	DOUBLE DUMPLINGS	STEMMGARTEN	ZODANFAST	COCONUTZ	WOD'S POPPIN	TEAM BRUUT	TEAM KIP & RIJST	THE POWERHOUSES	TEAM SJANS
ADVANCED M/F 15:45 – 16:00	23	JORDI & SANDRA	RX PERFORMANCE	PX	CROSSFIT RTM	JUMANJI	LISANNE & JARO	RECHARGE	DIE FIRMA	HEEF JE DR OM	FWOB
ADVANCED M/F 16:00 – 16:15	24	PROBABLY GONNA WALK	BETTER NAKED	SIDE CHEST, PLEASE!	ALL PAIN, NO GAIN	MUSCLE & HUSTLE	APEROL LIFTS	BETTER PINK TWICE	IRON THRONE	TEAM21	MELLEX
ADVANCED M/F 16:15 – 16:30	25	TEAM NULTIEN	THAT'S WHAT SHE SAID	THE BEAUTY & THE BUTCHER	PACO SNATCH	KOEKIE MONSTERS	LONG TIME NO SEE	JOR & LEO	JORILLAS	THE BALD AND THE BEAUTIFUL	TEAM MINDEN
ADVANCED M/F 16:30 – 16:45	26	THE ROOTSFITTERS	FLYING NUGGETS	TEAM INTIM	HUGINN & MUNINN	MARJET EN NOG IEMAND	VRIENDEN VAN BRAM EN CHARLES	THE BEAUTY AND THE BEARD	TEAM (SOMS) OP TIJD	LIFE IS A BEACH	TURBOSCHNECKEN
ADVANCED M/F 16:45 – 17:00	27	FAIL FORWARD	DIE FLUTSCHGRANATEN	12 YEARS APART	TEAM OLD BUT GOLD	FLEX APPEAL	THE NEXT GEN	ERROR 404	QUEEN & JERK	THE REIBER OF THE BARBELLS	NO MERCY
RX F/F 17:00 – 17:15	28	POWER POTT GIRLS	SUNASTIC TWO	BEACH BABES	GAINZ & WAVES	HANDMADE ATHLETES	SKIPPED HEAVY DAY	WIJCHENSE BUFFELS	LOTTI KAROTTI	FLIPPING OUT	CFH CRZY TRTLS
ELITE M/F & ELITE M/M 17:15 – 17:30	29	40 FEELS LIKE 28	KIM & MARIEKE	STORM BROTHERS	KORDAAT BEACH BOYZ	UNBROKEN	BATTLE BAZEN!	THE GODWITS	CROSSFIT HOOFDDORP	THE BAD BATCH	FIT-TASTIC DUO
ELITE M/F & ELITE M/M 17:30 – 17:45	30	SAND IM GETRIEBE	BEARDMAN	EVERY BLONDIE NEEDS A BROWNIE	HEIZUNG AUF 5	BROSKI	NET NIET	GYM ZUYD	TEAM DIKZAK	HERMANN'S & VAN KEEKEN	EASTERN EUROPEAN
PRICE CEREMONY											

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

SUNDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED F/F 09:00 – 09:15	1	WOD NOW, WINE LATER 1	CHALLENGE ACCEPTED	THE FETA-CCINIS	BEACHES& PEACHES	SOFIE&SAM	OG BUDDY'S	FRYSLÂN BOPPE	WANNE	WODS & SHOTS	CIRQUE DE SORE LEGS
ADVANCED F/F 09:15 – 09:30	2	IRGENDWAS MIT BURPEES	BARBIE GIRLS	PANCAKE EXPRESS	DO RE MY	CHALKOHOLICS	DUMBBELLS AND DONUTS	EAT SLEEP REPEAT	CLEAÑA COLADA	TEAM GIJS & GEERT	HIKI
ADVANCED F/F 09:30 – 09:45	3	DJ	AVENGHERS	M&M'S	CLEANING CREW	MULLE'S ATHLETES	TEAM WILD	FRIETERIA	MUSCLE- MEOW	ALL PAIN, NO GAIN.	FRENCH TOASTS
ADVANCED F/F 09:45 – 10:00	4	RAMBO	SNATCH US IF YOU CAN	GROTE STAPPEN SNEL THUIS	ALL THE WHEY UP	LADYBIRDS	ABRISS KOMMANDO	DEAD LIFTERS	CAR & SUUS	THE HULKSTERS	KORRIE EN ASSIE
ADVANCED F/F 35+ 10:00 – 10:15	5	BREKKI	STRONG LEGS	ZEEMEERSINNERS	THE BARBELLA'S	GULLS & SKULLS	A-TEAM	WÄLLER M&MS	DEMOLITION TEAM	WÜRG & JERK	TEAM MASCHINEN- BERGER
RX M/F 10:15 – 10:30	6	ERNIE & BERT	MEET THE FOKKAS	XXL NUTRITION	BART & LUUS	NU IS ALLES ROESTIGER	THE PACK, NO SHIRT	MUSCLE UNDERS	YOUR PACE OR MINE	DEVILS PRES(S)LEY	MAD BUTTS
RX M/F 10:30 – 10:45	7	BIG BUTTS AND COCONUTS	LICHT ONTVLAMBAAR	VECHTERS BAASJES	SAAR OLDIES	ALL YOU CAN EAT	KEEP SMILING	TEAM LACTIC ACID	TEAM HORMIGÓN	CFLWD	COLD AS ICE
RX M/F & RX M/M 10:45 – 11:00	8	MASSE IST MACHT	NORTH STREET	NO S T R E S S	WIE HEEFT MIJN BUDDY GEZIEN?	TINY TITANS	TEAM KENNEMER	MADTIES	SOLA-BIA	MUSCLE BOYS F**K BEST	BARRELBOX
RX M/M 11:00 – 11:15	9	TEAM NIET FIT	BEACH-MODE	BIMMEL & BOMMEL	ANTI DELOAD CLUB	CROSSFIT WINSCHOTEN	WHITE HAMMER	BAYWATCH	OVERSCHAT	HUSTLE AND MUSCLE	PLAYA VARDIA
RX M/M 11:15 – 11:30	10	FOUTMELDING	BEACH BOYS	BUGGIBACH	ROCKET BOYS	BEACH WARRIORS	THE RUBESTERS	CROSSFIT 0342	RELENTLESS	TEAM DURCHSICHTIG	TASKFORCE PIUSHAVEN
BREAK											

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

SUNDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/F 12:15 – 12:30	11	CUSTOM CABINETS	MASSEPHASE	CHALK DIRTY TO ME	BROODJE GUIROS	LOUD & PROUD	ALL PAIN NO GAIN	A- KWADRAAT	THE NOSEDIVERS	ON FIRE	JEN & BERRY
ADVANCED M/F 12:30 – 12:45	12	TEARS FOR BEERS	DOUBLE DUMPLINGS	STEMMGARTEN	ZODANFAST	COCONUTZ	WOD'S POPPIN	TEAM BRUUT	TEAM KIP & RIJST	THE POWERHOUSES	TEAM SJANS
ADVANCED M/F 12:45 – 13:00	13	JORDI& SANDRA	RX PERFORMANCE	PX	CROSSFIT RTM	JUMANJI	LISANNE&JARO	RECHARGE	DIE FIRMA	HEEF JE DR OM	FWOB
ADVANCED M/F 13:00 – 13:15	14	PROBABLY GONNA WALK	BETTER NAKED	SIDE CHEST, PLEASE!	ALL PAIN, NO GAIN	MUSCLE & HUSTLE	APEROL LIFTS	BETTER PINK TWICE	IRON THRONE	TEAM21	MELLEX
ADVANCED M/F 13:15 – 13:30	15	TEAM NULTIEN	THAT'S WHAT SHE SAID	THE BEAUTY & THE BUTCHER	PACO SNATCH	KOEKIE MONSTERS	LONG TIME NO SEE	JOR & LEO	JORILLAS	THE BALD AND THE BEAUTIFUL	TEAM MINDEN
ADVANCED M/F 13:30 – 13:45	16	THE ROOTSFITTERS	FLYING NUGGETS	TEAM INTIM	HUGINN & MUNINN	MARJET EN NOG IEMAND	VRIENDEN VAN BRAM EN CHARLES	THE BEAUTY AND THE BEARD	TEAM (SOMS) OP TIJD	LIFE IS A BEACH	TURBOSCHNECKEN
ADVANCED M/F 13:45 – 14:00	17	FAIL FORWARD	DIE FLUTSCHGRANATEN	12 YEARS APART	TEAM OLD BUT GOLD	FLEX APPEAL	THE NEXT GEN	ERROR 404	QUEEN & JERK	THE REIBER OF THE BARBELLS	NO MERCY
RX F/F 14:00 – 14:15	18	POWER POTT GIRLS	SUNTASTIC TWO	BEACH BABES	GAINZ & WAVES	HANDMADE ATHLETES	SKIPPED HEAVY DAY	WIJCHENSE BUFFELS	LOTTI KAROTTI	FLIPPING OUT	CFH CRZY TRTLS
ELITE M/F & ELITE M/M 14:15 – 14:30	19	40 FEELS LIKE 28	KIM & MARIEKE	STORM BROTHERS	KORDAAT BEACH BOYZ	UNBROKEN	BATTLE BAZEN!	THE GODWITS	CROSSFIT HOOFDDORP	THE BAD BATCH	FIT-TASTIC DUO
ELITE M/F & ELITE M/M 14:30 – 14:45	20	SAND IM GETRIEBE	BEARDMAN	EVERY BLONDIE NEEDS A BROWNIE	HEIZUNG AUF 5	BROSKI	NET NIET	GYM ZUYD	TEAM DIKZAK	HERMANN'S & VAN KEEKEN	EASTERN EUROPEAN
BREAK											

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

SUNDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
ADVANCED M/M 15:15 – 15:30	21	CROSSFIT WS	BEACH BANG THEORY	IJSSELGEKKIES	SPARTAN REBRI	RICKERT & RAYMUNDO	POWER NAP & REST	MAD SD	'T VOELT ZWAAR VANDAAG	GINGER AND JULIET	THE HANDSTAND PUSSY'S
ADVANCED M/M 15:30 – 15:45	22	NOORD GESTOORD	JOLLY JUMPERS	SENSEI EN PADAWAN	S.O.R.	CF POSTERUS	BUCK FURPEES	MOVING LIFTING ACTING BREATHERS	TWENTSE TORSERS	NIKPIT	BURPEE DONT HURT ME
ADVANCED M/M 15:45 – 16:00	23	ROADRUNNE RS	BOTB	SAUNACLUB CHANTALE	ALAN & STEVE	WOUT & KO	CAKE FORMED BODIES	MG BACKYARD BOYS	DOUBLE D	THE EXPLORERS	TEAM KCH
ADVANCED M/M 16:00 – 16:15	24	BODY FORMED CAKES	DER STARKE UND DER ALTE	TEAM DADDY POWER	KALLAX	TEAM BAJO	HEIDI & AGEETH	FUTURERX	DEMI GODS	BARBELL KILLERS	ONCE UPON A TIMECAP
ADVANCED M/M 16:15 – 16:30	25	IMPOSAN(DT)	PETER & JORT	BAD DECISIONS	SPARTIATEN	AMBULANCE AFTER AMBIANCE	HOLD MY NOCCO	OUDGEDIENDEN	TEAM ONE RM	H.O.M.M.	TUP & JOEP
ADVANCED M/M 35+ 16:30 – 16:45	26	TALL & SMALL	BEACH DADS	TIJMEN & JOHNNY	BUURMAN & BUURMANGE T FIT	SNOW AND THE GREY	INGLOURIOUS CLUSTERS	HUMBLE HAARLEM	CIGAR SMOKING DUDES	CF HERNE	LOLEK AND BOLEK
ADVANCED M/M 35+ 16:45 – 17:00	27	TEAM EMPTY BAR	VRIENDEN VAN VINCE EN JOHAN	MASSA IS KASSA	LOONIE2GO	MUFFIN TOP	TEAM GEEN IDEE	CATCHUSIFYOU CAN	EISENSCHMIEDE	GENTLE SILVERBACKS	SPEKLAPJES
ADVANCED M/M 35+ 17:00 – 17:15	28	LOS SEÑORES	FSF OLD TIMERS	FASTER & SON	BUURMAN & BUURMAN	BEARD & PAINTER	JM & JM	IRON HORDE	TEAM MAGNUM	GEER & GOOR	VLAMEN
ADVANCED M/F 35+ 17:15 – 17:30	29	ALLTAGS ATHLETEN	ULTIMATE ALPHA	SANDY NINJA'S	DATTELSIRUP	HONGKONG MEETS KINGKONG	TNT	DOWN FOR WODEVER	KAFFEE UND KUCHEN	WOD AM I DOING	SQUAT BUDS
ADVANCED M/F 35+ 17:30 – 17:45	30	WILD & HERT	BERZERKERS	SPORTLOODS OOST	ABS & NAPS	COCONUTS	BARBL GYM MASTERS	MEAT LOVE	WANNGEHT'S LOS?	BINK&BINKY	KOEK EN ZUIPIE
PRICE CEREMONY											