

TIMETABLE SATURDAY 31<sup>TH</sup> AUGUST

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

# HEATS WOD 1 "BEACH BLITZ" (ROUND 1)

# SATURDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
REGULAR F/F 09:00 – 09:15	1	Bad bitches pt2	Faster & Stronger	Strand Bazen	90's & 00's Remix	hustle & muscle	Peanut Butter And Jelly Legs	HUGE	Wod Wonders	Beauty and beastmode	Braided Barbells	CIRQUE DE SORE LEGS
REGULAR F/F 09:15 – 09:30	2	Team Velocity	Dumb and dumbells	Blueprint Swole Sisters	Coffee and Milk	Beach babes	Zandhappen	Oh My Quad	Sandstorm Warriors	Kipping it real	Bembel Barbell Babes	Cocktail Hasen
REGULAR F/F 09:30 – 09:45	3	Wunder-Bar	Ghi Mi More	Sore to the finish	Power Pandas	Pretty Tough	Jekky the Ripper	Buns and Guns	Two Lisas are better than one	M & M move	Skinny Bitches of Sachsenhausen	Drunk & Dry
REGULAR F/F 09:45 – 10:00	4	Zweimalklug	De Sport-vrouwtjes	Clean and twerk	Latissimas	Gonna snatch them all	Booties and Burpees	Lisanne	Fitgummies	Cheerios	Kracht Brigade aan Zee	Better Naked
REGULAR F/F 10:00 – 10:15	5	Trouble-maker	Team Atemlos	No-Burpees	Beauty and Obese	Local Ladies	Shrimply the best	Megga's Medical Magic	Fran before men	Broken Clouds	Waffelgeraffel	De Leidse Ladies
REGULAR F/F 10:15 – 10:30	6	Tall, dark & Born strong	Beast mode moms	Team handstrand	2 AM	More Passion. More Energy.	Krafthalle Girls	Two of Three Power Puff Girls	Winnaars wijven!	Karels Beach Bitches	All for the Beach Buddys	Powered by TheBreed
REGULAR M/F 10:30 – 10:45	7	LIFTING for our HATERS	KampRosa	The Latees	That's what she said!	Greenhorns	8 2 Much	Beauty and the Beast	Ber-bell&Freek	The Sensa Seekers	world of buchholz	Noodle Power
REGULAR M/F 10:45 – 11:00	8	Zandvoort Crabies	Blood sweat and beers	Made from Salsa	Guns n' Poses	Sonnenbume	Deadlift and Chill	Booty & ze Beast	As many no reps as possible	No Tijl No Glory	WOD now Beers later	Team Hustle
REGULAR M/F 11:00 – 11:15	9	Zorroro	Bad Beaches	H&M	Sozi AG	Van Houweling & Ruiters	Together, Stronger	Inglourious Burpsters	DEAD LIFTERS	Beer at the Beach	MEET US AT THE BAR	Concept Zero
REGULAR M/F 11:15 – 11:30	10	Sweatfast Club	Süßkram	The Pink Panthers	big en mac	Team LeLu	Monkey & Budgie	CFH Baywatch	Beauty and the Breen	Die frechen Pöters	Belle en het Beest	RTM Wolf Pack
BREAK												



## HEATS WOD 1 "BEACH BLITZ" (ROUND 2)

## SATURDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
PARENT & KID 12:15 – 12:30	11	Rakete	Team Sanches	Wod tun wir hier?	Strohhut Gang	X	De Romeinse Gladiatoren	Lönne	Finneman & die Kale	De Molletjes	CrossKings	X
PARENT & KID 12:30 – 12:45	12	Jabe & Seba	De strijders	BARBELLBIE OR SQUATTEN-HEIMER	Die Blauen NePa	Team Eig en Wijs	Vaddi and me	Mister Oktopus	Bluey & Buster	Team Smittie'z	Dos Bandoleros	Kwek & Krak
PARENT & KID 12:45 – 13:00	13	Experiment 626	Team BLT Techniek	PR Power	Team Vriendenkrings jr.	Team Thuis-kwartier	TeamWlodyka	Cross & Fit	LeoPa	CrossFit Zlin	Stefan en 't Draakje	X
REGULAR M/M 35+ & M/F 35+ 13:00 – 13:15	14	Italállók	The Beards	Statler and Waldorf	Team CraB	Siesta	Two Peas in a WOD	Warriors4ever	Some Buddy to Love	Team Low Weight	Friends till the last wod	sweet & salty
REGULAR M/M 35+ & M/F 35+ 13:15 – 13:30	15	Sjors & Sjimmie	Team Silberrücken	The Box Jump Jokers	Crosshitt	South Beach	Built By Bacon	Sandy & Salty	Asterix & Obelix	LIVIDUM 100+	Queen and King	Stabil labil
REGULAR M/M 35+ & M/F 35+ 13:30 – 13:45	16	The Peach Boys	Bacarlo Colaf met ijs	Hero	Strandspett ers	no prep .	Scrambled Legs	Stram en Stroef	Soezan & Freak	Gouden Ticket	The Infamous	T&M Love2train
REGULAR M/M 35+ & M/F 35+ 13:45 – 14:00	17	Double D	4 BICEPS FOR A HALLELUJAH	Stop Drop & Roll	Rainbow warriors	Rhino Safari Guides	Dennis & Richelle	Queen & Jerk	Every blondy needs a baldy	Catmom and Catdad	Donut give up	Hangry & Angry
REGULAR F/F 35+ 14:00 – 14:15	18	Black Widows	Nienke & Elena	Beast beach babes	Chaos Queens	L.A.Berries	Spice Girls	Zeeuwse Zeesterren @ the Beach	The Chillaxs	Snatch on the Beach	Pretty in Squats	The Kettlebells
REGULAR F/F 35+ & M/M 14:15 – 14:30	19	Zonnestrale n	Beach & Barbells	Anne& Renate	Blueprint Ninjas	Maywo(o)d	Doe maar Dave	Beerussia	MAD Glassmen	Crossfit bikkels	TimberFIT	Big Bang Potatoes
REGULAR M/M 14:30 – 14:45	20	ParacetaMol letjes	The accountants	Ryno	Karls Friends	Peanut & Butter	Barbell Brigade	Look Pro, Go Slow	R-nix	Not your average rookies	Caffé Latte	Zersch-metterlinge
BREAK												

## HEATS WOD 1 "BEACH BLITZ" (ROUND 3)

## SATURDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
PARENT & KID 15:30 – 15:45	21	De 2 musketiers	De hakuna matata's	Roos & Sam	Summer Girls	DaLi DaLi	Wanrooij de eerste	Saartjepluis met Krullen.	Misses Oktopus	L.A.Bamba	Firma pleur maar neer	The Disco Unicorns
PARENT & KID 15:45 – 16:00	22	THE SISSIES	M&M for Energy	mum & son fun!	Crossfit Queens	Hotter than my mother	Sana & Virgie	Die Muskeltiere	Strandstrijders	Dumbell-Dores	IER & TES	De Duracell Konijntjes
SCALED F/F & M/M 16:00 – 16:15	23	Simsalabien	NOBY	CFG Henkie's Angels	Unit21	1e van anderen	Blues Brothers	Son of a Beach	The Rehab Boys	Dynamic Dennis Duo	Django	Sandbox Buddies
SCALED F/F 16:15 – 16:30	24	Lymbo Ladies	Ellou	Vibes don't lie	We try	The SoulSisters	Flip Flop Fighter	Young at Heart	De tranentrekken de thrusters	Paardenmeisjes	P & A	Shut up
SCALED F/F 16:30 – 16:45	25	Blondes do have more fun	Double-trouble	All About That Bass	#Cleaning Crew	early birds	Box Jumps & Chill	The tall and the small	Sweaty momma's	Polderchicks	WOD is love	Team Testo
SCALED F/F 16:45 – 17:00	26	Zeehondboot	Sissies	Team PanterPoes	Barbell-sisters	T-Rex-Ärmchen	Dumbells & Donuts	Kolkies	MAKI	Buck Furpees	Lifting Newbies	Barbelles
SCALED F/F 17:00 – 17:15	27	Team MJ	Eisenschwestern	Flex & Stock	Madness	Glamour Girls	Push it real good	Smile & wave	Panda	The J-Team	Sandstorm Girls	Cheers & Beers
SCALED F/F & M/F 17:15 – 17:30	28	Hit & Run	Midgets	Mission Slimpossible	Small but Mighty 1	Burpee Baristas	Tax ne if you can	OG Kipping it Real	Clean & Silky	Dumb and Dumbell	Puffin	Dennis& Dennis
SCALED M/F 17:30 – 17:45	29	GENERATION ZX	Tusker Rocks	Maxi en mini	not fast just furious	The beast and the old one	Dynamite Duo	Seabass	forever 29	Zuckerfrösche	Jung. Brutal. Gutaussehend	Sweet Unnecessary Thing
SCALED M/F 17:45 – 18:00	30	What YF	Snitch & Snatch	hangry birds	Kairos	Megga's Newbies	Team M&M's	Tuyau&Quack	Rössli Athletics	Zwergen-power	Team M&M	Booty & The Beast
<b>PRICE CEREMONY</b>												

## HEATS WOD 2 "BEACH BUDDY BLAZE" (ROUND 1)

## SATURDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
PARENT & KID 09:00 – 09:15	1	Rakete	Team Sanches	Wod tun wir hier?	Strohhut Gang	X	De Romeinse Gladiatoren	Lönne	Finneman & die Kale	De Molletjes	CrossKings	X
PARENT & KID 09:15 – 09:30	2	Jabe & Seba	De strijders	BARBELLBIE OR SQUATTEN-HEIMER	Die Blauen NePa	Team Eigen Wijs	Vaddi and me	Mister Oktopus	Bluey & Buster	Team Smittie'z	Dos Bandoleros	Kwek & Krak
PARENT & KID 09:30 – 09:45	3	Experiment 626	Team BLT Techniek	PR Power	Team Vriendenkrings jr.	Team Thuiskwartier	TeamWlodyka	Cross & Fit	LeoPa	CrossFit Zlín	Stefan en 't Draakje	X
REGULAR M/M 35+ & M/F 35+ 09:45 – 10:00	4	Italállók	The Beards	Statler and Waldorf	Team CraB	Siesta	Two Peas in a WOD	Warriors4ever	Some Buddy to Love	Team Low Weight	Friends till the last wod	sweet & salty
REGULAR M/M 35+ & M/F 35+ 10:00 – 10:15	5	Sjors & Sjimie	Team Silberrücken	The Box Jump Jokers	Crosshitt	South Beach	Built By Bacon	Sandy & Salty	Asterix & Obelix	LIVIDUM 100+	Queen and King	Stabil labil
REGULAR M/M 35+ & M/F 35+ 10:15 – 10:30	6	The Peach Boys	Bacarlo Colaf met ijs	Hero	Strandspett ers	no prep	Scrambled Legs	Stram en Stroef	Soezan & Freak	Gouden Ticket	The Infamous	T&M Love2train
REGULAR M/M 35+ & M/F 35+ 10:30 – 10:45	7	Double D	4 BICEPS FOR A HALLELUJAH	Stop Drop & Roll	Rainbow warriors	Rhino Safari Guides	Dennis & Richelle	Queen & Jerk	Every blondy needs a baldy	Catmom and Catdad	Donut give up	Hangry & Angry
REGULAR F/F 35+ 10:45 – 11:00	8	Black Widows	Nienke & Elena	Beast beach babes	Chaos Queens	L.A.Berries	Spice Girls	Zeeuwse Zeesterren @ the Beach	The Chillaxs	Snatch on the Beach	Pretty in Squats	The Kettlebells
REGULAR F/F 35+ & M/M 11:00 – 11:15	9	Zonnestrallen	Beach & Barbells	Anne& Renate	Blueprint Ninjas	Maywo(o)d	Doe maar Dave	Beerussia	MAD Glassmen	Crossfit bikkels	TimberFIT	Big Bang Potatoes
REGULAR M/M 11:15 – 11:30	10	ParacetaMolletjes	The accountants	Ryno	Karls Friends	Peanut & Butter	Barbell Brigade	Look Pro, Go Slow	R-nix	Not your average rookies	Caffé Latte	Zerschmetterlinge
BREAK												

## HEATS WOD 2 "BEACH BUDDY BLAZE" (ROUND 2)

## SATURDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
PARENT & KID 12:15 – 12:30	<b>11</b>	De 2 musketiers	De hakuna matata's	Roos & Sam	Summer Girls	DaLi DaLi	Wanrooij de eerste	Saartjepluis met Krullen.	Misses Oktopus	L.A.Bamba	Firma pleur maar neer	The Disco Unicorns
PARENT & KID 12:30 – 12:45	<b>12</b>	THE SISSIES	M&M for Energy	mum & son fun!	Crossfit Queens	Hotter than my mother	Sana & Virgie	Die Muskeltiere	Strandstrijders	Dumbbell-Dores	IER & TES	De Duracell Konijntjes
SCALED F/F & M/M 12:45 – 13:00	<b>13</b>	Simsalabien	NOBY	CFG Henkie's Angels	Unit21	1e van anderen	Blues Brothers	Son of a Beach	The Rehab Boys	Dynamic Dennis Duo	Django	Sandbox Buddies
SCALED F/F 13:00 – 13:15	<b>14</b>	Lymbo Ladies	Ellou	Vibes don't lie	We try	The SoulSisters	Flip Flop Fighter	Young at Heart	De tranentrekken de thrusters	Paardenmeisjes	P & A	Shut up
SCALED F/F 13:15 – 13:30	<b>15</b>	Blondes do have more fun	Double-trouble	All About That Bass	#Cleaning Crew	early birds	Box Jumps & Chill	The tall and the small	Sweaty momma's	Polderchicks	WOD is love	Team Testo
SCALED F/F 13:30 – 13:45	<b>16</b>	Zeehondboot	Sissies	Team PanterPoes	Barbell-sisters	T-Rex-Ärmchen	Dumbells & Donuts	Kolkies	MAKI	Buck Furpees	Lifting Newbies	Barbelles
SCALED F/F 13:45 – 14:00	<b>17</b>	Team MJ	Eisenschwestern	Flex & Stock	Madness	Glamour Girls	Push it real good	Smile & wave	Panda	The J-Team	Sandstorm Girls	Cheers & Beers
SCALED F/F & M/F 14:00 – 14:15	<b>18</b>	Hit & Run	Midgets	Mission Slimpossible	Small but Mighty 1	Burpee Baristas	Tax ne if you can	OG Kipping it Real	Clean & Silky	Dumb and Dumbell	Puffin	Dennis& Dennis
SCALED M/F 14:15 – 14:30	<b>19</b>	GENERATION ZX	Tusker Rocks	Maxi en mini	not fast just furious	The beast and the old one	Dynamite Duo	Seabass	forever 29	Zuckerfrösche	Jung. Brutal. Gutausehend	Sweet Unnecessary Thing
SCALED M/F 14:30 – 14:45	<b>20</b>	What YF	Snitch & Snatch	hangry birds	Kairos	Megga's Newbies	Team M&M's	Tuyau&Quack	Rössli Athletics	Zwergen-power	Team M&M	Booty & The Beast
<b>BREAK</b>												

## HEATS WOD 2 "BEACH BUDDY BLAZE" (ROUND 3)

## SATURDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
REGULAR F/F 15:30 – 15:45	<b>21</b>	Bad bitches pt2	Faster & Stronger	Strand Bazen	90's & 00's Remix	hustle & muscle	Peanut Butter And Jelly Legs	HUGE	Wod Wonders	Beauty and beastmode	Braided Barbells	CIRQUE DE SORE LEGS
REGULAR F/F 15:45 – 16:00	<b>22</b>	Team Velocity	Dumb and dumbbells	Blueprint Swole Sisters	Coffee and Milk	Beach babes	Zandhappen	Oh My Quad	Sandstorm Warriors	Kipping it real	Bembel Barbell Babes	Cocktail Hasen
REGULAR F/F 16:00 – 16:15	<b>23</b>	Wunder-Bar	Ghi Mi More	Sore to the finish	Power Pandas	Pretty Tough	Jekky the Ripper	Buns and Guns	Two Lisas are better than one	M & M move	Skinny Bitches of Sachsenhausen	Drunk & Dry
REGULAR F/F 16:15 – 16:30	<b>24</b>	Zweimalklug	De Sportvrouwtjes	Clean and twerk	Latissimas	Gonna snatch them all	Booties and Burpees	Lisanne	Fitgummies	Cheerios	Kracht Brigade aan Zee	Better Naked
REGULAR F/F 16:30 – 16:45	<b>25</b>	Troublemaker	Team Atemlos	No-Burpees	Beauty and Obese	Local Ladies	Shrimply the best	Megga's Medical Magic	Fran before men	Broken Clouds	Waffelgeraffel	De Leidse Ladies
REGULAR F/F 16:45 – 17:00	<b>26</b>	Tall, dark & Born strong	Beast mode moms	Team handstrand	2 AM	More Passion. More Energy.	Krafthalle Girls	Two of Three Power Puff Girls	Winnaars wijven!	Karels Beach Bitches	All for the Beach Buddys	Powered by TheBreed
REGULAR M/F 17:00 – 17:15	<b>27</b>	LIFTING for our HATERS	KampRosa	The Latees	That's what she said!	Greenhorns	8 2 Much	Beauty and the Beast	Berbell&Freek	The Sensa Seekers	world of buchholz	Noodle Power
REGULAR M/F 17:15 – 17:30	<b>28</b>	Zandvoort Crabies	Blood sweat and beers	Made from Salsa	Guns n' Poses	Sonnenbume	Deadlift and Chill	Booty & ze Beast	As many no reps as possible	No Tijn No Glory	WOD now Beers later	Team Hustle
REGULAR M/F 17:30 – 17:45	<b>29</b>	Zorroro	Bad Beaches	H&M	Sozi AG	Van Houweling & Ruitier	Together, Stronger	Inglourious Burpsters	DEAD LIFTERS	Beer at the Beach	MEET US AT THE BAR	Concept Zero
REGULAR M/F 17:45 – 18:00	<b>30</b>	Sweatfast Club	Süßkram	The Pink Panthers	big en mac	Team LeLu	Monkey & Budgie	CFH Baywatch	Beauty and the Breen	Die frechen Pöters	Belle en het Beest	RTM Wolf Pack
<b>PRICE CEREMONY</b>												

## HEATS WOD 3 "SANDBAG SLAM" (ROUND 1)

## SATURDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
PARENT & KID 09:00 – 09:15	1	De 2 musketiers	De hakuna matata's	Roos & Sam	Summer Girls	DaLi DaLi	Wanrooij de eerste	Saartjepluis met Krullen.	Misses Oktopus	L.A.Bamba	Firma pleur maar neer	The Disco Unicorns
PARENT & KID 09:15 – 09:30	2	THE SISSIES	M&M for Energy	mum & son fun!	Crossfit Queens	Hotter than my mother	Sana & Virgie	Die Muskeltiere	Strand-strijders	Dumbell-Dores	IER & TES	De Duracell Konijntjes
SCALED F/F & M/M 09:30 – 09:45	3	Simsalabien	NOBY	CFG Henkie's Angels	Unit21	1e van anderen	Blues Brothers	Son of a Beach	The Rehab Boys	Dynamic Dennis Duo	Django	Sandbox Buddies
SCALED F/F 09:45 – 10:00	4	Lymbo Ladies	Ellou	Vibes don't lie	We try	The SoulSisters	Flip Flop Fighter	Young at Heart	De tranentrekken de thrusters	Paarden-meisjes	P & A	Shut up
SCALED F/F 10:00 – 10:15	5	Blondes do have more fun	Double-trouble	All About That Bass	#Cleaning Crew	early birds	Box Jumps & Chill	The tall and the small	Sweaty momma's	Polderchicks	WOD is love	Team Testo
SCALED F/F 10:15 – 10:30	6	Zeehondboot	Sissies	Team PanterPoes	Barbell-sisters	T-Rex-Ärmchen	Dumbells & Donuts	Kolkies	MAKI	Buck Furpees	Lifting Newbies	Barbelles
SCALED F/F 10:30 – 10:45	7	Team MJ	Eisenschwestern	Flex & Stock	Madness	Glamour Girls	Push it real good	Smile & wave	Panda	The J-Team	Sandstorm Girls	Cheers & Beers
SCALED F/F & M/F 10:45 – 11:00	8	Hit & Run	Midgets	Mission Slimpossible	Small but Mighty 1	Burpee Baristas	Tax ne if you can	OG Kipping it Real	Clean & Silky	Dumb and Dumbell	Puffin	Dennis& Dennis
SCALED M/F 11:00 – 11:15	9	GENERATION ZX	Tusker Rocks	Maxi en mini	not fast just furious	The beast and the old one	Dynamite Duo	Seabass	forever 29	Zuckerfrösche	Jung. Brutal. Gutaussehend	Sweet Unnecessary Thing
SCALED M/F 11:15 – 11:30	10	What YF	Snitch & Snatch	hangry birds	Kairos	Megga's Newbies	Team M&M's	Tuyau&Quack	Rössli Athletics	Zwergen-power	Team M&M	Booty & The Beast
BREAK												



## HEATS WOD 3 "SANDBAG SLAM" (ROUND 2)

## SATURDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
REGULAR F/F 12:15 – 12:30	11	Bad bitches pt2	Faster & Stronger	Strand Bazen	90's & 00's Remix	hustle & muscle	Peanut Butter And Jelly Legs	HUGE	Wod Wonders	Beauty and beastmode	Braided Barbells	CIRQUE DE SORE LEGS
REGULAR F/F 12:30 – 12:45	12	Team Velocity	Dumb and dumbbells	Blueprint Swole Sisters	Coffee and Milk	Beach babes	Zandhappen	Oh My Quad	Sandstorm Warriors	Kipping it real	Bembel Barbell Babes	Cocktail Hasen
REGULAR F/F 12:45 – 13:00	13	Wunder-Bar	Ghi Mi More	Sore to the finish	Power Pandas	Pretty Tough	Jekky the Ripper	Buns and Guns	Two Lisas are better than one	M & M move	Skinny Bitches of Sachsenhausen	Drunk & Dry
REGULAR F/F 13:00 – 13:15	14	Zweimalklug	De Sportvrouwtjes	Clean and twerk	Latissimas	Gonna snatch them all	Booties and Burpees	Lisanne	Fitgummies	Cheerios	Kracht Brigade aan Zee	Better Naked
REGULAR F/F 13:15 – 13:30	15	Troublemaker	Team Atemlos	No-Burpees	Beauty and Obese	Local Ladies	Shrimply the best	Megga's Medical Magic	Fran before men	Broken Clouds	Waffelgeraffel	De Leidse Ladies
REGULAR F/F 13:30 – 13:45	16	Tall, dark & Born strong	Beast mode moms	Team handstrand	2 AM	More Passion. More Energy.	Krafthalle Girls	Two of Three Power Puff Girls	Winnaars wijven!	Karels Beach Bitches	All for the Beach Buddys	Powered by TheBreed
REGULAR M/F 13:45 – 14:00	17	LIFTING for our HATERS	KampRosa	The Latees	That's what she said!	Greenhorns	8 2 Much	Beauty and the Beast	Berbell&Freek	The Sensa Seekers	world of buchholz	Noodle Power
REGULAR M/F 14:00 – 14:15	18	Zandvoort Crabies	Blood sweat and beers	Made from Salsa	Guns n' Poses	Sonnenbume	Deadlift and Chill	Booty & ze Beast	As many no reps as possible	No Tijn No Glory	WOD now Beers later	Team Hustle
REGULAR M/F 14:15 – 14:30	19	Zorroro	Bad Beaches	H&M	Sozi AG	Van Houweling & Ruitier	Together, Stronger	Inglourious Burpsters	DEAD LIFTERS	Beer at the Beach	MEET US AT THE BAR	Concept Zero
REGULAR M/F 14:30 – 14:45	20	Sweatfast Club	Süßkram	The Pink Panthers	big en mac	Team LeLu	Monkey & Budgie	CFH Baywatch	Beauty and the Breen	Die frechen Pöters	Belle en het Beest	RTM Wolf Pack
BREAK												

## HEATS WOD 3 "SANDBAG SLAM" (ROUND 3)

## SATURDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
PARENT & KID 15:30 – 15:45	<b>21</b>	Rakete	Team Sanches	Wod tun wir hier?	Strohhut Gang	X	De Romeinse Gladiatoren	Lönne	Finneman & die Kale	De Molletjes	CrossKings	X
PARENT & KID 15:45 – 16:00	<b>22</b>	Jabe & Seba	De strijders	BARBELLBIE OR SQUATTEN-HEIMER	Die Blauen NePa	Team Eigen Wijs	Vaddi and me	Mister Oktopus	Bluey & Buster	Team Smittie'z	Dos Bandoleros	Kwek & Krak
PARENT & KID 16:00 – 16:15	<b>23</b>	Experiment 626	Team BLT Techniek	PR Power	Team Vriendenkrings jr.	Team Thuis-kwartier	TeamWlodyka	Cross & Fit	LeoPa	CrossFit Zlín	Stefan en 't Draakje	X
REGULAR M/M 35+ & M/F 35+ 16:15 – 16:30	<b>24</b>	Italállók	The Beards	Statler and Waldorf	Team CraB	Siesta	Two Peas in a WOD	Warriors4ever	Some Buddy to Love	Team Low Weight	Friends till the last wod	sweet & salty
REGULAR M/M 35+ & M/F 35+ 16:30 – 16:45	<b>25</b>	Sjors & Sjimie	Team Silberrücken	The Box Jump Jokers	Crosshitt	South Beach	Built By Bacon	Sandy & Salty	Asterix & Obelix	LIVIDUM 100+	Queen and King	Stabil labil
REGULAR M/M 35+ & M/F 35+ 16:45 – 17:00	<b>26</b>	The Peach Boys	Bacarlo Colaf met ijs	Hero	Strandspett ers	no prep .	Scrambled Legs	Stram en Stroef	Soezan & Freak	Gouden Ticket	The Infamous	T&M Love2train
REGULAR M/M 35+ & M/F 35+ 17:00 – 17:15	<b>27</b>	Double D	4 BICEPS FOR A HALLELUJAH	Stop Drop & Roll	Rainbow warriors	Rhino Safari Guides	Dennis & Richelle	Queen & Jerk	Every blondy needs a baldy	Catmom and Catdad	Donut give up	Hangry & Angry
REGULAR F/F 35+ 17:15 – 17:30	<b>28</b>	Black Widows	Nienke & Elena	Beast beach babes	Chaos Queens	L.A.Berries	Spice Girls	Zeeuwse Zeesterren @ the Beach	The Chillaxs	Snatch on the Beach	Pretty in Squats	The Kettlebells
REGULAR F/F 35+ & M/M 17:30 – 17:45	<b>29</b>	Zonnestralen	Beach & Barbells	Anne& Renate	Blueprint Ninjas	Maywo(o)d	Doe maar Dave	Beerussia	MAD Glassmen	Crossfit bikkels	TimberFIT	Big Bang Potatoes
REGULAR M/M 17:45 – 18:00	<b>30</b>	ParacetaMolletjes	The accountants	Ryno	Karls Friends	Peanut & Butter	Barbell Brigade	Look Pro, Go Slow	R-nix	Not your average rookies	Caffé Latte	Zerschmetterlinge
<b>PRICE CEREMONY</b>												