

CHECK YOUR HEATS @ COMPETITION CORNER

# TIMETABLE SUNDAY 1<sup>ST</sup> SEPTEMBER

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	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+
09:15 – 09:30	2	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+
09:30 – 09:45	3	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F
09:45 – 10:00	4	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F
10:00 – 10:15	5	ADVANCED M/M	ADVANCED M/F	ADVANCED F/F
10:15 – 10:30	6	ADVANCED M/M	ADVANCED M/F	ADVANCED F/F
10:30 – 10:45	7	RX F/F & RX M/M	ADVANCED M/F	ADVANCED F/F
10:45 – 11:00	8	RX F/F & RX M/M	ADVANCED M/F	ADVANCED M/F 35+
11:00 – 11:15	9	RX M/M	ADVANCED M/F	ADVANCED M/F 35+
11:15 – 11:30	10	RX M/M	ADVANCED M/F	RX M/F
<b>BREAK</b>				
12:15 – 12:30	11	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+	ADVANCED M/M
12:30 – 12:45	12	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+	ADVANCED M/M
12:45 – 13:00	13	ADVANCED M/M 35+	ADVANCED F/F	ADVANCED M/M
13:00 – 13:15	14	ADVANCED M/M 35+	ADVANCED F/F	ADVANCED M/M
13:15 – 13:30	15	ADVANCED M/F	ADVANCED F/F	ADVANCED M/M
13:30 – 13:45	16	ADVANCED M/F	ADVANCED F/F	ADVANCED M/M
13:45 – 14:00	17	ADVANCED M/F	ADVANCED F/F	RX F/F & RX M/M
14:00 – 14:15	18	ADVANCED M/F	ADVANCED M/F 35+	RX F/F & RX M/M
14:15 – 14:30	19	ADVANCED M/F	ADVANCED M/F 35+	RX M/M
14:30 – 14:45	20	ADVANCED M/F	RX M/F	RX M/M
<b>BREAK</b>				
15:30 – 15:45	21	ADVANCED F/F & F/F 35+	ADVANCED M/M	ADVANCED M/M 35+
15:45 – 16:00	22	ADVANCED F/F & F/F 35+	ADVANCED M/M	ADVANCED M/M 35+
16:00 – 16:15	23	ADVANCED F/F	ADVANCED M/M	ADVANCED M/M 35+
16:15 – 16:30	24	ADVANCED F/F	ADVANCED M/M	ADVANCED M/M 35+
16:30 – 16:45	25	ADVANCED F/F	ADVANCED M/M	ADVANCED M/F
16:45 – 17:00	26	ADVANCED F/F	ADVANCED M/M	ADVANCED M/F
17:00 – 17:15	27	ADVANCED F/F	RX F/F & RX M/M	ADVANCED M/F
17:15 – 17:30	28	ADVANCED M/F 35+	RX F/F & RX M/M	ADVANCED M/F
17:30 – 17:45	29	ADVANCED M/F 35+	RX M/M	ADVANCED M/F
17:45 – 18:00	30	RX M/F	RX M/M	ADVANCED M/F
<b>PRICE CEREMONY (18:00 – 18:30)</b>				

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

# SUNDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
ADVANCED M/M 09:00 – 09:15	1	RiMa	Duo Penotti	New kids on the block	Weights ´N Weed	Bossche Bikkels	Pull-Up Paws	BARWEINIG	Chabos wissen wo die Barbell ist	Iedereen mag er zijn!	Buurman en Buurman	Paella and Moussaka
ADVANCED M/M 09:15 – 09:30	2	Beer & Baco	spek & bonen	Under Pressure	Zeesterren	MAD all gas no brakes	No Technique Titans	MetCon Maverick's	Big Foot & Little Engine	Searchin' 4 Team's Name	Flex Appeal	El Plan Blanco
ADVANCED M/M 09:30 – 09:45	3	boozed & bruised	Nisa	Betuwse Beesten	Power Engine	Zandhappers	Zwetende Reigâhs	Witte lach en traveler	CleanBob & SnatchRick	Big Mac & Small Fry	Ginger and Juliet	WODTHE FUCK
ADVANCED M/M 09:45 – 10:00	4	Team No Rep	Dr Evil & Mini Me	Gin and Tonic	Team Schel	Tiny titans	Timbar	Am Montag wird trainiert. B-Team	PWHS Beach Cleaner	Woeste wappies	Keep It Simple	PWHS Toes to Sand
ADVANCED M/M 10:00 – 10:15	5	One Mark for Two Beers	VATO	Iron Papitos	The Energy Alliance	Sandstorm Spartans	A je to	The Old Dogs	Friesen Power	The WOD Fathers	Looks and Guns	Rick & Astley
ADVANCED M/M 10:15 – 10:30	6	Betonorkan	De Snorkels	Gummibears	Dangerous Goods	Bald & Grey	BODY FORMED CAKES	Big & Bold	Skaterboys	The Sandtroopers	Train less to progress	Senseis Ex
RX F/F & RX M/M 10:30 – 10:45	7	Cleaning Crew	Masterpace	Team Chalk	Smarty Pants	Lams-koteletjes	WOD NOW, WINE LATER	De Botervliegjes	Coco Loco	Tall & Small	Ocean Operators	Last Rhinos qualifying
RX F/F & RX M/M 10:45 – 11:00	8	Booty high-five	L.A.B. Ladies	The hungry mommy's	Twinning is winning	Okaaay let's go!	The Iconic Mosquitoes	Rambo	Broodje kettlebell	Nimmas Finest	The old man and the rookie	Nacut
RX M/M 11:00 – 11:15	9	Bimmel & Bommel	40 still going strong	Clumsy Mulberry Dolphin	Tropic Thunder	Team Vriendenkring	No Excuses	Team Alpha	YEAH BUDDIEEEEEES	Joelle	Team daddy power	Lange Frans & Klein Duimpje
RX M/M 11:15 – 11:30	10	Beach ops	Ravegaarden	Chocolate Orange Penguins	Sunburn Squad	FSF Old Timers	Kordaat Beach Boyz	Buggibach	Una Fatsa Una Ratsa	FloriDaan	ROOSTER	Demolition Dudes
BREAK												



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

## SUNDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
ADVANCED M/M 35+ 12:15 – 12:30	11	Calis-thenically Challenged	Los Locos	Hawk Tuah '24	Flexforce	Daj'Ed and gone to heaven	Burpee Bandits	Stiekem Sterker Worden	Team Mobilis-Legends	Veni Vidi V-up	De Zandlopers	Dave Hasselhoff
ADVANCED M/M 35+ 12:30 – 12:45	12	NoGain JustPain	Tango & Cash	The Oldtimers	Bro-Rep	Dad Bods & Deadlifts	Dry_Age	We can be hero's	The Beach Boys	endurance & strong	MADdicted	Gladiators
ADVANCED M/M 35+ 12:45 – 13:00	13	Team 79	Platinum P's	Stiekem Sterk	Junior Senior	Men of steel	Alles auf Horst.	CF Comrades	Baywatch Overtime	Barbell Broeders	MAD us at D'Bar	Team (soms) op tijd
ADVANCED M/M 35+ 13:00 – 13:15	14	Beard & Painter	The Barn Gym	Beerbells & BBQs	Hakuna Patatta	Karels Beachboys	Yankee and the brave	Jopie & the Bramster	Beach Bums	Sweet & Sour	Hubbies	Kracht Brigade
ADVANCED M/F 13:15 – 13:30	15	Snacks & Snatches	Squat squad	All Pain No Gain	Not Fast, Just Furious	THARIBO	Hafennixen	LATIN POWER	Ninja Turtles	Nero	Wes & Marjo	Snatch my beach up
ADVANCED M/F 13:30 – 13:45	16	JuSi - Jackpot & Superzahl	Bonen en spek	Mighty Ginners	U move	Mighty Unicorns	Beauty & The Beast	Krachtpatzers	FOKKE EN SUKKE	Romeo and Juliet	99 problems, but the beach ain't one	The Young
ADVANCED M/F 13:45 – 14:00	17	150 Burpees A Day Keeps The Doctor...	Advanced Beerginner	CrossFit-Partners	You Never Lift Alone	Friday Drinks	Rx next time	Ready to rep	Buns & guns	Die Konios	Booty and the Beast	Squat it like it's hot
ADVANCED M/F 14:00 – 14:15	18	Westside beaches	Team Traube	Team Skinny Jeans	The leftovers	Gummi-bärchen	Hells Bells	Peanut, Butter without Jelly	Spätzl und Spatzl	Love 2 eat	Creepy Crabs	Fit Fusion
ADVANCED M/F 14:15 – 14:30	19	The Beauty and The Beard	PWHS Sunburn Warriors	Jen & Berry	Wattwürmer	Hustle and Muscle	ZoDanFast	Team CFH	Shawties	CFN Nosedivers	The Bald and the Beautiful	Weekend Warriors
ADVANCED M/F 14:30 – 14:45	20	Granitbox	Cookie-monsters	Jorillas	Squatle	Super-Minis	Ballerhinos	7:1	187 Rasselbande	Nicht sauer, nur enttäuscht	De Generatie-kloof	Kallesdottir
BREAK												

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

## SUNDAY: FIELD 1 (CONCEPT)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
ADVANCED F/F & F/F 35+ 15:30 – 15:45	21	Team Alpha Female	Team evavanrooden	A-Team	Mamasaurus	Aperol Girls	Megga's Blondies	COMA	Queen Bees	Heartcore	Just for fun	Best Buddies
ADVANCED F/F & F/F 35+ 15:45 – 16:00	22	Tegendraads	The Grave Goats	Brekki	Gevulde koeken	Mighty Mics & Mighty Shoulder	The barbella's	wod and wine	SandySisters	Oopsie Daisy	Bad Moms	Sleutels, pinpas, telefoon
ADVANCED F/F 16:00 – 16:15	23	Muscle Mermaids	Katha- & Annabolic	Hiki	Every brownie needs a blondie	M-A-N-O-N	De buffels	Clean & Twerk	The Muscle Mommies	Blonde Bond	CF Tiel Coffeelovers	Massa verplaatst massa
ADVANCED F/F 16:15 – 16:30	24	Beers & burpees	No Meat No Muscle Up	Granger-Danger	Warum hast du nicht nein gesagt	BadHabits	Sprints & Seltzers	Double Wonders	Last minute Lifters	Single Unders	Bubble butt babes	The Pussy's
ADVANCED F/F 16:30 – 16:45	25	Zwei vom Affen gebissen	Beach Beasts	Carbie Girls	The Pain Killers	Sun Warriors ☀️	Turkse Pizza	Me and my Nasti girl	BeachBelles	Barbellas	Double L's	Disco Biscuit
ADVANCED F/F 16:45 – 17:00	26	All the waves	Zeemeerminnen met spierballen	Dumbells& Donuts	BALLERinas	Bench and Jerry's	Tweetakt-dieseltjes	Flinker Hammer	Crusty Crabs	MegMau	Enerbees🐝	AvengHERs
ADVANCED F/F 17:00 – 17:15	27	Punt Uit	PWHS - Kettlebell Watch	Maud&Maas	French Toasts	Christa & Lynn	All The Whey Up	Hakuna Patata's	WOD van (G)OUD	HAAGSE HOPJES	Burpee like a horse	Tharita
ADVANCED M/F 35+ 17:15 – 17:30	28	Masterminds	Squat buds	Koek en Zuipie	The 80's wonders	Valentino's	Anything	De zandstorm	Statler and Waldorf the Muppets	Mini & Maxi	X	Ro-Lo
ADVANCED M/F 35+ 17:30 – 17:45	29	The Coach and the mom	its up to you, honey	Simply the best	westWODgamechangers	Antaios	BINK&binky	Guardians Of The Repsody	Orange is the new Black	Sweet 'n Salty	Trouble Maker	Huilie Huilie
RX M/F 17:45 – 18:00	30	schwer langsam	CrossFit City Aalsmeer	Broccoli & the beast	Team Precise Programming	One Hamsel and No Shirt	small but mighty	MAD BUTTS	JIM TONJA	Out of Shape	Lisanne& Jaro	Short'n Skinny
<b>PRICE CEREMONY</b>												

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

# SUNDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
ADVANCED M/M 35+ 09:00 – 09:15	1	Calis-thenically Challenged	Los Locos	Hawk Tuah '24	Flexforce	Daj'Ed and gone to heaven	Burpee Bandits	Stiekem Sterker Worden	Team Mobilis-Legends	Veni Vidi V-up	De Zandlopers	Dave Hasselhoff
ADVANCED M/M 35+ 09:15 – 09:30	2	NoGain JustPain	Tango & Cash	The Oldtimers	Bro-Rep	Dad Bods & Deadlifts	Dry_Age	We can be hero's	The Beach Boys	endurance & strong	MADdicted	Gladiators
ADVANCED M/M 35+ 09:30 – 09:45	3	Team 79	Platinum P's	Stiekem Sterk	Junior Senior	Men of steel	Alles auf Horst.	CF Comrades	Baywatch Overtime	Barbell Broeders	MAD us at D'Bar	Team (soms) op tijd
ADVANCED M/M 35+ 09:45 – 10:00	4	Beard & Painter	The Barn Gym	Beerbells & BBQs	Hakuna Patatta	Karels Beachboys	Yankee and the brave	Jopie & the Bramster	Beach Bums	Sweet & Sour	Hubbies	Kracht Brigade
ADVANCED M/F 10:00 – 10:15	5	Snacks & Snatches	Squat squad	All Pain No Gain	Not Fast, Just Furious	THARIBO	Hafennixen	LATIN POWER	Ninja Turtles	Nero	Wes & Marjo	Snatch my beach up
ADVANCED M/F 10:15 – 10:30	6	JuSi - Jackpot & Superzahl	Bonen en spek	Mighty Ginners	U move	Mighty Unicorns	Beauty & The Beast	Krachtpatsers	FOKKE EN SUKKE	Romeo and Juliet	99 problems, but the beach ain't one	The Young
ADVANCED M/F 10:30 – 10:45	7	150 Burpees A Day Keeps The Doctor...	Advanced Beerginner	CrossFit-Partners	You Never Lift Alone	Friday Drinks	Rx next time	Ready to rep	Buns & guns	Die Konios	Booty and the Beast	Squat it like it's hot
ADVANCED M/F 10:45 – 11:00	8	Westside beaches	Team Traube	Team Skinny Jeans	The leftovers	Gummi-bärchen	Hells Bells	Peanut, Butter without Jelly	Spätzl und Spatzl	Love 2 eat	Creepy Crabs	Fit Fusion
ADVANCED M/F 11:00 – 11:15	9	The Beauty and The Beard	PWHS Sunburn Warriors	Jen & Berry	Wattwürmer	Hustle and Muscle	ZoDanFast	Team CFH	Shawties	CFN Nosedivers	The Bald and the Beautiful	Weekend Warriors
ADVANCED M/F 11:15 – 11:30	10	Granitbox	Cookie-monsters	Jorillas	Squatle	Super-Minis	Ballerhinos	7:1	187 Rasselbande	Nicht sauer, nur enttäuscht	De Generatie-kloof	Kallesdottir
BREAK												



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

## SUNDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
ADVANCED F/F & F/F 35+ 12:15 – 12:30	11	Team Alpha Female	Team evavanrooden	A-Team	Mamasaurus	Aperol Girls	Megga's Blondies	COMA	Queen Bees	Heartcore	Just for fun	Best Buddies
ADVANCED F/F & F/F 35+ 12:30 – 12:45	12	Tegendraads	The Grave Goats	Brekki	Gevulde koeken	Mighty Mics & Mighty Shoulder	The barbella's	wod and wine	SandySisters	Oopsie Daisy	Bad Moms	Sleutels, pinpas, telefoon
ADVANCED F/F 12:45 – 13:00	13	Muscle Mermaids	Katha- & Annabolic	Hiki	Every brownie needs a blondie	M-A-N-O-N	De buffels	Clean & Twerk	The Muscle Mommies	Blonde Bond	CF Tiel Coffeelovers	Massa verplaatst massa
ADVANCED F/F 13:00 – 13:15	14	Beers & burpees	No Meat No Muscle Up	Granger-Danger	Warum hast du nicht nein gesagt	BadHabits	Sprints & Seltzers	Double Wonders	Last minute Lifters	Single Unders	Bubble butt babes	The Pussy's
ADVANCED F/F 13:15 – 13:30	15	Zwei vom Affen gebissen	Beach Beasts	Carbie Girls	The Pain Killers	Sun Warriors ☀️	Turkse Pizza	Me and my Nasti girl	BeachBelles	Barbellas	Double L's	Disco Biscuit
ADVANCED F/F 13:30 – 13:45	16	All the waves	Zeemeerminnen met spierballen	Dumbells& Donuts	BALLERinas	Bench and Jerry's	Tweetakt-dieseltjes	Flinker Hammer	Crusty Crabs	MegMau	Enerbees🐝	AvengHERs
ADVANCED F/F 13:45 – 14:00	17	Punt Uit	PWHS - Kettlebell Watch	Maud&Maas	French Toasts	Christa & Lynn	All The Whey Up	Hakuna Patata's	WOD van (G)OUD	HAAGSE HOPJES	Burpee like a horse	Tharita
ADVANCED M/F 35+ 14:00 – 14:15	18	Masterminds	Squat buds	Koek en Zuipie	The 80's wonders	Valentino's	Anything	De zandstorm	Statler and Waldorf the Muppets	Mini & Maxi	X	Ro-Lo
ADVANCED M/F 35+ 14:15 – 14:30	19	The Coach and the mom	its up to you, honey	Simply the best	westWODgamechangers	Antaios	BINK&binky	Guardians Of The Repsody	Orange is the new Black	Sweet 'n Salty	Trouble Maker	Huilie Huilie
RX M/F 14:30 – 14:45	20	schwer langsam	CrossFit City Aalsmeer	Broccoli & the beast	Team Precise Programming	One Hamsel and No Shirt	small but mighty	MAD BUTTS	JIM TONJA	Out of Shape	Lisanne& Jaro	Short'n Skinny

BREAK

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

## SUNDAY: FIELD 2 (KINGSBOX)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
ADVANCED M/M 15:30 – 15:45	21	RiMa	Duo Penotti	New kids on the block	Weights 'N Weed	Bossche Bikkels	Pull-Up Paws	BARWEINIG	Chabos wissen wo die Barbell ist	Iedereen mag er zijn!	Buurman en Buurman	Paella and Moussaka
ADVANCED M/M 15:45 – 16:00	22	Beer & Baco	spek & bonen	Under Pressure	Zeesterren	MAD all gas no brakes	No Technique Titans	MetCon Maverick's	Big Foot & Little Engine	Searchin' 4 Team's Name	Flex Appeal	El Plan Blanco
ADVANCED M/M 16:00 – 16:15	23	boozed & bruised	Nisa	Betuwse Beesten	Power Engine	Zandhappers	Zwetende Reigâhs	Witte lach en traveler	CleanBob & SnatchRick	Big Mac & Small Fry	Ginger and Juliet	WODTHE FUCK
ADVANCED M/M 16:15 – 16:30	24	Team No Rep	Dr Evil & Mini Me	Gin and Tonic	Team Schel	Tiny titans	Timbar	Am Montag wird trainiert. B-Team	PWHS Beach Cleaner	Woeste wappies	Keep It Simple	PWHS Toes to Sand
ADVANCED M/M 16:30 – 16:45	25	One Mark for Two Beers	VATO	Iron Papitos	The Energy Alliance	Sandstorm Spartans	A je to	The Old Dogs	Friesen Power	The WOD Fathers	Looks and Guns	Rick & Astley
ADVANCED M/M 16:45 – 17:00	26	Betonorkan	De Snorkels	Gummibears	Dangerous Goods	Bald & Grey	BODY FORMED CAKES	Big & Bold	Skaterboys	The Sandtroopers	Train less to progress	Senseis Ex
RX F/F & RX M/M 17:00 – 17:15	27	Cleaning Crew	Masterpace	Team Chalk	Smarty Pants	Lams-koteletjes	WOD NOW, WINE LATER	De Botervliegjes	Coco Loco	Tall & Small	Ocean Operators	Last Rhinos qualifying
RX F/F & RX M/M 17:15 – 17:30	28	Booty high-five	L.A.B. Ladies	The hungry mommy's	Twinning is winning	Okaaay let's go!	The Iconic Mosquitoes	Rambo	Broodje kettlebell	Nimmas Finest	The old man and the rookie	Nacut
RX M/M 17:30 – 17:45	29	Bimmel & Bommel	40 still going strong	Clumsy Mulberry Dolphin	Tropic Thunder	Team Vriendenkring	No Excuses	Team Alpha	YEAH BUDDIEEEEEES	Joelle	Team daddy power	Lange Frans & Klein Duimpje
RX M/M 17:45 – 18:00	30	Beach ops	Ravegaarden	Chocolate Orange Penguins	Sunburn Squad	FSF Old Timers	Kordaat Beach Boyz	Buggibach	Una Fatsa Una Ratsa	FloriDaan	ROOSTER	Demolition Dudes
<b>PRICE CEREMONY</b>												

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

# SUNDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
ADVANCED F/F & F/F 35+ 09:00 – 09:15	1	Team Alpha Female	Team evavanrooden	A-Team	Mamasaurus	Aperol Girls	Megga's Blondies	COMA	Queen Bees	Heartcore	Just for fun	Best Buddies
ADVANCED F/F & F/F 35+ 09:15 – 09:30	2	Tegendraads	The Grave Goats	Brekki	Gevulde koeken	Mighty Mics & Mighty Shoulder	The barbella's	wod and wine	SandySisters	Oopsie Daisy	Bad Moms	Sleutels, pinpas, telefoon
ADVANCED F/F 09:30 – 09:45	3	Muscle Mermaids	Katha- & Annabolic	Hiki	Every brownie needs a blondie	M-A-N-O-N	De buffels	Clean & Twerk	The Muscle Mommies	Blonde Bond	CF Tiel Coffeelovers	Massa verplaatst massa
ADVANCED F/F 09:45 – 10:00	4	Beers & burpees	No Meat No Muscle Up	Granger-Danger	Warum hast du nicht nein gesagt	BadHabits	Sprints & Seltzers	Double Wonders	Last minute Lifters	Single Unders	Bubble butt babes	The Pussy's
ADVANCED F/F 10:00 – 10:15	5	Zwei vom Affen gebissen	Beach Beasts	Carbie Girls	The Pain Killers	Sun Warriors ☀️	Turkse Pizza	Me and my Nasti girl	BeachBelles	Barbellas	Double L's	Disco Biscuit
ADVANCED F/F 10:15 – 10:30	6	All the waves	Zeemeerminnen met spierballen	Dumbells & Donuts	BALLERinas	Bench and Jerry's	Tweetakt-dieseltjes	Flinker Hammer	Crusty Crabs	MegMau	Enerbees 🍷	AvengHERs
ADVANCED F/F 10:30 – 10:45	7	Punt Uit	PWHS - Kettlebell Watch	Maud & Maas	French Toasts	Christa & Lynn	All The Whey Up	Hakuna Patata's	WOD van (G)OUD	HAAGSE HOPJES	Burpee like a horse	Tharita
ADVANCED M/F 35+ 10:45 – 11:00	8	Masterminds	Squat buds	Koek en Zuipie	The 80's wonders	Valentino's	Anything	De zandstorm	Statler and Waldorf the Muppets	Mini & Maxi	X	Ro-Lo
ADVANCED M/F 35+ 11:00 – 11:15	9	The Coach and the mom	its up to you, honey	Simply the best	westWODgam echargers	Antaios	BINK & binky	Guardians Of The Repsody	Orange is the new Black	Sweet 'n Salty	Trouble Maker	Huilie Huilie
RX M/F 11:15 – 11:30	10	schwer langsam	CrossFit City Aalsmeer	Broccoli & the beast	Team Precise Programming	One Hamsel and No Shirt	small but mighty	MAD BUTTS	JIM TONJA	Out of Shape	Lisanne & Jaro	Short 'n Skinny
BREAK												



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

## SUNDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>											
ADVANCED M/M 12:15 – 12:30	11	RiMa	Duo Penotti	New kids on the block	Weights 'N Weed	Bossche Bikkels	Pull-Up Paws	BARWEINIG	Chabos wissen wo die Barbell ist	Iedereen mag er zijn!	Buurman en Buurman	Paella and Moussaka
ADVANCED M/M 12:30 – 12:45	12	Beer & Baco	spek & bonen	Under Pressure	Zeesterren	MAD all gas no brakes	No Technique Titans	MetCon Maverick's	Big Foot & Little Engine	Searchin' 4 Team's Name	Flex Appeal	El Plan Blanco
ADVANCED M/M 12:45 – 13:00	13	boozed & bruised	Nisa	Betuwse Beesten	Power Engine	Zandhappers	Zwetende Reigâhs	Witte lach en traveler	CleanBob & SnatchRick	Big Mac & Small Fry	Ginger and Juliet	WODTHE FUCK
ADVANCED M/M 13:00 – 13:15	14	Team No Rep	Dr Evil & Mini Me	Gin and Tonic	Team Schel	Tiny titans	Timbar	Am Montag wird trainiert. B-Team	PWHS Beach Cleaner	Woeste wappies	Keep It Simple	PWHS Toes to Sand
ADVANCED M/M 13:15 – 13:30	15	One Mark for Two Beers	VATO	Iron Papitos	The Energy Alliance	Sandstorm Spartans	A je to	The Old Dogs	Friesen Power	The WOD Fathers	Looks and Guns	Rick & Astley
ADVANCED M/M 13:30 – 13:45	16	Betonorkan	De Snorkels	Gummibears	Dangerous Goods	Bald & Grey	BODY FORMED CAKES	Big & Bold	Skaterboys	The Sandtroopers	Train less to progress	Senseis Ex
RX F/F & RX M/M 13:45 – 14:00	17	Cleaning Crew	Masterpace	Team Chalk	Smarty Pants	Lams-koteletjes	WOD NOW, WINE LATER	De Botervliegjes	Coco Loco	Tall & Small	Ocean Operators	Last Rhinos qualifying
RX F/F & RX M/M 14:00 – 14:15	18	Booty high-five	L.A.B. Ladies	The hungry mommy's	Twinning is winning	Okaaay let's go!	The Iconic Mosquitoes	Rambo	Broodje kettlebell	Nimmas Finest	The old man and the rookie	Nacut
RX M/M 14:15 – 14:30	19	Bimmel & Bommel	40 still going strong	Clumsy Mulberry Dolphin	Tropic Thunder	Team Vriendenkring	No Excuses	Team Alpha	YEAH BUDDIEEEEEES	Joelle	Team daddy power	Lange Frans & Klein Duimpje
RX M/M 14:30 – 14:45	20	Beach ops	Ravegaarden	Chocolate Orange Penguins	Sunburn Squad	FSF Old Timers	Kordaat Beach Boyz	Buggibach	Una Fatsa Una Ratsa	FloriDaan	ROOSTER	Demolition Dudes
BREAK												

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

# SUNDAY: FIELD 3 (ESN BEACH)

LINE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
ADVANCED M/M 35+ 15:30 – 15:45	21	Calis-thenically Challenged	Los Locos	Hawk Tuah '24	Flexforce	Daj'Ed and gone to heaven	Burpee Bandits	Stiekem Sterker Worden	Team Mobilis-Legends	Veni Vidi V-up	De Zandlopers	Dave Hasselhoff
ADVANCED M/M 35+ 15:45 – 16:00	22	NoGain JustPain	Tango & Cash	The Oldtimers	Bro-Rep	Dad Bods & Deadlifts	Dry_Age	We can be hero's	The Beach Boys	endurance & strong	MADdicted	Gladiators
ADVANCED M/M 35+ 16:00 – 16:15	23	Team 79	Platinum P's	Stiekem Sterk	Junior Senior	Men of steel	Alles auf Horst.	CF Comrades	Baywatch Overtime	Barbell Broeders	MAD us at D'Bar	Team (soms) op tijd
ADVANCED M/M 35+ 16:15 – 16:30	24	Beard & Painter	The Barn Gym	Beerbells & BBQs	Hakuna Patatta	Karels Beachboys	Yankee and the brave	Jopie & the Bramster	Beach Bums	Sweet & Sour	Hubbies	Kracht Brigade
ADVANCED M/F 16:30 – 16:45	25	Snacks & Snatches	Squat squad	All Pain No Gain	Not Fast, Just Furious	THARIBO	Hafennixen	LATIN POWER	Ninja Turtles	Nero	Wes & Marjo	Snatch my beach up
ADVANCED M/F 16:45 – 17:00	26	JuSi - Jackpot & Superzahl	Bonen en spek	Mighty Ginners	U move	Mighty Unicorns	Beauty & The Beast	Krachtpatzers	FOKKE EN SUKKE	Romeo and Juliet	99 problems, but the beach ain't one	The Young
ADVANCED M/F 17:00 – 17:15	27	150 Burpees A Day Keeps The Doctor...	Advanced Beerginner	CrossFit-Partners	You Never Lift Alone	Friday Drinks	Rx next time	Ready to rep	Buns & guns	Die Konios	Booty and the Beast	Squat it like it's hot
ADVANCED M/F 17:15 – 17:30	28	Westside beaches	Team Traube	Team Skinny Jeans	The leftovers	Gummi-bärchen	Hells Bells	Peanut, Butter without Jelly	Spätzl und Spatzl	Love 2 eat	Creepy Crabs	Fit Fusion
ADVANCED M/F 17:30 – 17:45	29	The Beauty and The Beard	PWHS Sunburn Warriors	Jen & Berry	Wattwürmer	Hustle and Muscle	ZoDanFast	Team CFH	Shawties	CFN Nosedivers	The Bald and the Beautiful	Weekend Warriors
ADVANCED M/F 17:45 – 18:00	30	Granitbox	Cookie-monsters	Jorillas	Squatle	Super-Minis	Ballerhinos	7:1	187 Rasselbande	Nicht sauer, nur enttäuscht	De Generatie-kloof	Kallesdottir
PRICE CEREMONY												

