HEATS SATURDAY SEPTEMBER 6TH

CHECK YOUR HEATS @ COMPETITION CORNER

TIME	HEAT	FIELD 1 (CONCEPT BEACH)	TIME	HEAT	FIELD 2 (BRUGGINK BEACH)	FIELD 3 (CERBERUS BEACH)
09:00 – 09:30	1	Scaled F/F	09:00 – 09:15	1	Regular M/F	Scaled M/F
		Scaled F/F	09:15 – 09:30	2	Regular M/F	Scaled M/F
09:30 – 10:00	2	Scaled F/F	09:30 – 09:45	3	Regular M/F	Scaled M/M
		Scaled F/F	09:45 – 10:00	4	Regular M/F	Regular F/F 35+
10:00 – 10:30	3	Regular F/F	10:00 – 10:15	5	Regular M/F 35+	Regular F/F 35+
		Regular F/F	10:15 – 10:30	6	Regular M/F 35+	Regular F/F 35+ & Regular M/M 35+
10:30 – 11:00	4	Regular F/F	10:30 – 10:45	7	Regular M/F 35+	Regular M/M 35+
		Regular F/F	10:45 – 11:00	8	Regular F/F/M	Regular M/M 35+ & Regular M/M
11:00 - 11:30	5	Regular F/F	11:00 – 11:15	9	Regular F/F/M & M/M/F	Regular M/M
		Regular F/F	11:15 – 11:30	10	Regular M/M/F	Regular M/M
BREAK (11:30 – 12:15)						
12:15 – 12:45	6	Scaled M/F	12:15 – 12:30	11	Scaled F/F	Regular M/F
		Scaled M/F	12:30 – 12:45	12	Scaled F/F	Regular M/F
12:45 – 13:15	7	Scaled M/M	12:45 – 13:00	13	Scaled F/F	Regular M/F
		Regular F/F 35+	13:00 – 13:15	14	Scaled F/F	Regular M/F
13:15 – 13:45	8	Regular F/F 35+	13:15 – 13:30	15	Regular F/F	Regular M/F 35+
		Regular F/F 35+ & Regular M/M 35+	13:30 – 13:45	16	Regular F/F	Regular M/F 35+
13:45 – 14:15	9	Regular M/M 35+	13:45 – 14:00	17	Regular F/F	Regular M/F 35+
		Regular M/M 35+ & Regular M/M	14:00 – 14:15	18	Regular F/F	Regular F/F/M
14:15 – 14:45	10	Regular M/M	14:15 – 14:30	19	Regular F/F	Regular F/F/M & M/M/F
		Regular M/M	14:30 – 14:45	20	Regular F/F	Regular M/M/F
BREAK (14:45 – 15:15)						
15:15 – 15:45	11	Regular M/F	15:15 – 15:30	21	Scaled M/F	Scaled F/F
		Regular M/F	15:30 – 15:45	22	Scaled M/F	Scaled F/F
15:45 – 16:15	12	Regular M/F	15:45 – 16:00	23	Scaled M/M	Scaled F/F
		Regular M/F	16:00 – 16:15	24	Regular F/F 35+	Scaled F/F
16:15 – 16:45	13	Regular M/F 35+	16:15 – 16:30	25	Regular F/F 35+	Regular F/F
		Regular M/F 35+	16:30 – 16:45	26	Regular F/F 35+ & Regular M/M 35+	Regular F/F
16:45 – 17:15	14	Regular M/F 35+	16:45 – 17:00	27	Regular M/M 35+	Regular F/F
		Regular F/F/M	17:00 – 17:15	28	Regular M/M 35+ & Regular M/M	Regular F/F
17:15 – 17:45	15	Regular F/F/M & M/M/F	17:15 – 17:30	29	Regular M/M	Regular F/F
		Regular M/M/F	17:30 – 17:45	30	Regular M/M	Regular F/F
PRICE CEREMONY (18:00)						

Beach SHOWDOWN

HEATS WOD 1 ''ESTHER'S WAVE'' (ROUND 1) SATURDAY: FIELD 1 (CONCEPT BEACH)

LANE		1 / 12	2 / 13	3 / 14	4 / 15	5 / 16	6 / 17	7 / 18	8 / 19	9 / 20	10 / 21	11 / 22
DIVISION & TIME	**HEAT**											
SCALED F/F 09:00 – 09:30	1	extraUNGERnary	PartySquat	Runway to Waves	Beach Queens	Next Gen Noordside	Roseberry Barbell Buddies	Team Freckles	OH WOW	BarBelles	Double - Trouble	PWHS Beach LSF50+
		Smash and Sass	The She-Hulks	Snatch & Sunset	Sissies	Polder-meiden	Lift her up	Team Purple	Stronger Together	Just here for the tan	Focus Liro	Reps & Raves
SCALED F/F 09:30 – 10:00	2	Clumsy but Confident	Double trouble WW	Biceps & Bikini	WOD 4 Choc	Halbe Ahnung ganze power	Beach Babes	Spier-Sprankels	Fit Mommy's	Sandy Squat Mamas	Paarden-meisjes	Rythm&Reps
		We're in it together	THE SISSIES	The Accoun-tants	Salty & Sore	Sweet Sweat	Niet te volgen!	the unteachable pull ups	SchnickiSchnackiSchackalacki	Beach Docs	MC Sandy	Lena²
REGULAR F/F 10:00 – 10:30	3	Every brownie needs a b..	WOD Now, Wine Later	Team BL (Beach Legends)	LiLo	Burpees en beppen	Showponies	The Beaches	Sea, salt & snatches	DARE	Muscles & Mimosas	De zandkoppen
		Urs & June	Rep & bep	Cardi-no	Barbell rebels	Swole Mates	Born Weak - Lift Wrong	Snatching Snitches	IJs-cream	Team HC	Eierbal met Sambal (m/f)	Tricep-sceratops (m/f)
REGULAR F/F 10:30 – 11:00	4	CURLY CHAOS	Beauty and the Biceps	The ONstoppable sisters	Team PanterPoes	Linders & Melis	Copper Crushers	Strong Shorty's	The Iron & The Lightning	Beach Burn	Dumbells and Donuts	Het Gouden Duo
		Lisanne	Badass Buuffies	The Lifting Lauras	Chalk & Charm	Red Hot Mini Peppers	Thirty & Thriving	Trans-formers	WODzillas	The Power Snatch Girls	Glitter Gains	Skinny Bitches of Sachsenhausen
REGULAR F/F 11:00 – 11:30	5	Sugar ' n ' Spice	Laresi	Hit & Run Repeats	Buns&Guns	Always got your backsquattie	Gym Tonic	Power ohne Lifting	Barbell Blondies	MomStrong	Deep Dive Darielle	Midgets
		Lift & Swift	Tanned and tanner	Blondes have more fun	Snatch'n' Secco	Lift & Tan	More Passion. More Energy.	Marjo's Babes	MUSCLE UP BUDDIES	Auch Dabei	De zusjes van	The Power Triangle (M/M/F)
BREAK (11:30 – 12:15)												

HEATS WOD 1 ''ESTHER'S WAVE'' (ROUND 2) SATURDAY: FIELD 1 (CONCEPT BEACH)

LANE		1 / 12	2 / 13	3 / 14	4 / 15	5 / 16	6 / 17	7 / 18	8 / 19	9 / 20	10 / 21	11 / 22
DIVISION & TIME	**HEAT**											
SCALED M/F 12:15 – 12:45	6	The Fifties	H.E.A.T.	Hantel & Gretel	Wod you like some M&M's	Air Wings	RYKA	Social nomads	How to handle Sandy	Denise & Jeroen	Hotter then my father	FitnessForge -Buddys
		NicRic	He deadlifts twice my weight BUT..	Jonafran	Team Dörfer	Pyro-maniacs	Pace cadets	Scale Tippers	The Rookies	Burpee & Surf	Accio Abs	Puffin
SCALED M/M REGULAR F/F 35+ 12:45 – 13:15	7	Team Ruim-Op-Tijd	Sand im Getriebe	SAND IM GETRIEBE - G & N	Grandmaster J & The Big L	Zwagers	2Fit2Quit	Zeeleeuwen	De Ruijter Bro's	Buurt Buds	Hot & Cold Fire Service	Hairy Bros
		OG Franke (scaled m/f)	Wod the hell?	Burpee hair, dont care	Synergy Sisters	Rasieren am Beach	Flip Flop Fighter	Powerhouse : Daughters of the Dune	Die Happy	Team M&M	Two Peas in a WOD	De Saraas
REGULAR F/F 35+ REGULAR M/M 35+ 13:15 – 13:45	8	Bar-belle's	Sandy but Dandy	Filthy Fifty	Beach & Barbells	Sam & Shan	Fiesta on the floor	M-A-N-O-N	Team next generation	Pretty in Squats	The Hulkjes	Barbellas
		No Reps, No Mercy	Barbell Love	Double D	Den & Jun	Mistake?	Beads of Sweat	DENNI2	R2	Brexit and Bratwurst	Stang Schuuvers	Flexual Healing
REGULAR M/M 35+ REGULAR M/M 13:45 – 14:15	9	Gebroeders Zuyd	Team chaos	no prep.	MidLife Muscle	Rehab and fit	Phil Up & Sim Down	Buurman & Buurman	Below paralle-lalala	De Snorre-bollekes	Jeder braucht eine Sarah	Naptime Ninja's
		Team midden-moot	Pius Squad	De avonturen van: Vincent & Rhodan	The Shisha Boyzzz	Aladdin	Stop Drop & Roll	Unbroken	Batteraof Bandits	Rouwe en Dauwe	The Mandarinos	Godenzonen
REGULAR M/M 14:15 – 14:45	10	Gora's Schnallen	Unprepared Thruster Crushers	Nierup!	De Wilde & Ruiter	Skinny Jeans	GymGarage Beach Boys	Sin Gripo	Push Patrol	DuSaWaKü	Dn Dave en Sunny Sonny	CrossShitters
		Platten-brand	The Farmers	Burpee fanclub	Bier at the Beach	Karls Friends	De Nannies	Mikos & Jacco	Puur Blauw/ Groen	Unbroken 297	Blue Tiger RGD	Team TnT
BREAK (14:45 – 15:15)												

HEATS WOD 1 “’ESTHER’S WAVE’’ (ROUND 3) SATURDAY: FIELD 1 (CONCEPT BEACH)

LANE		1 / 12	2 / 13	3 / 14	4 / 15	5 / 16	6 / 17	7 / 18	8 / 19	9 / 20	10 / 21	11 / 22
DIVISION & TIME	**HEAT**											
REGULAR M/F 15:15 – 15:45	11	DomBo 2	Pumping Dinos	Beard & Butt	That's what she said!	Jung. Brutal. Gutaus-sehend.	Die zwei Schränke	Bonnie and Clyde	Hybrid Hopheads	Lifting Giraffes	Netferblikke	Papa Power & Mini Muscle
		Pa & Ma	Buck Furpees	Noodle Power	Team Sturm-taube	Het Warme Nest	DucrossFit Energy	Unpaceables	Snackpatrol	404: No Limits Found	Henk	Barbell & Baby
REGULAR M/F 15:45 – 16:15	12	Off-The-Cuff	OG beach buddy’s	Suns out guns out	Rise and shine	Beauty and the Beast	Team Canada	Deadlift & Chill	Team Futch	Meppeler Minions	Scandal Scaled	Barbells & Fries
		Inglourious Burpsters	Beach Lions	Sand-Snatchers	NONAME	Robust & Pflegeleicht	99 problems, but the beach ain't one	Sleddogs on the Beach	Ballermann & Ballerina	De Fun Lifters	Pordicha Quedicha	Dynamite Duo
REGULAR M/F 35+ 16:15 – 16:45	13	Burpee Baristas	Swole Mates :-)	Chalk dirty 2 me	Jan-Willem en Eline	Este go to the beach	The Kowalskis	Heatwave Bonn	Team Quack	In Flames	Lets fetz	A-Team
		LUNGE PAUZE	Reps & Wrinkles	imperfecti on	No Drama Llamas	Wizards	Bros and Barbell Bunnies	Schoulder stars	Team Double "C"	The Paustians	Dushi bida	Hakuna Masquata
REGULAR M/F 35+ REGULAR F/F/M 16:45 – 17:15	14	Proud from the Zuyd	Catmom and Catdad	MIGHTY SONNENH OPSER	Stabil Labil	Work-Lift-Balance	Flex on the beach	Roy-ally Strong & Dani-mite	sweet & salty	No Backpain, No Gain	Chalk Dirty	Sandstorm Warriors 2.0
		WOD-did-we-Do	Two Chicks & a Bar	Better Naked	Triple Trouble in ‘t Zand	Panda	Power Peanuts	Sandstorm warriors	Two Queens and a Jack	1-2-3-BLACK SMITH!	Third Wheeling	2 Engel für Judith
REGULAR F/F/M REGULAR M/M/F 17:15 – 17:45	15	Da ist Musik drin	Salt, sweat and reps	SHOW US THE WAY TO THE BAR	The Chalk Avengers	Team Badslippers	Trouble Unders	Stars Stripes and Stroopwafels	Mo Burpees Mo Problems	Tripple Trouble	Frommel	NO NAME
		Sandy & Salty 3.0	Forty Force	Elli & the BoxBoys	Die Drei Muskel-tiere	Nackte Sauna Alkoholiker	The coach & newbees	The Barbella’s and the brave one	Trio Explosivo	Barbells & Drinks	Sun's out, Guns out, Buns out	triceps and traumas
PRICE CEREMONY (18:00)												

HEATS WOD 2 ''THE MONKEY DRIFT'' (ROUND 1) SATURDAY: FIELD 2 (BRUGGINK BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
REGULAR M/F 09:00 – 09:15	1	Pa & Ma	Buck Furpees	Noodle Power	Team Sturm-taube	Het Warme Nest	DucrossFit Energy	Unpaceables	Snackpatrol	404: No Limits Found	Henk	Barbell & Baby
REGULAR M/F 09:15 – 09:30	2	DomBo 2	Pumping Dinos	Beard & Butt	That's what she said!	Jung. Brutal. Gutaus-sehend.	Die zwei Schränke	Bonnie and Clyde	Hybrid Hopheads	Lifting Giraffes	Netferblikke	Papa Power & Mini Muscle
REGULAR M/F 09:30 – 09:45	3	Inglourious Burpsters	Beach Lions	Sand Snatchers	NONAME	Robust & Pflegeleicht	99 problems, but the beach ain't one	Sleddogs on the Beach	Ballermann & Ballerina	De Fun Lifters	Pordicha Quedicha	Dynamite Duo
REGULAR M/F 09:45 – 10:00	4	Off-The-Cuff	OG beach buddy's	Suns out guns out	Rise and shine	Beauty and the Beast	Team Canada	Deadlift & Chill	Team Futch	Meppeler Minions	Scandal Scaled	Barbells & Fries
REGULAR M/F 35+ 10:00 – 10:15	5	LUNGE PAUZE	Reps & Wrinkles	Imper-fection	No Drama Llamas	Wizards	Bros and Barbell Bunnies	Schoulder stars	Team Double "C"	The Paustians	Dushi bida	Hakuna Masquata
REGULAR M/F 35+ 10:15 – 10:30	6	Burpee Baristas	Swole Mates :-)	Chalk dirty 2 me	Jan-Willem en Eline	Este go to the beach	The Kowalskis	Heatwave Bonn	Team Quack	In Flames	Lets fetz	A-Team
REGULAR M/F 35+ 10:30 – 10:45	7	Proud from the Zuyd	Catmom and Catdad	MIGHTY SONNENH OPSER	Stabil Labil	Work-Lift-Balance	Flex on the beach	Roy-ally Strong & Dani-mite	sweet & salty	No Backpain, No Gain	Chalk Dirty	Sandstorm Warriors 2.0
REGULAR F/F/M 10:45 – 11:00	8	WOD-did-we-Do	Two Chicks & a Bar	Better Naked	Triple Trouble in 't Zand	Panda	Power Peanuts	Sandstorm warriors	Two Queens and a Jack	1-2-3-BLACK-SMITH!	Third Wheeling	2 Engel für Judith
REGULAR F/F/M & M/M/F 11:00 – 11:15	9	The Barbella's and the brave one	Trio Explosivo	Barbells & Drinks	Sun's out, Guns out, Buns out	triceps and traumas	Sandy & Salty 3.0	Forty Force	Elli & the BoxBoys	Die Drei Muskel-tiere	Nackte Sauna Alkoholiker	The coach & newbees
REGULAR M/M/F 11:15 – 11:30	10	Da ist Musik drin	Salt, sweat and reps	SHOW US THE WAY TO THE BAR	The Chalk Avengers	Team Badslippers	Trouble Unders	Stars Stripes and Stroop-wafels	Mo Burpees Mo Problems	Tripple Trouble	Frommel	NO NAME
BREAK (11:30 – 12:15)												

HEATS WOD 2 ''THE MONKEY DRIFT'' (ROUND 2) SATURDAY: FIELD 2 (BRUGGINK BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
SCALED F/F 12:15 – 12:30	11	Smash and Sass	The She-Hulks	Snatch & Sunset	Sissies	Polder-meiden	Lift her up	Team Purple	Stronger Together	Just here for the tan	Focus Liro	Reps & Raves
SCALED F/F 12:30 – 12:45	12	extraUNGERnary	PartySquat	Runway to Waves	Beach Queens	Next Gen Noordside	Roseberry Barbell Buddies	Team Freckles	OH WOW	BarBelles	Double - Trouble	PWHS Beach LSF50+
SCALED F/F 12:45 – 13:00	13	We're in it together	THE SISSIES	The Accoun-tants	Salty & Sore	Sweet Sweat	Niet te volgen!	the unteachable pull ups	Schnicki Schnacki Schackalacki	Beach Docs	MC Sandy	Lena²
SCALED F/F 13:00 – 13:15	14	Clumsy but Confident	Double trouble WW	Biceps & Bikini	WOD 4 Choc	Halbe Ahnung ganze power	Beach Babes	Spier-Sprankels	Fit Mommy's	Sandy Squat Mamas	Paarden-meisjes	Rythm& Reps
REGULAR F/F 13:15 – 13:30	15	Urs & June	Rep & bep	Cardi-no	Barbell rebels	Swole Mates	Born Weak - Lift Wrong	Snatching Snitches	IJs-cream	Team HC	Eierbal met Sambal (m/f)	Tricep-sceratops (m/f)
REGULAR F/F 13:30 – 13:45	16	Every brownie needs a blondie	WOD Now, Wine Later	Team BL (Beach Legends)	LiLo	Burpees en beppen	Showponies	The Beaches	Sea, salt & snatches	DARE	Muscles & Mimosas	De zandkoppen
REGULAR F/F 13:45 – 14:00	17	Lisanne	Badass Buuffies	The Lifting Lauras	Chalk & Charm	Red Hot Mini Peppers	Thirty & Thriving	Trans-formers	WODzillas	The Power Snatch Girls	Glitter Gains	Skinny Bitches of Sachsenhaus
REGULAR F/F 14:00 – 14:15	18	CURLY CHAOS	Beauty and the Biceps	The ONstop-pable sisters	Team Panter Poes	Linders & Melis	Copper Crushers	Strong Shorty's	The Iron & The Lightning	Beach Burn	Dumbells and Donuts	Het Gouden Duo
REGULAR F/F 14:15 – 14:30	19	Lift & Swift	Tanned and tanner	Blondes have more fun	Snatch'n'Secco	Lift & Tan	More Passion. More Energy.	Marjo's Babes	MUSCLE UP BUDDIES	Auch Dabei	De zusjes van	The Power Triangle (M/M/F)
REGULAR F/F 14:30 – 14:45	20	Sugar ' n ' Spice	Laresi	Hit & Run Repeats	Buns& Guns	Always got your backsquattie	Gym Tonic	Power ohne Lifting	Barbell Blondies	Mom-Strong	Deep Dive Darielle	Midgets
BREAK (14:45 – 15:15)												

HEATS WOD 2 ''THE MONKEY DRIFT'' (ROUND 3) SATURDAY: FIELD 2 (BRUGGINK BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
SCALED M/F 15:15 – 15:30	21	NicRic	He deadlifts twice my weight….	Jonafran	Team Dörfer	Pyro-maniacs	Pace cadets	Scale Tippers	The Rookies	Burpee & Surf	Accio Abs	Puffin
SCALED M/F 15:30 – 15:45	22	The Fifties	H.E.A.T.	Hantel & Gretel	Wod you like some M&M's	Air Wings	RYKA	Social nomads	How to handle Sandy	Denise & Jeroen	Hotter then my father	FitnessForge-Buddys
SCALED M/M 15:45 – 16:00	23	Team Ruim-Op-TIjd	Sand im Getriebe	SAND IM GETRIEBE - G & N	Grand-master J &The Big L	Zwagers	2Fit2Quit	Zeeleeuwen	De Ruijter Bro's	Buurt Buds	Hot & Cold Fire Service	Hairy Bros
REGULAR F/F 35+ 16:00 – 16:15	24	Wod the hell?	Burpee hair, dont care	Synergy Sisters	Rasieren am Beach	Flip Flop Fighter	Powerhous: Daughters of the Dune	Die Happy	Team M&M	Two Peas in a WOD	De Saraas	OG Franke (scaled m/f)
REGULAR F/F 35+ 16:15 – 16:30	25	M-A-N-O-N	Team next generation	Pretty in Squats	The Hulkjes	Barbellas	No Reps, No Mercy	Barbell Love	Double D	Den & Jun	Mistake?	Beads of Sweat
REGULAR F/F 35+ & M/M 35+ 16:30 – 16:45	26	Bar-belle's	Sandy but Dandy	Filthy Fifty	Beach & Barbells	Sam & Shan	Fiesta on the floor	DENNI2	R2	Brexit and Bratwurst	Stang Schuuvers	Flexual Healing
REGULAR M/M 35+ 16:45 – 17:00	27	De Snorre-bollekes	Jeder braucht eine Sarah	Naptime Ninja's	Team midden-moot	Pius Squad	De avonturen van: V & R	The Shisha Boyzzz	Aladdin	Stop Drop & Roll	Unbroken	Batteraof Bandits
REGULAR M/M 35+ & M/M 17:00 – 17:15	28	Gebroed-ers Zuyd	Team chaos	no prep.	MidLife Muscle	Rehab and fit	Phil Up & Sim Down	Buurman & Buurman	Below paralle-lalala	Rouwe en Dauwe	The Mandarinos	Godenzonen
REGULAR M/M 17:15 – 17:30	29	Platten-brand	The Farmers	Burpee fanclub	Bier at the Beach	Karls Friends	De Nannies	Mikos & Jacco	Puur Blauw /Groen	Unbroken 297	Blue Tiger RGD	Team TnT
REGULAR M/M 17:30 – 17:45	30	Gora's Schnallen	Unprepared Thruster Crushers	Nierup!	De Wilde & Ruiter	Skinny Jeans	GymGarage Beach Boys	Sin Gripo	Push Patrol	DuSaWaKü	Dn Dave en Sunny Sonny	CrossShitters
PRICE CEREMONY (18:00)												

HEATS WOD 3 ''THE BEACH GRINDLINE'' (ROUND 1) SATURDAY: FIELD 3 (CERBERUS BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
SCALED M/F 09:00 – 09:15	1	NicRic	He deadlifts twice my weight….	Jonafran	Team Dörfer	Pyro-maniacs	Pace cadets	Scale Tippers	The Rookies	Burpee & Surf	Accio Abs	Puffin
SCALED M/F 09:15 – 09:30	2	The Fifties	H.E.A.T.	Hantel & Gretel	Wod you like some M&M's	Air Wings	RYKA	Social nomads	How to handle Sandy	Denise & Jeroen	Hotter then my father	FitnessForge-Buddys
SCALED M/M 09:30 – 09:45	3	Team Ruim-Op-TIjd	Sand im Getriebe	SAND IM GETRIEBE - G & N	Grand-master J &The Big L	Zwagers	2Fit2Quit	Zeeleeuwen	De Ruijter Bro's	Buurt Buds	Hot & Cold Fire Service	Hairy Bros
REGULAR F/F 35+ 09:45 – 10:00	4	Wod the hell?	Burpee hair, dont care	Synergy Sisters	Rasieren am Beach	Flip Flop Fighter	Powerhous: Daughters of the Dune	Die Happy	Team M&M	Two Peas in a WOD	De Saraas	OG Franke (scaled m/f)
REGULAR F/F 35+ 10:00 – 10:15	5	M-A-N-O-N	Team next generation	Pretty in Squats	The Hulkjes	Barbellas	No Reps, No Mercy	Barbell Love	Double D	Den & Jun	Mistake?	Beads of Sweat
REGULAR F/F 35+ & M/M 35+ 10:15 – 10:30	6	Bar-belle's	Sandy but Dandy	Filthy Fifty	Beach & Barbells	Sam & Shan	Fiesta on the floor	DENNI2	R2	Brexit and Bratwurst	Stang Schuuvers	Flexual Healing
REGULAR M/M 35+ 10:30 – 10:45	7	De Snorre-bollekes	Jeder braucht eine Sarah	Naptime Ninja's	Team midden-moot	Pius Squad	De avonturen van: V & R	The Shisha Boyzzz	Aladdin	Stop Drop & Roll	Unbroken	Batteraof Bandits
REGULAR M/M 35+ & M/M 10:45 – 11:00	8	Gebroed-ers Zuyd	Team chaos	no prep.	MidLife Muscle	Rehab and fit	Phil Up & Sim Down	Buurman & Buurman	Below paralle-lalala	Rouwe en Dauwe	The Mandarinos	Godenzonen
REGULAR M/M 11:00 – 11:15	9	Platten-brand	The Farmers	Burpee fanclub	Bier at the Beach	Karls Friends	De Nannies	Mikos & Jacco	Puur Blauw /Groen	Unbroken 297	Blue Tiger RGD	Team TnT
REGULAR M/M 11:15 – 11:30	10	Gora's Schnallen	Unprepared Thruster Crushers	Nierup!	De Wilde & Ruiter	Skinny Jeans	GymGarage Beach Boys	Sin Gripo	Push Patrol	DuSaWaKü	Dn Dave en Sunny Sonny	CrossShitters
BREAK (11:30 – 12:15)												

HEATS WOD 3 ''THE BEACH GRINDLINE'' (ROUND 2) SATURDAY: FIELD 3 (CERBERUS BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
REGULAR M/F 12:15 – 12:30	11	Pa & Ma	Buck Furpees	Noodle Power	Team Sturm-taube	Het Warme Nest	DucrossFit Energy	Unpaceables	Snackpatrol	404: No Limits Found	Henk	Barbell & Baby
REGULAR M/F 12:30 – 12:45	12	DomBo 2	Pumping Dinos	Beard & Butt	That's what she said!	Jung. Brutal. Gutaus-sehend.	Die zwei Schränke	Bonnie and Clyde	Hybrid Hopheads	Lifting Giraffes	Netferblikke	Papa Power & Mini Muscle
REGULAR M/F 12:45 – 13:00	13	Inglourious Burpsters	Beach Lions	SandSnatchers	NONAME	Robust & Pflegeleicht	99 problems, but the beach ain't one	Sleddogs on the Beach	Ballermann & Ballerina	De Fun Lifters	Pordicha Quedicha	Dynamite Duo
REGULAR M/F 13:00 – 13:15	14	Off-The-Cuff	OG beach buddy's	Suns out guns out	Rise and shine	Beauty and the Beast	Team Canada	Deadlift & Chill	Team Futch	Meppeler Minions	Scandal Scaled	Barbells & Fries
REGULAR M/F 35+ 13:15 – 13:30	15	LUNGE PAUZE	Reps & Wrinkles	Imper-fection	No Drama Llamas	Wizards	Bros and Barbell Bunnies	Schoulder stars	Team Double "C"	The Paustians	Dushi bida	Hakuna Masquata
REGULAR M/F 35+ 13:30 – 13:45	16	Burpee Baristas	Swole Mates :-)	Chalk dirty 2 me	Jan-Willem en Eline	Este go to the beach	The Kowalskis	Heatwave Bonn	Team Quack	In Flames	Lets fetz	A-Team
REGULAR M/F 35+ 13:45 – 14:00	17	Proud from the Zuyd	Catmom and Catdad	MIGHTY SONNENHOPSER	Stabil Labil	Work-Lift-Balance	Flex on the beach	Roy-ally Strong & Dani-mite	sweet & salty	No Backpain, No Gain	Chalk Dirty	Sandstorm Warriors 2.0
REGULAR F/F/M 14:00 – 14:15	18	WOD-did-we-Do	Two Chicks & a Bar	Better Naked	Triple Trouble in 't Zand	Panda	Power Peanuts	Sandstorm warriors	Two Queens and a Jack	1-2-3-BLACK-SMITH!	Third Wheeling	2 Engel für Judith
REGULAR F/F/M & M/M/F 14:15 – 14:30	19	The Barbella's and the brave one	Trio Explosivo	Barbells & Drinks	Sun's out, Guns out, Buns out	triceps and traumas	Sandy & Salty 3.0	Forty Force	Elli & the BoxBoys	Die Drei Muskel-tiere	Nackte Sauna Alkoholiker	The coach & newbees
REGULAR M/M/F 14:30 – 14:45	20	Da ist Musik drin	Salt, sweat and reps	SHOW US THE WAY TO THE BAR	The Chalk Avengers	Team Badslippers	Trouble Unders	Stars Stripes and Stroop-wafels	Mo Burpees Mo Problems	Tripple Trouble	Frommel	NO NAME
BREAK (14:45 – 15:15)												

HEATS WOD 3 ''THE BEACH GRINDLINE'' (ROUND 3) SATURDAY: FIELD 3 (CERBERUS BEACH)

LANE		1	2	3	4	5	6	7	8	9	10	11
DIVISION & TIME	HEAT											
SCALED F/F 15:15 – 15:30	21	Smash and Sass	The She-Hulks	Snatch & Sunset	Sissies	Polder-meiden	Lift her up	Team Purple	Stronger Together	Just here for the tan	Focus Liro	Reps & Raves
SCALED F/F 15:30 – 15:45	22	extraUNGERnary	PartySquat	Runway to Waves	Beach Queens	Next Gen Noordside	Roseberry Barbell Buddies	Team Freckles	OH WOW	BarBelles	Double - Trouble	PWHS Beach LSF50+
SCALED F/F 15:45 – 16:00	23	We're in it together	THE SISSIES	Buns& Guns	Salty & Sore	Sweet Sweat	Niet te volgen!	the unteachable pull ups	Schnicki Schnacki Schackalacki	Beach Docs	MC Sandy	Lena²
SCALED F/F 16:00 – 16:15	24	Clumsy but Confident	Double trouble WW	Biceps & Bikini	WOD 4 Choc	Halbe Ahnung ganze power	Beach Babes	Spier-Sprankels	Fit Mommy's	Sandy Squat Mamas	Paarden-meisjes	Rythm& Reps
REGULAR F/F 16:15 – 16:30	25	Urs & June	Rep & bep	Cardi-no	Barbell rebels	Swole Mates	Born Weak - Lift Wrong	Snatching Snitches	IJs-cream	Team HC	Eierbal met Sambal (m/f)	Tricep-sceratops (m/f)
REGULAR F/F 16:30 – 16:45	26	Every brownie needs a blondie	WOD Now, Wine Later	Team BL (Beach Legends)	LiLo	Burpees en beppen	Showponies	The Beaches	Sea, salt & snatches	DARE	Muscles & Mimosas	De zandkoppen
REGULAR F/F 16:45 – 17:00	27	Lisanne	Badass Buuffies	The Lifting Lauras	Chalk & Charm	Red Hot Mini Peppers	Thirty & Thriving	Trans-formers	WODzillas	The Power Snatch Girls	Glitter Gains	Skinny Bitches of Sachsenhaus
REGULAR F/F 17:00 – 17:15	28	CURLY CHAOS	Beauty and the Biceps	The ONstop-pable sisters	Team Panter Poes	Linders & Melis	Copper Crushers	Strong Shorty's	The Iron & The Lightning	Beach Burn	Dumbells and Donuts	Het Gouden Duo
REGULAR F/F 17:15 – 17:30	29	Lift & Swift	Tanned and tanner	Blondes have more fun	Snatch'n'Secco	Lift & Tan	More Passion. More Energy.	Marjo's Babes	MUSCLE UP BUDDIES	Auch Dabei	De zusjes van	The Power Triangle (M/M/F)
REGULAR F/F 17:30 – 17:45	30	Sugar ' n ' Spice	Laresi	Hit & Run Repeats	X	Always got your backsquattie	Gym Tonic	Power ohne Lifting	Barbell Blondies	MomStrong	Deep Dive Darielle	Midgets
PRICE CEREMONY (18:00)												

Beach SHOWDOWN