

Femme Royale Houston

Cityside Crossfit 1125 Providence Street Houston, TX 77002

Schedule of Events

7:30 AM Athlete Check-In

8:20 AM Athlete Briefing

8:50 AM National Anthem/ Group Photo

9AM 1st Workout

	Lane	Box	Team Name	Team Members
Heat 1	3	Vintage Crossfit	Fire(Ball) Breathers	Brittnay Elbel & Cristina Ramos
	5	Vintage Crossfit	Hakuna Masquata	Brandi Stout & Nora Gentry
Heat 2	2	Vintage Crossfit	Slothletes	Carolina Hernandez & Estefa Llanos
	7	Vintage Crossfit	White Girl Waeysted	Amanda lee & Chelsea Lamberth
	8	Vintage Crossfit	WOD Did I Get Myself Into	Nicole Noack & Melissa Warner

10:30 AM (Tenative) 2nd Workout

	Lane	Box	Team Name	Team Members
Heat 1	3	Vintage Crossfit	Fire(Ball) Breathers	Brittnay Elbel & Cristina Ramos
	5	Vintage Crossfit	Hakuna Masquata	Brandi Stout & Nora Gentry
Heat 2	2	Vintage Crossfit	Slothletes	Carolina Hernandez & Estefa Llanos
	7	Vintage Crossfit	White Girl Waeysted	
	8	Vintage Crossfit	WOD Did I Get Myself Into	

12:15 PM (Tenative) 3rd Workout

	Lane	Box	Team Name	Team Members
Heat 1	3	Vintage Crossfit	Fire(Ball) Breathers	Brittnay Elbel & Cristina Ramos
	5	Vintage Crossfit	Hakuna Masquata	Brandi Stout & Nora Gentry
Heat 2	2	Vintage Crossfit	Slothletes	Carolina Hernandez & Estefa Llanos
	7	Vintage Crossfit	White Girl Waeysted	
	8	Vintage Crossfit	WOD Did I Get Myself Into	

1:45 PM Awards!!!!