



Ark Valley Showdown | Heat Summary (Macro View)

Total heats: 9 | Total competitors: 36 | 08:30 AM - 01:05 PM

Location	Workout	Heat		Divisions in this heat	Occupied Lanes	Start Time	End Time	Transition
Main floor	FIBArk Frenzy	Heat 1	▣	Scaled Female, Scaled Male	4 of 4	08:30 AM	08:45 AM	
Main floor	FIBArk Frenzy	Heat 2	▣	Rx Female	4 of 4	08:55 AM	09:10 AM	00:10:00
Main floor	FIBArk Frenzy	Heat 3	▣	Rx Male	4 of 4	09:20 AM	09:35 AM	00:10:00
Main floor	St. Elmo's FIRE	Heat 1	▣	Scaled Female, Scaled Male	4 of 4	10:10 AM	10:16 AM	00:35:00
Main floor	St. Elmo's FIRE	Heat 2	▣	Rx Female	4 of 4	10:26 AM	10:32 AM	00:10:00
Main floor	St. Elmo's FIRE	Heat 3	▣	Rx Male	4 of 4	10:42 AM	10:48 AM	00:10:00
Main floor	Browns Canyon Blitz	Heat 1	▣	Scaled Female, Scaled Male	4 of 4	12:00 PM	12:15 PM	01:12:00
Main floor	Browns Canyon Blitz	Heat 2	▣	Rx Female	4 of 4	12:25 PM	12:40 PM	00:10:00
Main floor	Browns Canyon Blitz	Heat 3	▣	Rx Male	4 of 4	12:50 PM	01:05 PM	00:10:00



Ark Valley Showdown

Heat 1 from 08:30 AM to 08:45 AM

FIBArk Frenzy on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	The Shawties		Scaled Female	
2	The Moose Knuckles	CROSSFIT SALIDA	Scaled Female	
3	Blonde Mamas		Scaled Female	
4	Rescue Cowboys		Scaled Male	



Ark Valley Showdown

Heat 2 from 08:55 AM to 09:10 AM

FIBArk Frenzy on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	No Gunni business		Rx Female	
2	YesRep		Rx Female	
3	Thicc-Fil-A		Rx Female	
4	Sisters of another lifter		Rx Female	



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Heat 3 from 09:20 AM to 09:35 AM

FIBArk Frenzy on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	Highway 50 Hustlers	CROSSFIT SALIDA	Rx Male	
2	Barefoot Bandits		Rx Male	
3	Squat You Talking About, Willis?		Rx Male	
4	Gunni Boys		Rx Male	



Ark Valley Showdown

Heat 1 from 10:10 AM to 10:16 AM

St. Elmo's FIRE on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	The Shawties		Scaled Female	
2	The Moose Knuckles	CROSSFIT SALIDA	Scaled Female	
3	Blonde Mamas		Scaled Female	
4	Rescue Cowboys		Scaled Male	



Ark Valley Showdown

Heat 2 from 10:26 AM to 10:32 AM

St. Elmo's FIRE on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	No Gunni business		Rx Female	
2	YesRep		Rx Female	
3	Thicc-Fil-A		Rx Female	
4	Sisters of another lifter		Rx Female	



Ark Valley Showdown

Heat 3 from 10:42 AM to 10:48 AM

St. Elmo's FIRE on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	Highway 50 Hustlers	CROSSFIT SALIDA	Rx Male	
2	Barefoot Bandits		Rx Male	
3	Squat You Talking About, Willis?		Rx Male	
4	Gunni Boys		Rx Male	



Ark Valley Showdown

Heat 1 from 12:00 PM to 12:15 PM

Browns Canyon Blitz on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	The Shawties		Scaled Female	
2	The Moose Knuckles	CROSSFIT SALIDA	Scaled Female	
3	Blonde Mamas		Scaled Female	
4	Rescue Cowboys		Scaled Male	



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Heat 2 from 12:25 PM to 12:40 PM

Browns Canyon Blitz on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	No Gunni business		Rx Female	
2	YesRep		Rx Female	
3	Thicc-Fil-A		Rx Female	
4	Sisters of another lifter		Rx Female	



Ark Valley Showdown

Heat 3 from 12:50 PM to 01:05 PM

Browns Canyon Blitz on Main floor

Lane	Athlete	Affiliate	Division	Nation
1	Highway 50 Hustlers	CROSSFIT SALIDA	Rx Male	
2	Barefoot Bandits		Rx Male	
3	Squat You Talking About, Willis?		Rx Male	
4	Gunni Boys		Rx Male	