

BEAST of the EAST - Heat Assignments

TEAM WODs 3 & 4 – 2k Row, 20 stones, 100 hrpu, and 200 box jumps

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|------|-------------------------------------|---|
| 3027 | Hybrid Athletics 3 | 1 |
| 3006 | CrossFit 516-1 | 1 |
| 3007 | CrossFit 516-2 | 1 |
| 3013 | CrossFit Legitimus | 1 |
| 3100 | 203 Legit | 1 |
| 3020 | CrossFit South Shore 2 | 1 |
| 3014 | Crossfit Legitimus "the deuce" | 1 |
| 3021 | CrossFit South Shore 3 | 1 |
| 3016 | CrossFit Long Island City | 1 |
| 3031 | Practice CrossFit 2 | 1 |
| 3009 | CrossFit 516-3b | 1 |
| 3033 | Team Powerhouse | 1 |
| 3038 | The Rock | 1 |
| 3015 | CrossFit Lindy | 1 |
| 3029 | CrossFit 321 Red | 2 |
| 3025 | Hybrid Athletics | 2 |
| 3028 | Justagudbar | 2 |
| 3005 | CrossFit 321 | 2 |
| 3019 | CrossFit South Shore | 2 |
| 3040 | BK Athletics 2 | 2 |
| 3030 | Practice CrossFit 1 | 2 |
| 3017 | Crossfit Portsmouth | 2 |
| 3003 | Beauties and the Beasts | 2 |
| 3002 | 70s Big | 2 |
| 3012 | Crossfit Great Barrington | 2 |
| 3032 | Team PaleoKits | 2 |
| 3000 | 300 | 2 |
| 3018 | Crossfit Revelation | 2 |
| 3041 | BK Athletics 3 | 3 |
| 3008 | CrossFit 516-3 | 3 |
| 3024 | Green Mountain CrossFit | 3 |
| 3035 | Team Unnotscaredexercisewithable | 3 |
| 3011 | CrossFit Danbury | 3 |
| 3034 | Team Beachbodasstastic | 3 |
| 3037 | The Blueprint | 3 |
| 3026 | Hybrid Athletics 2 | 3 |
| 3042 | Team Empire | 3 |
| 3039 | BK Athletics 1 | 3 |
| 3022 | Crossfit The Rock | 3 |
| 3036 | Team WOD Gear of Shoreline CrossFit | 3 |
| 3023 | Glutes | 3 |