

23
24
25
JUNE
2023

10
YEARS

FRENCH THROWDOWN

2023



SPONSORED BY
**NORTHERN
SPIRIT**

CrossFit LICENSED EVENT | 2023

FRIDAY 23.06.23

NORTHERN SPIRIT INDOOR AREA

| WORKOUT | CATEGORY | HEAT START TIME |
|-----------|--------------|-----------------|
| Hspu Sdhp | Elite F 1 | 9:00:00 AM |
| Hspu Sdhp | Elite F 2 | 9:20:00 AM |
| Hspu Sdhp | Elite H 1 | 9:40:00 AM |
| Hspu Sdhp | Elite H 2 | 10:00:00 AM |
| Hspu Sdhp | Teams Elite | 10:40:00 AM |
| Hspu Sdhp | Teams RX 1 | 10:58:00 AM |
| Hspu Sdhp | Teams RX 2 | 11:16:00 AM |
| Hspu Sdhp | Teams Int 1 | 11:34:00 AM |
| Hspu Sdhp | Teams Int 2 | 11:52:00 AM |
| Hspu Sdhp | Teams Scaled | 12:10:00 PM |
| Hspu Sdhp | Teens | 12:48:00 PM |
| Hspu Sdhp | 40-44 | 1:08:00 PM |
| Hspu Sdhp | 45-49 | 1:28:00 PM |
| Hspu Sdhp | 50-54 | 1:48:00 PM |
| Hspu Sdhp | 55+ | 2:08:00 PM |
| Hspu Sdhp | Scaled F | 2:28:00 PM |
| Hspu Sdhp | Inter F | 2:48:00 PM |
| Hspu Sdhp | RX F | 3:08:00 PM |
| Hspu Sdhp | 35-39 F | 3:28:00 PM |
| Hspu Sdhp | Scaled H | 3:48:00 PM |
| Hspu Sdhp | Inter H | 4:08:00 PM |
| Hspu Sdhp | RX H | 4:28:00 PM |
| Hspu Sdhp | 35-39 H | 4:48:00 PM |

GOWOD MOBILITY FIRST OUTDOOR AREA 1

| WORKOUT | CATEGORY | HEAT START TIME |
|-------------|--------------|-----------------|
| Sprint Echo | Scaled F | 9:30:00 AM |
| Sprint Echo | Inter F | 9:43:00 AM |
| Sprint Echo | RX F | 9:56:00 AM |
| Sprint Echo | 35-39 F | 10:09:00 AM |
| Sprint Echo | Scaled H | 10:22:00 AM |
| Sprint Echo | Inter H | 10:35:00 AM |
| Sprint Echo | RX H | 10:48:00 AM |
| Sprint Echo | 35-39 H | 11:01:00 AM |
| Sprint Echo | Elite F 1 | 11:34:00 AM |
| Sprint Echo | Elite F 2 | 11:47:00 AM |
| Sprint Echo | Elite H 1 | 12:00:00 PM |
| Sprint Echo | Elite H 2 | 12:13:00 PM |
| Sprint Echo | Teams Elite | 12:31:00 PM |
| Sprint Echo | Teams RX 1 | 12:48:00 PM |
| Sprint Echo | Teams RX 2 | 1:05:00 PM |
| Sprint Echo | Teams Int 1 | 1:22:00 PM |
| Sprint Echo | Teams Int 2 | 1:39:00 PM |
| Sprint Echo | Teams Scaled | 1:56:00 PM |
| Sprint Echo | Teens | 2:33:00 PM |
| Sprint Echo | 40-44 | 2:46:00 PM |
| Sprint Echo | 45-49 | 3:04:00 PM |
| Sprint Echo | 50-54 | 3:17:00 PM |
| Sprint Echo | 55+ | 3:30:00 PM |

STRIVE OUTDOOR AREA 2

| WORKOUT | CATEGORY | HEAT START TIME |
|------------|---------------|-----------------|
| Goruck Run | Teams Elite 1 | 2:00:00 PM |
| Goruck Run | Teams Elite 2 | 2:40:00 PM |
| Goruck Run | Elite F | 3:20:00 PM |
| Goruck Run | Elite H | 4:20:00 PM |

SATURDAY 24.06.23

NORTHERN SPIRIT INDOOR AREA

| WORKOUT | CATEGORY | HEAT START TIME |
|-----------|-------------|-----------------|
| Row & WOD | Scaled F | 8:30:00 AM |
| Row & WOD | Inter F | 8:49:00 AM |
| Row & WOD | RX F | 9:08:00 AM |
| Row & WOD | 35-39 F | 9:27:00 AM |
| Row & WOD | Scaled H | 9:46:00 AM |
| Row & WOD | Inter H | 10:05:00 AM |
| Row & WOD | RX H | 10:24:00 AM |
| Row & WOD | 35-39 H | 10:43:00 AM |
| Row & WOD | Teams RX 1 | 11:07:00 AM |
| Row & WOD | Teams RX 2 | 11:24:00 AM |
| Row & WOD | Teams Elite | 11:41:00 AM |
| Row & WOD | Elite F 1 | 12:03:00 PM |
| Row & WOD | Elite F 2 | 12:22:00 PM |
| Row & WOD | Elite H 1 | 12:41:00 PM |

CEREMONY

| | | |
|-----------|-----------|------------|
| Row & WOD | Elite H 2 | 1:30:00 PM |
|-----------|-----------|------------|

GOWOD MOBILITY FIRST OUTDOOR AREA 1

| WORKOUT | CATEGORY | HEAT START TIME |
|---------------|--------------|-----------------|
| Sandbag Squat | Teens | 10:00:00 AM |
| Sandbag Squat | 40-44 | 10:22:00 AM |
| Sandbag Squat | 45-49 | 10:44:00 AM |
| Sandbag Squat | 50-54 | 11:06:00 AM |
| Sandbag Squat | 55+ | 11:28:00 AM |
| Sandbag Squat | Teams Int 1 | 12:00:00 PM |
| Sandbag Squat | Teams Int 2 | 12:17:00 PM |
| Sandbag Squat | Teams Scaled | 12:34:00 PM |

CEREMONY PAUSE: GO INDOOR

| | | |
|---------------|-------------|------------|
| Sandbag Squat | Teams RX 1 | 2:30:00 PM |
| Sandbag Squat | Teams RX 2 | 2:47:00 PM |
| Sandbag Squat | Teams Elite | 3:04:00 PM |
| Sandbag Squat | Elite F 1 | 3:21:00 PM |
| Sandbag Squat | Elite F 2 | 3:53:00 PM |
| Sandbag Squat | Elite H 1 | 4:15:00 PM |
| Sandbag Squat | Elite H 2 | 4:37:00 PM |

STRIVE OUTDOOR AREA 2

| WORKOUT | CATEGORY | HEAT START TIME |
|-----------------|-------------|-----------------|
| KettleBell Jump | Teams RX 1 | 8:30:00 AM |
| KettleBell Jump | Teams RX 2 | 8:51:00 AM |
| KettleBell Jump | Teams Elite | 9:12:00 AM |
| KettleBell Jump | Elite F 1 | 9:43:00 AM |
| KettleBell Jump | Elite F 2 | 9:58:00 AM |
| KettleBell Jump | Elite H 1 | 10:13:00 AM |
| KettleBell Jump | Elite H 2 | 10:28:00 AM |
| KettleBell Jump | Scaled F | 10:43:00 AM |
| KettleBell Jump | Inter F | 10:58:00 AM |
| KettleBell Jump | RX F | 11:13:00 AM |
| KettleBell Jump | 35-39 F | 11:28:00 AM |
| KettleBell Jump | Scaled H | 11:43:00 AM |
| KettleBell Jump | Inter H | 11:58:00 AM |
| KettleBell Jump | RX H | 12:13:00 PM |
| KettleBell Jump | 35-39 H | 12:28:00 PM |

CEREMONY PAUSE: GO INDOOR

| | | |
|-----------------|--------------|------------|
| KettleBell Jump | Teens | 1:43:00 PM |
| KettleBell Jump | 40-44 | 1:58:00 PM |
| KettleBell Jump | 45-49 | 2:13:00 PM |
| KettleBell Jump | 50-54 | 2:28:00 PM |
| KettleBell Jump | 55+ | 2:43:00 PM |
| KettleBell Jump | Teams Int 1 | 3:03:00 PM |
| KettleBell Jump | Teams Int 2 | 3:24:00 PM |
| KettleBell Jump | Teams Scaled | 3:45:00 PM |

SUNDAY 25.06.23

NORTHERN SPIRIT INDOOR AREA

| WORKOUT | CATEGORY | HEAT START TIME |
|--------------------|--------------|-----------------|
| Row & WOD | Teens | 8:30:00 AM |
| Row & WOD | 40-44 | 8:49:00 AM |
| Row & WOD | 45-49 | 9:08:00 AM |
| Row & WOD | 50-54 | 9:27:00 AM |
| Row & WOD | 55+ | 9:46:00 AM |
| Row & WOD | Teams Int 1 | 10:15:00 AM |
| Row & WOD | Teams Int 2 | 10:32:00 AM |
| Row & WOD | Teams Scaled | 10:49:00 AM |
| FINALE | Teens | 2:20:00 PM |
| FINALE | 55+ | 2:35:00 PM |
| FINALE | 50-54 | 2:50:00 PM |
| FINALE | 45-49 | 3:05:00 PM |
| FINALE | 40-44 | 3:20:00 PM |
| FINALE | 35-39 | 3:35:00 PM |
| FINALE | Scaled | 3:50:00 PM |
| FINALE | Inter | 4:05:00 PM |
| FINALE | RX | 4:20:00 PM |
| FINALE TEAM | Teams Scaled | 4:35:00 PM |
| FINALE TEAM | Teams Int | 4:50:00 PM |
| FINALE TEAM | Teams RX | 5:05:00 PM |
| FINALE TEAM | Teams Elite | 5:20:00 PM |
| FINALE | Elite F | 5:35:00 PM |
| FINALE | Elite M | 5:50:00 PM |

PODIUM

6:00:00 PM

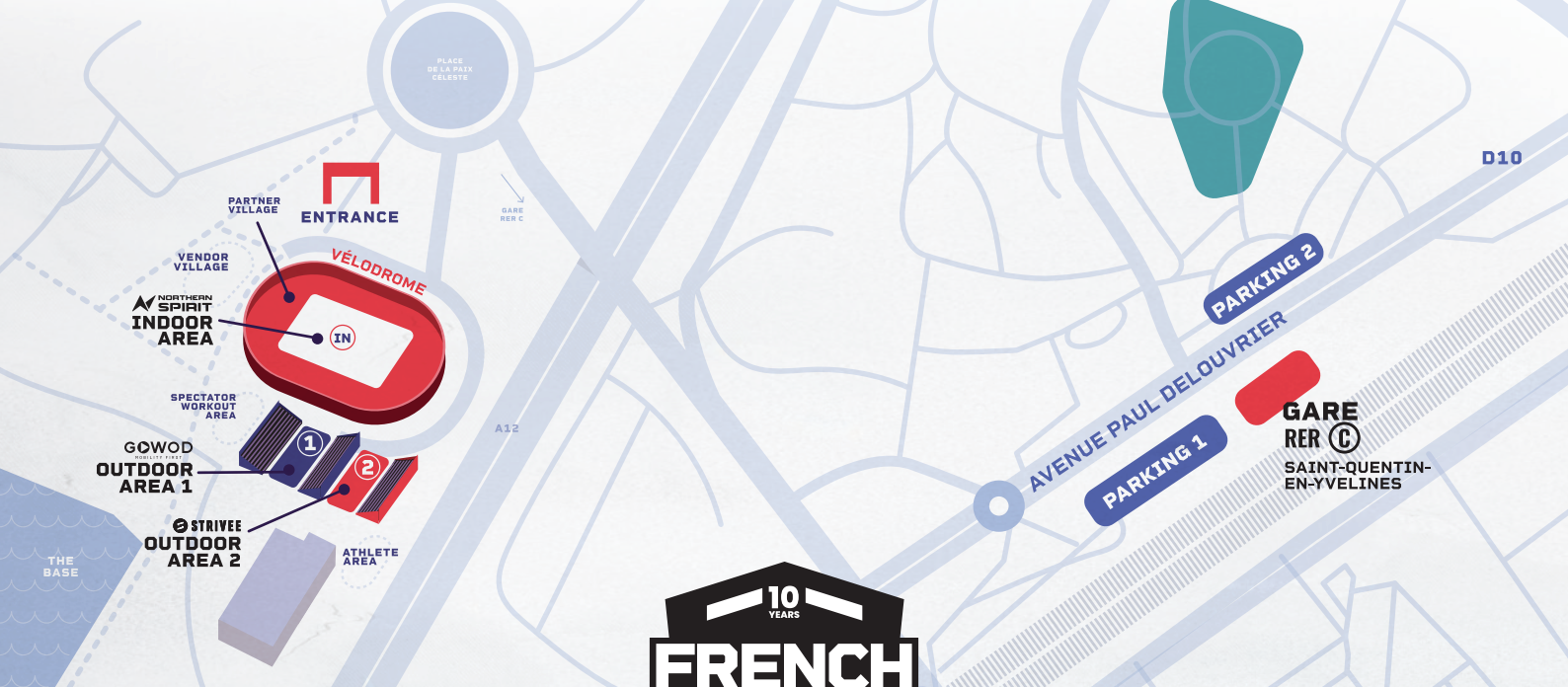
GOWOD MOBILITY FIRST OUTDOOR AREA 1

| WORKOUT | CATEGORY | HEAT START TIME |
|---------|--------------|-----------------|
| Liftof | Scaled F | 9:00:00 AM |
| Liftof | Inter F | 9:10:00 AM |
| Liftof | RX F | 9:20:00 AM |
| Liftof | 35-39 F | 9:30:00 AM |
| Liftof | Scaled H | 9:40:00 AM |
| Liftof | Inter H | 9:50:00 AM |
| Liftof | RX H | 10:00:00 AM |
| Liftof | 35-39 H | 10:10:00 AM |
| Liftof | Teens | 10:20:00 AM |
| Liftof | 40-44 | 10:30:00 AM |
| Liftof | 45-49 | 10:40:00 AM |
| Liftof | 50-54 | 10:50:00 AM |
| Liftof | 55+ | 11:00:00 AM |
| Liftof | Teams Int 1 | 11:30:00 AM |
| Liftof | Teams Int 2 | 11:45:00 AM |
| Liftof | Teams Scaled | 12:00:00 PM |
| Liftof | Teams RX 1 | 12:15:00 PM |
| Liftof | Teams RX 2 | 12:30:00 PM |
| Liftof | Teams Elite | 12:45:00 PM |
| Liftof | Elite F | 1:20:00 PM |
| Liftof | Elite H | 2:20:00 PM |

STRIVE OUTDOOR AREA 2

| WORKOUT | CATEGORY | HEAT START TIME |
|---------------|-------------|-----------------|
| L-Sit HSW | Teams RX 1 | 8:30:00 AM |
| L-Sit HSW | Teams RX 2 | 8:50:00 AM |
| L-Sit HSW | Teams Elite | 9:10:00 AM |
| L-Sit HSW | Elite F 1 | 9:40:00 AM |
| L-Sit HSW | Elite F 2 | 10:00:00 AM |
| L-Sit HSW | Elite H 1 | 10:20:00 AM |
| L-Sit HSW | Elite H 2 | 10:40:00 AM |
| Sandbag Squat | Scaled F | 11:10:00 AM |
| Sandbag Squat | Inter F | 11:32:00 AM |
| Sandbag Squat | RX F | 11:54:00 AM |
| Sandbag Squat | 35-39 F | 12:16:00 PM |
| Sandbag Squat | Scaled H | 12:38:00 PM |
| Sandbag Squat | Inter H | 1:00:00 PM |
| Sandbag Squat | RX H | 1:22:00 PM |
| Sandbag Squat | 35-39 H | 1:44:00 PM |





10 YEARS

FRENCH THROWDOWN

2023

[FRENCHTHROWDOWN.COM](https://www.frenchthrowdown.com)
 @FRENCHTHROWDOWN

CrossFit LICENSED EVENT | 2023

SPONSORED BY
NORTHERN SPIRIT

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