

# 24 Heroes Event Schedule

Sunday May 24th at 9AM- Monday May 25th at 10AM

All proceeds will be donated to Veterans Inc. with a portion of all proceeds also being donated to The Glen Doherty Memorial Foundation

Time	WOD	Speaker, Theme, Event or Sponsor
9:00-10:00 AM	<b>OPENING CEREMONIES</b>	<p><b>Opening Ceremonies Agenda (Tentative)-</b></p> <p><b>9:00 - 9:20am</b> Welcome/Introduction/Event Logistics- Rob Seymour and TILT Staff</p> <p><b>9:20 - 9:30am</b> Veterans Inc.</p> <p><b>9:35 - 9:50am</b> Keynote Speaker- Kate Quigley (President, Glen Doherty Memorial Foundation)</p> <p><b>9:50am</b> National Anthem- Anna McCabe</p>
10:00-11:00 AM	<p><b>“Glen”</b>            30 Clean and Jerks (135/95#)            1 Mile Run            10 Rope Climbs            1 Mile Run            100 Burpees</p>	<p><b>‘Murica WOD</b>            Wear your Red, White and Blue! Break out those Stars and Stripes!</p>
11:00-12:00 PM	<p><b>“Pheezy”</b>            3 Rounds:            5 Front Squats (165#/105#)            18 Pull-Ups            5 Deadlifts (225#/155#)            18 Toes-to-Bars            5 Push Jerks (165#/105#)            18 Hand-Release Push-Ups</p>	<p><b>1-Minute Max Burpee Contest: Post WOD Throwdown</b></p> <p><b>Sponsored by Joel Hayden</b>            Joel has pledged to donate <b>\$2/burpee</b> to the highest score achieved within the 24 hours of the event.</p> <p><b>**This event is open to participants until 9AM Monday morning! On the honor system!</b></p> <p>Submit scores to Casey Bennett (casey@crossfittilt.com)</p>

12:00- 1:00 PM	<p><b>“Hotshots 19”</b>  6 Rounds:  30 Air Squats  19 Power Cleans  (135#/95#)  7 Strict Pull-ups  400 Meter Run</p>	<p><b>Superhero WOD</b>  Tees, tanks, costumes, capes-- embrace your inner hero.</p>
1:00- 2:00 PM	<p><b>“Whip”</b>  AMRAP 21  11 Push-ups  5 Squat Cleans  (155/105#)  10 Box Jumps (24/20”)</p>	<p><b>SPEAKER</b>  Sean Whipple, brother of Blake Whipple</p>
2:00- 3:00 PM	<p><b>“Monti”</b>  5 Rounds:  50 Box Step-ups  (24/20”)  15 Cleans (135#/95#)  50 Box Step-ups  10 Snatches  (135#/95#)</p>	<p><b>Hard Rock WOD</b>  Rock out while you work out to some Guns N Roses, one of Jared Monti’s favorite bands to listen to during his workouts.</p>
3:00- 4:00 PM	<p><b>“Pike”</b>  5 Rounds:  20 Thrusters (75/55#)  10 Strict Ring Dips  20 Push-Ups  10 Strict Handstand  Push-Ups  50 Meter Bear Crawl</p>	<p><b>Neon WOD</b>  Let’s glow! Wear your best and brightest!</p>
4:00- 5:00 PM	<p><b>“Jerry”</b>  1 Mile Run  2,000 Meter Row  1 Mile Run</p>	<p><b>Patriotic Pliability</b>  Stick around for a little post-WOD mobility sesh!</p>
5:00- 6:00 PM	<p><b>“Scooter”</b>  400 Meter Farmers  Carry (53/35#)  20 Box Jumps (30/24”)  400m Plate Carry  (45/25#)  20 Box Jumps (30/24”)  400m Plate Carry  (45/25#)  20 Box Jumps (30/25#)  400m Farmers Carry  (53/35#)</p>	<p><b>SPEAKER</b>  Steve Milley, brother of Scott Milley, a.k.a. Scooter.</p> <p><b>**Sponsored by Fabiana and Rob O’Brien</b></p>

6:00- 7:00 PM	<p><b>“Helton”</b>  3 Rounds:  800 Meter Run  30 Double Dumbbell/Odd Object Squat Cleans  30 Burpees</p>	<p><b>Guess that Patriotic Song!</b>  Test your post-WOD knowledge of some of our favorite USA-themed anthems.</p>
7:00- 8:00 PM	<p><b>“Havana”</b>  AMRAP 25  150 Double Unders  50 Push-ups  15 Power Cleans  (185#/135#)</p>	<p><b>Patriotic Pliability</b>  Stick around for a little post-WOD mobility sesh!</p>
8:00- 9:00 PM	<p><b>“The McCollum”</b>  Teams of 2  7 Rounds:  400 Meter Team Run  31 Lunges  31 Dumbbell Snatches  31 Burpees  20 Pull-ups  20 Single Arm Dumbbell Hang Cleans</p>	<p><b>SPEAKER</b>  Sammy Patrick, served in the Army with Alan McCollum.</p>
9:00- 10:00 PM	<p><b>“Forest”</b>  3 Rounds:  20 L-Sit Pull-ups  30 Toes to Bar  40 Burpees  800 Meter Run</p>	<p><b>Happy Hour</b>  Grab a drink (beer, wine, water, protein shake-- whatever you'd like) and hang out post-WOD! Heck, you can grab one DURING the WOD. Let's GO!</p>
10:00- 11:00 PM	<p><b>“Jack”</b>  AMRAP 20  10 Push Presses  (115/85#)  10 KBS (70/53#)  10 Box Jumps (24/20”)</p>	<p><b>I Wear My Sunglasses At Night 🎵</b>  Wear sunglasses for the whole workout.</p>

11:00- 12:00 AM	<p><b>“Tarentino”</b>  Teams of 2  2,000 Meter Row  50 Clean and Jerks  (155/105#)  2,000 Meter Row  100 Burpees  2,000 Meter Row  150 Wall Balls (20/14#)  *45 Minute Time Cap</p>	<p><b>Pajama Party</b>  Get comfy cozy and get ready to throw down! Ever done a burpee in a onesie?</p>
12:00- 1:00 AM	<p><b>“Harper”</b>  AMRAP 23  9 Chest to Bar Pull-ups  15 Power Cleans  (135#/95#)  21 Air Squats  400 Meter Plate Run  (45/35#)</p>	<p><b>Midnight Snack WOD</b>  Look like a snack or eat a snack.</p>
1:00- 2:00 AM	<p><b>“Small”</b>  3 Rounds:  1,000 Meter Row  50 Burpees  50 Box Jumps (24/20”)  800 Meter Run</p>	<p><b>Camouflage WOD</b>  Wear all things Army Green or Camo!</p> <p><b>**Sponsored by Rob Seymour</b>  who has pledged to donate <b>\$2/person</b> for every person logged into Zoom participating in this workout.</p>
2:00- 3:00 AM	<p><b>“Jenny”</b>  AMRAP 20  20 Overhead Squats  (45#/34#)  20 Back Squats  (43#/35#)  400m Run</p>	<p><b>Procaffeination WOD</b>  Make/bring a coffee Post-WOD to sip during some guided stretches!</p>
3:00- 4:00 AM	<p><b>“Dork”</b>  6 Rounds:  60 Double Unders  30 Kettlebell Swings  (53/35#)  15 Burpees</p>	<p><b>Walk the Plank!</b>  Time for a little friendly competition... Let’s have some fun with a post-WOD planking contest!</p> <p><b>**Sponsored by Casey Bennett and Mick Dudley</b>  who have each pledged to donate <b>\$1/person</b> for every person logged into Zoom participating in this workout.</p>

4:00-5:00 AM	<p><b>“Gator”</b>        8 Rounds:        5 Front Squats        (185#/135#)        26 Ring Push-ups</p>	<p><b>Pajama Party</b>        Roll on out of bed and let’s get after it! You don’t even need to change your clothes!</p>
5:00- 6:00 AM	<p><b>“Rankel”</b>        AMRAP 20        6 Deadlifts (225/155#)        7 Burpee Pull-Ups        10 Kettlebell Swings        (70/53#)        200 Meter Run</p>	<p><b>Moment of Silence WOD</b>        Complete this workout in complete silence. Let’s dig deep to honor our heroes as the sun comes up on Memorial Day.</p>
6:00- 7:00 AM	<p><b>“Klepto”</b>        4 Rounds:        27 Box Jumps (24/20”)        20 Burpees        11 Squat Cleans        (145/100#)</p>	<p><b>Breakfast Club and Post-WOD AUCTION</b>        Grab some Coffee, a Smoothie, Water, and a big ole breakfast for a post-WOD hangout.        Bid on a <b>45 Min Personal Training Session</b> with Coach Brian</p>
7:00- 8:00 AM	<p><b>“T.U.P”</b>        15-12-9-6-3        Power Cleans        (135#/95#)        Pull-Ups        Front Squats        (135#/95#)        Pull-Ups</p>	<p><b>Post-WOD AUCTION</b>        Bid on a <b>45 Min Personal Training Session</b> with Coach James</p>
8:00- 9:00 AM	<p><b>“Rahoi”</b>        AMRAP 12        12 Box Jumps (24/20”)        6 Thrusters (95#/65#)        6 Bar-Facing Burpees</p>	<p><b>Post-WOD AUCTION</b>        Bid on a <b>Wooden Plyo-Box</b> handmade by Paulo M from CrossFit TILT II Sudbury (Pick-Up from TILT II Sudbury Only)</p>
9:00- 10:00 AM	<p><b>“Murph”</b>        1 Mile Run        100 Pull-ups        200 Push-ups        300 Air Squats        1 Mile Run        *Wear a vest if you have one.</p>	<p><b>VIDEO: Medal of Honor Presentation to Michael Murphy</b>        Tune in before the last workout of this incredible event. Let’s remember what truly makes this day a National Holiday.</p>