

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	OPENING CEREMONIES	Opening Ceremonies Agenda (Tentative)- 9:00 - 9:20am Welcome/Introduction/Event Logistics- Rob Seymour and TILT Staff 9:20 - 9:30am Veterans Inc. 9:35 - 9:50am Keynote Speaker- Kate Quigley (President, Glen Doherty Memorial Foundation) 9:50am National Anthem- Anna McCabe
10:00-11:00 AM	"Glen" 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees	'Murica WOD Wear your Red, White and Blue! Break out those Stars and Stripes!
11:00-12:00 PM	"Pheezy" 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	1-Minute Max Burpee Contest: Post WOD Throwdown Sponsored by Joel Hayden Joel has pledged to donate \$2/burpee to the highest score achieved within the 24 hours of the event. **This event is open to participants until 9AM Monday morning! On the honor system! Submit scores to Casey Bennett (casey@crossfittilt.com)

12:00- 1:00 PM	<p>“Hotshots 19” 6 Rounds: 30 Air Squats 19 Power Cleans (135#/95#) 7 Strict Pull-ups 400 Meter Run</p>	<p>Superhero WOD Tees, tanks, costumes, capes-- embrace your inner hero.</p>
1:00- 2:00 PM	<p>“Whip” AMRAP 21 11 Push-ups 5 Squat Cleans (155/105#) 10 Box Jumps (24/20”)</p>	<p>SPEAKER Sean Whipple, brother of Blake Whipple</p> <p>**Sponsored by Angelica Brackin</p>
2:00- 3:00 PM	<p>“Monti” 5 Rounds: 50 Box Step-ups (24/20”) 15 Cleans (135#/95#) 50 Box Step-ups 10 Snatches (135#/95#)</p>	<p>Hard Rock WOD 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>“Pike” 5 Rounds: 20 Thrusters (75/55#) 10 Strict Ring Dips 20 Push-Ups 10 Strict Handstand Push-Ups 50 Meter Bear Crawl</p>	<p>Neon WOD Let’s glow! Wear your best and brightest!</p>
4:00- 5:00 PM	<p>“Jerry” 1 Mile Run 2,000 Meter Row 1 Mile Run</p>	<p>Patriotic Pliability Stick around for a little post-WOD mobility sesh!</p>
5:00- 6:00 PM	<p>“Scooter” 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>Be a Good Sport! Dress to represent your favorite sports team!</p> <p>**Sponsored by Fabiana and Rob O’Brien</p>

6:00- 7:00 PM	<p>“Helton” 3 Rounds: 800 Meter Run 30 Double Dumbbell/Odd Object Squat Cleans 30 Burpees</p>	<p>Guess that Patriotic Song! Test your post-WOD knowledge of some of our favorite USA-themed anthems.</p>
7:00- 8:00 PM	<p>“Havana” AMRAP 25 150 Double Unders 50 Push-ups 15 Power Cleans (185#/135#)</p>	<p>Patriotic Pliability Stick around for a little post-WOD mobility sesh!</p>
8:00- 9:00 PM	<p>“The McCollum” 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>SPEAKER Sammy Patrick, served in the Army with Alan McCollum.</p>
9:00- 10:00 PM	<p>“Forest” 3 Rounds: 20 L-Sit Pull-ups 30 Toes to Bar 40 Burpees 800 Meter Run</p>	<p>Happy Hour 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>“Jack” AMRAP 20 10 Push Presses (115/85#) 10 KBS (70/53#) 10 Box Jumps (24/20”)</p>	<p>I Wear My Sunglasses At Night 🎵 Wear sunglasses for the whole workout.</p>

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

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