

2018 Triple Crown Heat Schedule

| Workout 1: Legs and Lungs | Workout 2: Bike, Throw, Pull | Workout 3: EGA Team 10k |
|-------------------------------------|-------------------------------------|--------------------------------|
| Location: Emeryville | Location: Uptown | Location: EGA |
| Heat 1: 9:00am | Heat 1: 12:00pm | Heat 1: 3:00pm |
| 9 Lives | 9 Lives | ALL THE TEAMS AT ONCE! |
| Alpaca Lunch | Alpaca Lunch | |
| AMRAPTORS | AMRAPTORS | |
| KMS (Kristen, Michelle, Serban) | | |
| Performance Enhancing Donuts (PEDs) | Heat 2: 12:08pm | |
| | Can't Impeach This | |
| Heat 2: 9:10am | KMS (Kristen, Michelle, Serban) | |
| Can't Impeach This | Performance Enhancing Donuts (PEDs) | |
| Coconut Crew | | |
| Crazy Ripped Asians | Heat 3: 12:16pm | |
| Jordan's in their Prime | Coconut Crew | |
| Lady & the Champs | Crazy Ripped Asians | |
| | Jordan's in their Prime | |
| Heat 3: 9:20am | | |
| KGB | Heat 4: 12:24pm | |
| Madly Oaked | Lady & the Champs | |
| No Shirts, All Service | KGB | |
| Pineapple Express | Madly Oaked | |
| Road to Rhabdo | | |
| | Heat 5: 12:32pm | |
| Heat 4: 9:30am | No Shirts, All Service | |
| Hell on Wheels | Pineapple Express | |
| Robyn's Classic Rockers! | Road to Rhabdo | |
| Team Andi | | |
| Team Ben | Heat 6: 12:40pm | |
| Team Katie | Hell on Wheels | |
| | Robyn's Classic Rockers! | |
| Heat 5: 9:40am | Team Andi | |
| Team Mini | | |
| Team Ocho | Heat 7: 12:48pm | |
| Triple AAA | Team Ben | |
| Vadge Of Honor | Team Katie | |
| Witness the Fitness | Team Mini | |
| | | |
| | Heat 7: 12:56pm | |
| | Team Ocho | |
| | Triple AAA | |
| | | |
| | Heat 8: 1:02pm | |
| | Vadge Of Honor | |
| | Witness the Fitness | |