

Big Sky State Games 2025 Heat List						
9:00	Athlete Briefing					
Workout #1- The Grip Reaper						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Heat 1 9:15	Decisions Still Being Made	Swole Sisters	Tough Tatas	Mediocre Madre's	Bailest Fury	
Heat 2 9:40	Team BO	Flexy Bros	Carrie & Moriah	Ladie's Summer Swolestice		
Heat 3 10:05	Wild Hogs	D&T	KC	Ceder Mountain CF Blue		
Heat 4 10:30	Hustle	Wombmates	Thruster Harder	My So Called Legs		
Heat 5 10:55	Men's Summer Swolestice	BFD	Dad & Son	B-Ash Bros		

Workout #2- Twin Carnage						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1 11:25	Decisions Still Being Made	Swole Sisters	Tough Tatas	Mediocre Madre's	Bailest Fury	
Heat 2 11:40	Team BO	Flexy Bros	KC	Carrie & Moriah	Ladie's Summer Swolestice	
Heat 3 11:55	Wild Hogs	D&T	Wombmates	Ceder Mountain CF Blue	BFD	
Heat 4 12:10	Hustle	Men's Summer Swolestice	Thruster Harder	My So Called Legs	B-Ash Bros	Dad & Son

12:30	Lunch					
Workout #3- You & Me						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Heat 1 1:30	Ladie's Summer Swolestice	Mediocre Madres	Tough Tatas	Bailest Fury	Swole Sisters	
Heat 2 1:45	Carrie & Moriah	KC	My So Called Legs	Ceder Mountain CF Blue		
Heat 3 2:00	Team BO	Flexy Bros	Decisions Still Being Made			
Heat 4 2:15	BFD	Dad & Son	Men's Summer Swolestice	Wild Hogs	B-Ash Bros	
Heat 5 2:30	Thruster Harder	Wombmates	D & T	Hustle		

Workout #5- Sudden Death						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
Heat 1 3:00	Bailest Fury	Swole Sisters	Tough Tats	Mediocre Madre's	Ladie's Summer Swolestice	
Heat 2 3:15	Carrie & Moriah	KC	My So Called Legs	Ceder Mountain CF Blue		
Heat 3 3:30	Team BO	Flexy Bros	Decisions Still Being Made			
Heat 4 3:45	BFD	Dad & Son	Men's Summer Swolestice	Wild hogs		
Heat 5 4:00	D & T	Wombmates	Thruster Harder	Hustle	B-Ash Bros	

