

SCHEDULE & TIMETABLE

BRIEFING THURSDAY 22TH FEBRUARY

TIME	ACTIVITY
08:00	WORKOUT ANNOUNCEMENT (CC)
19:00	LIVE BRIEFING (SOCIALS)

SCHEDULE SATURDAY 24TH & SUNDAY 25TH FEBRUARY

TIME	ACTIVITY
08:30 – 10:30	ATHLETE REGISTRATION
09:30 – 11:30	ROUND 1 WORKOUTS
11:30 – 12:15	BREAK
12:15 – 14:15	ROUND 2 WORKOUTS
14:15 – 15:00	BREAK
15:00 – 17:00	ROUND 3 WORKOUTS
17:30	PRIZE CEREMONY

REGISTRATION SATURDAY 24TH FEBRUARY

TIME	HEATS
08:30 – 09:15	HEAT 1 - 3
09:15 – 10:00	HEAT 4 - 6
10:00 – 10:30	HEAT 7 & 8
13:00 – 17:00	EARLY REGISTRATION SUNDAY EVENT

REGISTRATION SUNDAY 25TH FEBRUARY

TIME	HEATS
08:30 – 09:15	HEAT 1 - 3
09:15 – 10:00	HEAT 4 - 6
10:00 – 10:30	HEAT 7 & 8

SCHEDULE & TIMETABLE

REGISTRATION SATURDAY 24TH FEBRUARY

TIME	HEAT	FIELD 1 (BEACH)	FIELD 2 (CONCEPT)	FIELD 3 (KINGSBOX)
ATHLETE REGISTRATION (08:30 – 10:30)				
09:30 – 09:45	1	Scaled F 18+ & Scaled F 35+	Teens	Regular Triplets F/F/M
09:45 – 10:00	2	Scaled F 18+ & Scaled F 35+	Teens & Scaled M 35+	Regular Triplets F/F/M
10:00 – 10:15	3	Scaled F 18+ & Scaled F 35+	Teens & Scaled M 35+	Regular Triplets F/F/M
10:15 – 10:30	4	Scaled F 18+ & Scaled F 35+	Scaled M 18+	Regular Triplets F/F/M
10:30 – 10:45	5	Regular M 18+ & Regular M 35+	Teens & Scaled M 35+	Regular Triplets F/F/M
10:45 – 11:00	6	Regular M 18+ & Regular M 35+	Regular F 35+	Regular Triplets M/M/F
11:00 – 11:15	7	Regular M 18+ & Regular M 35+	Regular F 18+	Regular Triplets M/M/F
11:15 – 11:30	8	Regular M 18+ & Regular M 35+	Regular F 18+	Regular Triplets M/M/F
BREAK				
12:15 – 12:30	9	Teens	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+
12:30 – 12:45	10	Teens & Scaled M 35+	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+
12:45 – 13:00	11	Scaled M 35+	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+
13:00 – 13:15	12	Scaled M 18+	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+
13:15 – 13:30	13	Regular F 35+	Regular Triplets F/F/M	Regular M 18+ & Regular M 35+
13:30 – 13:45	14	Regular F 35+	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+
13:45 – 14:00	15	Regular F 18+	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+
14:00 – 14:15	16	Regular F 18+	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+
BREAK				
15:00 – 15:15	17	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+	Teens
15:15 – 15:30	18	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+	Teens & Scaled M 35+
15:30 – 15:45	19	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+	Scaled M 35+
15:45 – 16:00	20	Regular Triplets F/F/M	Scaled F 18+ & Scaled F 35+	Scaled M 18+
16:00 – 16:15	21	Regular Triplets F/F/M	Regular M 18+ & Regular M 35+	Regular F 35+
16:15 – 16:30	22	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+	Regular F 35+
16:30 – 16:45	23	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+	Regular F 18+
16:45 – 17:00	24	Regular Triplets M/M/F	Regular M 18+ & Regular M 35+	Regular F 18+
PRICE CEREMONY (17:30)				

SCHEDULE & TIMETABLE

REGISTRATION SUNDAY 25TH FEBRUARY

TIME	HEAT	FIELD 1 (BEACH)	FIELD 2 (CONCEPT)	FIELD 3 (KINGSBOX)
ATHLETE REGISTRATION (08:30 – 10:30)				
09:30 – 09:45	1	Advanced M 45+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M	Advanced F 35+
09:45 – 10:00	2	Advanced M 45+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M	Advanced Triplets M/M/F
10:00 – 10:15	3	Advanced M 18+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M	Advanced Triplets M/M/F
10:15 – 10:30	4	Advanced M 18+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M	Elite Triplets F/F/M
10:30 – 10:45	5	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 35+ & Elite F 18+
10:45 – 11:00	6	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 18+ & Elite Triplets M/M/F
11:00 – 11:15	7	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 18+ & Elite Triplets M/M/F
11:15 – 11:30	8	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M	Elite Triplets M/M/F
BREAK				
12:15 – 12:30	9	Advanced F 18+ & Advanced Triplets F/F/M	Advanced F 35+	Advanced M 45+ & Advanced Triplets M/M/F
12:30 – 12:45	10	Advanced F 18+ & Advanced Triplets F/F/M	Advanced Triplets M/M/F	Advanced M 45+ & Advanced Triplets M/M/F
12:45 – 13:00	11	Advanced F 18+ & Advanced Triplets F/F/M	Advanced Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F
13:00 – 13:15	12	Advanced F 18+ & Advanced Triplets F/F/M	Elite Triplets F/F/M	Advanced M 18+ & Advanced Triplets M/M/F
13:15 – 13:30	13	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 35+ & Elite F 18+	Advanced M 18+ & Advanced Triplets M/M/F
13:30 – 13:45	14	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 18+ & Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F
13:45 – 14:00	15	Advanced M 35+ & Advanced Triplets F/F/M	Elite M 18+ & Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F
14:00 – 14:15	16	Advanced M 35+ & Advanced Triplets F/F/M	Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F
BREAK				
15:00 – 15:15	17	Advanced F 35+	Advanced M 45+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M
15:15 – 15:30	18	Advanced Triplets M/M/F	Advanced M 45+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M
15:30 – 15:45	19	Advanced Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M
15:45 – 16:00	20	Elite Triplets F/F/M	Advanced M 18+ & Advanced Triplets M/M/F	Advanced F 18+ & Advanced Triplets F/F/M
16:00 – 16:15	21	Elite M 35+ & Elite F 18+	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M
16:15 – 16:30	22	Elite M 18+ & Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M
16:30 – 16:45	23	Elite M 18+ & Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M
16:45 – 17:00	24	Elite Triplets M/M/F	Advanced M 18+ & Advanced Triplets M/M/F	Advanced M 35+ & Advanced Triplets F/F/M
PRICE CEREMONY (17:30)				

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