

# SEE YOU THE BEACH

<i>DAY</i>	<i>DIVISION</i>
SATURDAY 31 <sup>th</sup> AUGUST	SCALED, REGULAR & PARENT/KID
SUNDAY 1 <sup>st</sup> SEPTEMBER	ADVANCED & RX

## BRIEFING THURSDAY 29TH AUGUST

<i>TIME</i>	<i>ACTIVITY</i>
08:00	WORKOUT RELEASE (CC)
20:00	LIVE BRIEFING (SOCIALS)

## TIMETABLE SATURDAY 31TH AUGUST & SUNDAY 1ST SEPTEMBER

<i>TIME</i>	<i>ACTIVITY</i>
08:00 – 10:00	ATHLETE REGISTRATION
09:00 – 11:30	ROUND 1 WORKOUTS
11:30 – 12:15	BREAK
12:15 – 14:45	ROUND 2 WORKOUTS
14:45 – 15:30	BREAK
15:30 – 18:00	ROUND 3 WORKOUTS
18:00 – 18:30	PRIZE CEREMONY

## REGISTRATION SATURDAY 31TH AUGUST

<i>TIME</i>	<i>HEATS</i>
08:00 – 08:45	HEAT 1 – 4
08:45 – 09:30	HEAT 5 – 7
09:30 – 10:00	HEAT 8 – 10
14:00 – 18:00	EARLY REGISTRATION SUNDAY EVENT

## REGISTRATION SUNDAY 1ST SEPTEMBER

<i>TIME</i>	<i>HEATS</i>
08:00 – 08:45	HEAT 1 – 4
08:45 – 09:30	HEAT 5 – 7
09:30 – 10:00	HEAT 8 – 10



# ATHLETE REGISTRATION (08:00 – 10:00)

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
09:15	1	REGULAR F/F	PARENT & KID	PARENT & KID
09:15 – 09:30	2	REGULAR F/F	PARENT & KID	PARENT & KID
09:30 – 09:45	3	REGULAR F/F	PARENT & KID	SCALED M/M & F/F
09:45 – 10:00	4	REGULAR F/F	REGULAR M/M 35+ & M/F 35+	SCALED F/F
10:00 – 10:15	5	REGULAR F/F	REGULAR M/M 35+ & M/F 35+	SCALED F/F
10:15 – 10:30	6	REGULAR F/F	REGULAR M/M 35+ & M/F 35+	SCALED F/F
10:30 – 10:45	7	REGULAR M/F	REGULAR M/M 35+ & M/F 35+	SCALED F/F
10:45 – 11:00	8	REGULAR M/F	REGULAR F/F 35+	SCALED F/F & M/F
11:00 – 11:15	9	REGULAR M/F	REGULAR F/F 35+ & M/M	SCALED M/F
11:15 – 11:30	10	REGULAR M/F	REGULAR M/M	SCALED M/F

## BREAK 11:30-12:15

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
12:15 – 12:30	11	PARENT & KID	PARENT & KID	REGULAR F/F
12:30 – 12:45	12	PARENT & KID	PARENT & KID	REGULAR F/F
12:45 – 13:00	13	PARENT & KID	SCALED M/M & F/F	REGULAR F/F
13:00 – 13:15	14	REGULAR M/M 35+ & M/F 35+	SCALED F/F	REGULAR F/F
13:15 – 13:30	15	REGULAR M/M 35+ & M/F 35+	SCALED F/F	REGULAR F/F
13:30 – 13:45	16	REGULAR M/M 35+ & M/F 35+	SCALED F/F	REGULAR F/F
13:45 – 14:00	17	REGULAR M/M 35+ & M/F 35+	SCALED F/F	REGULAR M/F
14:00 – 14:15	18	REGULAR F/F 35+	SCALED F/F & M/F	REGULAR M/F
14:15 – 14:30	19	REGULAR F/F 35+ & M/M	SCALED M/F	REGULAR M/F
14:30 – 14:45	20	REGULAR M/M	SCALED M/F	REGULAR M/F

## BREAK 14:45-15:30

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
15:30 – 15:45	21	PARENT & KID	REGULAR F/F	PARENT & KID
15:45 – 16:00	22	PARENT & KID	REGULAR F/F	PARENT & KID
16:00 – 16:15	23	SCALED M/M & F/F	REGULAR F/F	PARENT & KID
16:15 – 16:30	24	SCALED F/F	REGULAR F/F	REGULAR M/M 35+ & M/F 35+
16:30 – 16:45	25	SCALED F/F	REGULAR F/F	REGULAR M/M 35+ & M/F 35+
16:45 – 17:00	26	SCALED F/F	REGULAR F/F	REGULAR M/M 35+ & M/F 35+
17:00 – 17:15	27	SCALED F/F	REGULAR M/F	REGULAR M/M 35+ & M/F 35+
17:15 – 17:30	28	SCALED F/F & M/F	REGULAR M/F	REGULAR F/F 35+
17:30 – 17:45	29	SCALED M/F	REGULAR M/F	REGULAR F/F 35+ & M/M
17:45 – 18:00	30	SCALED M/F	REGULAR M/F	REGULAR M/M

## PRICE CEREMONY (18:00 – 18:30)



## ATHLETE REGISTRATION (08:00 – 10:00)

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
09:15	1	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+
09:15 – 09:30	2	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+
09:30 – 09:45	3	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F
09:45 – 10:00	4	ADVANCED M/M	ADVANCED M/M 35+	ADVANCED F/F
10:00 – 10:15	5	ADVANCED M/M	ADVANCED M/F	ADVANCED F/F
10:15 – 10:30	6	ADVANCED M/M	ADVANCED M/F	ADVANCED F/F
10:30 – 10:45	7	RX F/F & RX M/M	ADVANCED M/F	ADVANCED F/F
10:45 – 11:00	8	RX F/F & RX M/M	ADVANCED M/F	ADVANCED M/F 35+
11:00 – 11:15	9	RX M/M	ADVANCED M/F	ADVANCED M/F 35+
11:15 – 11:30	10	RX M/M	ADVANCED M/F	RX M/F

## BREAK 11:30-12:15

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
12:15 – 12:30	11	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+	ADVANCED M/M
12:30 – 12:45	12	ADVANCED M/M 35+	ADVANCED F/F & F/F 35+	ADVANCED M/M
12:45 – 13:00	13	ADVANCED M/M 35+	ADVANCED F/F	ADVANCED M/M
13:00 – 13:15	14	ADVANCED M/M 35+	ADVANCED F/F	ADVANCED M/M
13:15 – 13:30	15	ADVANCED M/F	ADVANCED F/F	ADVANCED M/M
13:30 – 13:45	16	ADVANCED M/F	ADVANCED F/F	ADVANCED M/M
13:45 – 14:00	17	ADVANCED M/F	ADVANCED F/F	RX F/F & RX M/M
14:00 – 14:15	18	ADVANCED M/F	ADVANCED M/F 35+	RX F/F & RX M/M
14:15 – 14:30	19	ADVANCED M/F	ADVANCED M/F 35+	RX M/M
14:30 – 14:45	20	ADVANCED M/F	RX M/F	RX M/M

## BREAK 14:45-15:30

TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
15:30 – 15:45	21	ADVANCED F/F & F/F 35+	ADVANCED M/M	ADVANCED M/M 35+
15:45 – 16:00	22	ADVANCED F/F & F/F 35+	ADVANCED M/M	ADVANCED M/M 35+
16:00 – 16:15	23	ADVANCED F/F	ADVANCED M/M	ADVANCED M/M 35+
16:15 – 16:30	24	ADVANCED F/F	ADVANCED M/M	ADVANCED M/M 35+
16:30 – 16:45	25	ADVANCED F/F	ADVANCED M/M	ADVANCED M/F
16:45 – 17:00	26	ADVANCED F/F	ADVANCED M/M	ADVANCED M/F
17:00 – 17:15	27	ADVANCED F/F	RX F/F & RX M/M	ADVANCED M/F
17:15 – 17:30	28	ADVANCED M/F 35+	RX F/F & RX M/M	ADVANCED M/F
17:30 – 17:45	29	ADVANCED M/F 35+	RX M/M	ADVANCED M/F
17:45 – 18:00	30	RX M/F	RX M/M	ADVANCED M/F

## PRICE CEREMONY (18:00 – 18:30)

