



DAY

DIVISION

SATURDAY 15TH FEBRUARY

ALL DIVISIONS

WORKOUTS LIVE THURSDAY 13TH FEBRUARY & BRIEFING FRIDAY 14TH FEBRUARY

TIME	ACTIVITY
08:00 @ THURSDAY 13 TH FEBRUARY	WORKOUT ANNOUNCEMENT (CC) + Q&A STORY
19:30 @ FRIDAY 14 TH FEBRUARY	LIVE BRIEFING (SOCIALS)

TIMETABLE SATURDAY 15TH FEBRUARY

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

REGISTRATION SATURDAY 15TH FEBRUARY

TIME	HEATS
08:00 – 08:45	HEAT 1 – 4
08:45 – 09:30	HEAT 5 – 7
09:30 – 10:15	HEAT 8 – 11





TIME	HEAT	FIELD 1	FIELD 2	FIELD 3
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ATHLETE REGISTRATION (08:00 – 10:15)

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

BREAK

12:15 – 12:30	12	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F	REGULAR F
12:30 – 12:45	13	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F	REGULAR F & REGULAR M 35+
12:45 – 13:00	14	SCALED F/F	ADVANCED M/F & REGULAR M/F	REGULAR M 35+
13:00 – 13:15	15	SCALED F/F	ADVANCED M/F & ADVANCED M/F 35+	REGULAR M & REGULAR M/M
13:15 – 13:30	16	SCALED M	ADVANCED M/F	REGULAR M/M & REGULAR M/M 35+
13:30 – 13:45	17	SCALED M & SCALED F	ADVANCED M/F & ADVANCED M/M 35+	REGULAR M/M & REGULAR M/M 35+
13:45 – 14:00	18	REGULAR F/F 35+ & SCALED F	ADVANCED M/M 35+	ADVANCED M
14:00 – 14:15	19	REGULAR F/F	ADVANCED F/F	ADVANCED M & ADVANCED M/M
14:15 – 14:30	20	REGULAR F/F	RX F & ADVANCED F/F	RX M & ADVANCED M/M
14:30 – 14:45	21	ADVANCED F 35+ & ADVANCED M 35+	RX F & ADVANCED F/F 35+	RX M & ADVANCED M/M
14:45 – 15:00	22	ADVANCED F & ADVANCED M 35+	RX M/F	RX M & ADVANCED M/M

BREAK

15:30 – 15:45	23	REGULAR M/F 35+ & REGULAR M/F	REGULAR F	TEENS & SCALED M/F
15:45 – 16:00	24	REGULAR M/F 35+ & REGULAR M/F	REGULAR F & REGULAR M 35+	TEENS & SCALED M/F
16:00 – 16:15	25	ADVANCED M/F & REGULAR M/F	REGULAR M 35+	SCALED F/F
16:15 – 16:30	26	ADVANCED M/F & ADVANCED M/F 35+	REGULAR M & REGULAR M/M	SCALED F/F
16:30 – 16:45	27	ADVANCED M/F	REGULAR M/M & REGULAR M/M 35+	SCALED M
16:45 – 17:00	28	ADVANCED M/F & ADVANCED M/M 35+	REGULAR M/M & REGULAR M/M 35+	SCALED M & SCALED F
17:00 – 17:15	29	ADVANCED M/M 35+	ADVANCED M	REGULAR F/F 35+ & SCALED F
17:15 – 17:30	30	ADVANCED F/F	ADVANCED M & ADVANCED M/M	REGULAR F/F
17:30 – 17:45	31	RX F & ADVANCED F/F	RX M & ADVANCED M/M	REGULAR F/F
17:45 – 18:00	32	RX F & ADVANCED F/F 35+	RX M & ADVANCED M/M	ADVANCED F 35+ & ADVANCED M 35+
18:00 – 18:15	33	RX M/F	RX M & ADVANCED M/M	ADVANCED F & ADVANCED M 35+

PRICE CEREMONY (18:15 – 18:45)

