

FRIDAY 17 May

Registration @ 08:00 – 10:00

Briefing wod 1 + 2 @ 10:15 – 11:00

WOD 1

Heat 1	11:30 – 11:50	To4 Beginner + Intermediate	12
Heat 2	11:55 – 12:15	To2 (mf) Beginner	12
Heat 3	12:20 – 12:40	To2 (mf) RX To2 (mf) Intermediate	12
Heat 4	12:45 – 13:05	To2 (mm) Beginner To2 (mm) Masters	9
Heat 5	13:10 – 13:30	To2 (mm) Intermediate heat 1	11
Heat 6	13:35 – 13:55	To2 (mm) Intermediate heat 2	10
Heat 7	14:00 – 14:20	To2 (mm) RX	9
Heat 8	14:25 – 14:45	To2 (ff) Beginners To2 (ff) Masters	9
Heat 9	14:50 – 15:10	To2 (ff) RX To2 (ff) Intermediate	10

TURNAROUND WOD 1 to WOD 2

15:10 – 15:30

WOD 2

Heat 1	15:30 – 15:45	To4 Beginner + Intermediate	12
Heat 2	15:50 – 16:05	To2 (mf) Beginner	12
Heat 3	16:10 – 16:25	To2 (mf) RX To2 (mf) Intermediate	12
Heat 4	16:30 – 16:45	To2 (mm) Beginner To2 (mm) Masters	9
Heat 5	16:50 – 17:05	To2 (mm) Intermediate heat 1	11
Heat 6	17:10 – 17:25	To2 (mm) Intermediate heat 2	10
Heat 7	17:30 – 17:45	To2 (mm) RX	9
Heat 8	17:50 – 18:05	To2 (ff) Beginners To2 (ff) Masters	9
Heat 9	18:10 – 18:25	To2 (ff) RX To2 (ff) Intermediate	10