

Day Schedule - Friday 25 November - PREP / MASTER DIVISION

Fantastic 4 + MIX Buddy	ATHLETES	JUDGE		CHILL & TILL	
		arrival	8:15	arrival	8:15
Athlete registration	8:30	judge briefing	8:30	build up	8:30
Athlete briefing	9:00	break	9:30-9:50	break	9:00-9:50
Break	9:30				
WOD 1	10:00	On the field	9:50	On the field	9:50
WOD 2	11:04				
WOD 3	12:08				
Briefing Afternoon teams	13:04				
Prize ceremony	13:34				
		lunch break	13:05 - 13:50	lunch break	13:05 - 13:50

Female Buddy + Male Buddy	ATHLETES	JUDGE		CHILL & TILL	
Athlete registration	12:34				
Athlete briefing	13:04				
Break	13:34				
WOD 1	14:04	On the field	13:55	On the field	13:55
WOD 2	15:08				
WOD 3	16:12				
Break	17:08				
Prize ceremony	17:38				
		DINNER with all (optional)		18:15	

Day Schedule - Saturday 26 November - MAIN / TOP DIVISION

Fantastic 4 + Buddy Team mix	ATHLETES	JUDGE		CHILL & TILL	
		arrival	8:15	arrival	8:15
Athlete registration	8:30	judge briefing	8:30	build up	8:30
Athlete briefing	9:00	break	9:30-9:50	break	9:00-9:50
Break	9:30				
WOD 1	10:00	On the field	9:50	On the field	9:50
WOD 2	11:04				
WOD 3	12:08				
Briefing afternoon teams	13:04				
Prize ceremony	13:34				
		lunch break	13:05 - 13:50	lunch break	13:05 - 13:50

Buddy Team Female + Buddy Team Male	ATHLETES	JUDGE		CHILL & TILL	
Athlete registration	12:34				
Athlete briefing	13:04				
Break	13:34				
WOD 1	14:04	On the field	13:55	On the field	13:55
WOD 2	15:19				
WOD 3	16:34				
Break	17:44				
Prize ceremony	18:14				
		BREAK DOWN MATERIALS		18:30 - 20:00	