

## SCHEDULE FOR THE DAY

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**08.30-09.30** Judges Briefing with Head Judges

**09.00-09.20** Athlete Pre-event talk with Event Director

### WORKOUT 1

**09.30-09.50** Workout 1 Briefing with Head Judge (Both heats must attend)

**9.50-10.10** Workout 1 / Heat 1

**10.10-10.30** Workout area to be reset & scores issued

**10.30-10.50** Workout 1 / Heat 2

**10.50-11.10** Workout area to be reset & scores issued

### WORKOUT 2

**11.10-11.25** Workout 2 Briefing with Head Judge (Both heats must attend)

**11.25-11.45** Workout 2 / Heat 1

**11.45-11.55** Workout area to be reset & scores issued

**11.55-12.15** Workout 2 / Heat 2

**12.15-12.30** Workout area to be reset & scores issued

### WORKOUT 3

**12.30-12.45** Workout 3 Briefing with Head Judge (Both heats must attend)

**12.45-13.05** Workout 3 / Heat 1

**13.05-13.15** Workout area to be reset & scores issued

**13.15-13.35** Workout 3 / Heat 2

**13.35-13.50** Workout area to be reset & scores issued

### 13.50-14.45 LUNCH BREAK!

### WORKOUT 4

**14.50-15.05** Workout 4 Briefing with Head Judge (Both heats must attend)

**15.05-15.25** Workout 4 / Heat 1

**15.25-15.35** Workout area to be reset & scores issued

**15.35-15.55** workout 4 / Heat 2

**15.55-16.10** Workout area to be reset & scores issued

### WORKOUT 5

**16.10-16.25** Workout Briefing with Head Judge (Both heats must attend)

**16.25-16.45** Workout 5 / Heat 1

**16.45-16.55** Workout area to be reset & scores issued

**16.55-17.15** workout 5 / Heat 2

**17.15-17.45** Music & drinkies while final points/results are calculated

**17.45** Awards