

WORKOUT 1 : DOUBLE OR NOTHING

Start Time: 8:00

Time Cap (mins): 10

Reset Time (mins): 5

Heat	Lane	Team name	Captain	Division	Category	Facility	Start	End	Reset	Judge	Head Judge
1	1	Cheat day Champs	Aidan	Beginner	Mixed	CrossFit Relentless Heart	8:00	8:10	8:15	Elrike	Sandra
1	2	Snatches & Snuggles	Kevin	Beginner	Mixed	Norsub CrossFit	8:00	8:10	8:15	Stiaan	Sandra
1	3	Powertribe	Precious	Beginner	Mixed	Iron Tribe	8:00	8:10	8:15	Lise	Sandra
1	4	Couples Therapy	Trevor	Beginner	Mixed	CrossFit Relentless Heart	8:00	8:10	8:15	Willaine	Sandra
2	1	Lioness arise	Gawie	Beginner	Females	Time2Train	8:15	8:25	8:30	Claire	Alma
2	2	Worst Game of Tag Ever	Mari	Intermediate	Females	CrossFit Eikestad	8:15	8:25	8:30	Sandra	Alma
2	3	PB's & Jam	Rachel	Intermediate	Females	CrossFit Eikestad	8:15	8:25	8:30	Natasha	Alma
2	4	Garden Route Glutes	Rianli	Intermediate	Females	CrossFit Plett	8:15	8:25	8:30	Kim	Alma
3	1	UNBXD Sweaty Betties	Charlissa	Intermediate	Females	UNBXD Fitness	8:30	8:40	8:45	Alma	Claire
3	2	The Blister Club	Corne	Intermediate	Males	Time2Train	8:30	8:40	8:45	Michael	Claire
3	3	Unbxed Beach Bums	Mariska	Intermediate	Females	UNBXD Fitness	8:30	8:40	8:45	Elrike	Claire
3	4	Chalked Up minus 1	Nikki	Intermediate	Females	Camissa	8:30	8:40	8:45	Stiaan	Claire
4	1	G&G	Gawie	Intermediate	Males	Time2Train	8:45	8:55	9:00	Claire	Sandra
4	2	White Chocolate	Mathew	Intermediate	Mixed	N/A	8:45	8:55	9:00	Lise	Sandra
4	3	The Iron Giants	Mitch	Intermediate	Males	N/A	8:45	8:55	9:00	Willaine	Sandra
4	4	Kinda Fit, Kinda Reg	Nikki	Intermediate	Mixed	Camissa	8:45	8:55	9:00	Natasha	Sandra
5	1	Fiks maar nogsteed Verlore	Jc	Intermediate	Mixed	Tigerfit	9:00	9:10	9:15	Kim	Claire
5	2	Chalk & Pretty	Leandry	Intermediate	Mixed	Vibe Fitness	9:00	9:10	9:15	Alma	Claire
5	3	The 2 Terriers	Lindi	Intermediate	Mixed	Vibe Fitness	9:00	9:10	9:15	Michael	Claire
5	4	Chalk Chasers	Michal	Rx	Females	CrossFit Eikestad	9:00	9:10	9:15	Sandra	Claire
6	1	Thick Thighs	Mel	Rx	Females	False Bay Fitness	9:15	9:25	9:30	Stiaan	Sandra
6	2	Tiger Tiger Sharks	Melissa	Rx	Mixed	False Bay Fitness	9:15	9:25	9:30	Lise	Sandra
6	3	Not fast, just furious	Pascal	Rx	Males	CrossFit Eikestad	9:15	9:25	9:30	Willaine	Sandra
6	4	Tayden and Johard	Tayden	Rx	Males	CrossFit Relentless Heart	9:15	9:25	9:30	Elrike	Sandra
7	1	Hammer Heads	Adrienne	Rx	Mixed	False Bay Fitness	9:30	9:40	9:45	Kim	Michael
7	2	FBF Sharks	Amy	Rx	Mixed	False Bay Fitness	9:30	9:40	9:45	Sandra	Michael
7	3	Eikestad's Unbroken	Pierre	RX	Males	CrossFit Eikestad	9:30	9:40	9:45	Claire	Michael
7	4	Big Kettlebells	Reece	Rx	Males	CrossFit Plett	9:30	9:40	9:45	Natasha	Michael
8	1	CF Melted Caramel	Adrian	Rx	Males	N/A	9:45	9:55	10:00	Natasha	Claire
8	2	Time2Train	Damian	Rx	Males	Time2Train	9:45	9:55	10:00	Sandra	Claire
8	3	Lochsdoottirs	Lize	Rx	Females	Time2Train	9:45	9:55	10:00	Michael	Claire
8	4	UNBXD Short & Sweet	Marlene	Rx	Females	UNBXD Fitness	9:45	9:55	10:00	Alma	Claire
INTERVAL & RESET (mins): 15							9:55	10:10	10:15		

WORKOUT 2 : DOUBLE DT

Start Time: 10:15

Time Cap (mins): 14

Reset Time (mins): 5

Heat	Lane	Team name	Captain	Division	Category	Facility	Start	End	Reset	Judge	Head Judge
1	1	Snatches & Snuggles	Kevin	Beginner	Mixed	Norsub CrossFit	10:15	10:29	10:34	Stiaan	Sandra
1	2	Lioness arise	Gawie	Beginner	Females	Time2Train	10:15	10:29	10:34	Elrike	Sandra
1	3	PB's & Jam	Rachel	Intermediate	Females	CrossFit Eikestad	10:15	10:29	10:34	Willaine	Sandra
1	4	Garden Route Glutes	Rianli	Intermediate	Females	CrossFit Plett	10:15	10:29	10:34	Lise	Sandra
2	1	Cheat day Champs	Aidan	Beginner	Mixed	CrossFit Relentless Heart	10:34	10:48	10:53	Claire	Alma
2	2	Worst Game of Tag Ever	Mari	Intermediate	Females	CrossFit Eikestad	10:34	10:48	10:53	Natasha	Alma
2	3	UNBXD Sweaty Betties	Charlissa	Intermediate	Females	UNBXD Fitness	10:34	10:48	10:53	Kim	Alma
2	4	The Blister Club	Corne	Intermediate	Males	Time2Train	10:34	10:48	10:53	Sandra	Alma
3	1	Couples Therapy	Trevor	Beginner	Mixed	CrossFit Relentless Heart	10:53	11:07	11:12	Alma	Claire
3	2	Chalked Up minus 1	Nikki	Intermediate	Females	Camissa	10:53	11:07	11:12	Michael	Claire
3	3	White Chocolate	Mathew	Intermediate	Mixed	N/A	10:53	11:07	11:12	Elrike	Claire
3	4	The Iron Giants	Mitch	Intermediate	Males	N/A	10:53	11:07	11:12	Stiaan	Claire
4	1	Powertribe	Precious	Beginner	Mixed	Iron Tribe	11:12	11:26	11:31	Willaine	Sandra
4	2	Unbxed Beach Bums	Mariska	Intermediate	Females	UNBXD Fitness	11:12	11:26	11:31	Lise	Sandra
4	3	Kinda Fit, Kinda Reg	Nikki	Intermediate	Mixed	Camissa	11:12	11:26	11:31	Natasha	Sandra
4	4	G&G	Gawie	Intermediate	Males	Time2Train	11:12	11:26	11:31	Claire	Sandra
5	1	Chalk Chasers	Michal	Rx	Females	CrossFit Eikestad	11:31	11:45	11:50	Sandra	Claire
5	2	Thick Thighs	Mel	Rx	Females	False Bay Fitness	11:31	11:45	11:50	Alma	Claire
5	3	Fiks maar nogsteed Verlore	Jc	Intermediate	Mixed	Tigerfit	11:31	11:45	11:50	Willaine	Claire
5	4	Not fast, just furious	Pascal	Rx	Males	CrossFit Eikestad	11:31	11:45	11:50	Michael	Claire
6	1	Tiger Tiger Sharks	Melissa	Rx	Mixed	False Bay Fitness	11:50	12:04	12:09	Elrike	Sandra
6	2	Eikestad's Unbroken	Pierre	RX	Males	CrossFit Eikestad	11:50	12:04	12:09	Lise	Sandra
6	3	Chalk & Pretty	Leandry	Intermediate	Mixed	Vibe Fitness	11:50	12:04	12:09	Stiaan	Sandra
6	4	Tayden and Johard	Tayden	Rx	Males	CrossFit Relentless Heart	11:50	12:04	12:09	Kim	Sandra
7	1	Hammer Heads	Adrienne	Rx	Mixed	False Bay Fitness	12:09	12:23	12:28	Kim	Michael
7	2	CF Melted Caramel	Adrian	Rx	Males	N/A	12:09	12:23	12:28	Sandra	Michael
7	3	The 2 Terriers	Lindi	Intermediate	Mixed	Vibe Fitness	12:09	12:23	12:28	Claire	Michael
7	4	Big Kettlebells	Reece	Rx	Males	CrossFit Plett	12:09	12:23	12:28	Natasha	Michael
8	1	FBF Sharks	Amy	Rx	Mixed	False Bay Fitness	12:28	12:42	12:47	Natasha	Claire
8	2	UNBXD Short & Sweet	Marlene	Rx	Females	UNBXD Fitness	12:28	12:42	12:47	Alma	Claire
8	3	Lochsdoottirs	Lize	Rx	Females	Time2Train	12:28	12:42	12:47	Michael	Claire
8	4	Time2Train	Damian	Rx	Males	Time2Train	12:28	12:42	12:47	Sandra	Claire
INTERVAL & RESET (mins): 15							12:42	12:57	13:02		

WORKOUT 3 : ALL ON THE LINE

Start Time: 13:02

Time Cap (mins): 12

Reset Time (mins): 5

Heat	Lane	Team name	Captain	Division	Category	Facility	Start	End	Reset	Judge	Head Judge
1	1	Snatches & Snuggles	Kevin	Beginner	Mixed	Norsub CrossFit	13:02	13:14	13:19	Lise	Sandra
1	2	Cheat day Champs	Aidan	Beginner	Mixed	CrossFit Relentless Heart	13:02	13:14	13:19	Claire	Sandra
1	3	Couples Therapy	Trevor	Beginner	Mixed	CrossFit Relentless Heart	13:02	13:14	13:19	Kim	Sandra
1	4	Powertribe	Precious	Beginner	Mixed	Iron Tribe	13:02	13:14	13:19	Alma	Sandra
2	1	Lioness arise	Gawie	Beginner	Females	Time2Train	13:19	13:31	13:36	Sandra	Claire
2	2	PB's & Jam	Rachel	Intermediate	Females	CrossFit Eikestad	13:19	13:31	13:36	Michael	Claire
2	3	Garden Route Glutes	Rianli	Intermediate	Females	CrossFit Plett	13:19	13:31	13:36	Natasha	Claire
2	4	Worst Game of Tag Ever	Mari	Intermediate	Females	CrossFit Eikestad	13:19	13:31	13:36	Lise	Claire
3	1	UNBXD Sweaty Betties	Charlissa	Intermediate	Females	UNBXD Fitness	13:36	13:48	13:53	Claire	Michael
3	2	The Blister Club	Corne	Intermediate	Males	Time2Train	13:36	13:48	13:53	Kim	Michael
3	3	Chalked Up minus 1	Nikki	Intermediate	Females	Camissa	13:36	13:48	13:53	Alma	Michael
3	4	Unbxed Beach Bums	Mariska	Intermediate	Females	UNBXD Fitness	13:36	13:48	13:53	Sandra	Michael
4	1	The Iron Giants	Mitch	Intermediate	Males	N/A	13:53	14:05	14:10	Michael	Sandra
4	2	White Chocolate	Mathew	Intermediate	Mixed	N/A	13:53	14:05	14:10	Natasha	Sandra
4	3	G&G	Gawie	Intermediate	Males	Time2Train	13:53	14:05	14:10	Lise	Sandra
4	4	Kinda Fit, Kinda Reg	Nikki	Intermediate	Mixed	Camissa	13:53	14:05	14:10	Claire	Sandra
5	1	Fiks maar nogsteed Verlore	Jc	Intermediate	Mixed	Tigerfit	14:10	14:22	14:27	Kim	Claire
5	2	Chalk & Pretty	Leandry	Intermediate	Mixed	Vibe Fitness	14:10	14:22	14:27	Sandra	Claire
5	3	The 2 Terriers	Lindi	Intermediate	Mixed	Vibe Fitness	14:10	14:22	14:27	Michael	Claire
5	4	Chalk Chasers	Michal	Rx	Females	CrossFit Eikestad	14:10	14:22	14:27	Alma	Claire
6	1	Not fast, just furious	Pascal	Rx	Males	CrossFit Eikestad	14:27	14:39	14:44	Natasha	Sandra
6	2	Tayden and Johard	Tayden	Rx	Males	CrossFit Relentless Heart	14:27	14:39	14:44	Lise	Sandra
6	3	Tiger Tiger Sharks	Melissa	Rx	Mixed	False Bay Fitness	14:27	14:39	14:44	Claire	Sandra
6	4	Hammer Heads	Adrienne	Rx	Mixed	False Bay Fitness	14:27	14:39	14:44	Kim	Sandra
7	1	Eikestad's Unbroken	Pierre	RX	Males	CrossFit Eikestad	14:44	14:56	15:01	Sandra	Michael
7	2	Big Kettlebells	Reece	Rx	Males	CrossFit Plett	14:44	14:56	15:01	Lise	Michael
7	3	FBF Sharks	Amy	Rx	Mixed	False Bay Fitness	14:44	14:56	15:01	Claire	Michael
7	4	Thick Thighs	Mel	Rx	Females	False Bay Fitness	14:44	14:56	15:01	Alma	Michael
8	1	CF Melted Caramel	Adrian	Rx	Males	N/A	15:01	15:13	15:18	Sandra	Michael
8	2	Time2Train	Damian	Rx	Males	Time2Train	15:01	15:13	15:18	Natasha	Michael
8	3	UNBXD Short & Sweet	Marlene	Rx	Females	UNBXD Fitness	15:01	15:13	15:18	Alma	Michael
8	4	Lochsdoottirs	Lize	Rx	Females	Time2Train	15:01	15:13	15:18	Claire	Michael

PRIZE GIVING:

15:35