

CROSSFIT® SiD PAIRS CARDIFF

Friday 24 September

Time	Action
1400hrs	Access into Venue
1800 - 2000hrs	Athlete & Workforce registration opens
1600 - 2000hrs	Vendor Setup
2000hrs	Venue closes

Saturday 25 September

Time	Action
0700hrs	Access into Venue
0715- 0730hrs	Workforce registration
0730- 0745hrs	Workforce briefing
0715-0815hrs	Judges briefing (Sports Director & Head Judge)
0745- 0930hrs	Athlete registration
0830hrs	Spectator registration
0900-0911hrs	Event 01&02 Heat 01 MALE [Main Arena]
0916-0927hrs	Event 01&02 Heat 02 MALE [Main Arena]
0930-0940hrs	Event 03 Heat 01 FEMALE [Second Arena]
0932-0943hrs	Event 01&02 Heat 03 MALE [Main Arena]
0945- 0955hrs	Event 03 Heat 02 FEMALE [Second Arena]
0948- 0959hrs	Event 01&02 Heat 04 MALE [Main Arena]
1000- 1010hrs	Event 03 Heat 03 FEMALE [Second Arena]
1004-1015hrs	Event 01&02 Heat 05 MALE [Main Arena]
1015- 1025hrs	Event 03 Heat 04 FEMALE [Second Arena]
1020-1031hrs	Event 01&02 Heat 06 MALE [Main Arena]
1030- 1040hrs	Event 03 Heat 05 FEMALE [Second Arena]
1036- 1047hrs	Event 01&02 Heat 07 MALE [Main Arena]
1045- 1055hrs	Event 03 Heat 01 MALE [Second Arena]
1052- 1103hrs	Event 01&02 Heat 01 FEMALE [Main Arena]
1100- 1110hrs	Event 03 Heat 02 MALE [Second Arena]
1108- 1119hrs	Event 01&02 Heat 02 FEMALE [Main Arena]
1115- 1125hrs	Event 03 Heat 03 MALE [Second Arena]
1124- 1135hrs	Event 01&02 Heat 03 FEMALE [Main Arena]
1130- 1140hrs	Event 03 Heat 04 MALE [Second Arena]
1140- 1151hrs	Event 01&02 Heat 04 FEMALE [Main Arena]
1145- 1155hrs	Event 03 Heat 05 MALE [Second Arena]
1156- 1208hrs	Event 01&02 Heat 05 FEMALE [Main Arena]
1200- 1210hrs	Event 03 Heat 06 MALE [Second Arena]
1213- 1224hrs	Event 01&02 Heat 06 FEMALE [Main Arena]
1330- 1340hrs	Event 04 Heat 01 MALE & FEMALE [Main Arena]
1345- 1355hrs	Event 04 Heat 02 MALE & FEMALE [Main Arena]
1400- 1410hrs	Event 04 Heat 03 MALE & FEMALE [Main Arena]
1415- 1425hrs	Event 04 Heat 04 MALE & FEMALE [Main Arena]
1430- 1440hrs	Event 04 Heat 05 MALE & FEMALE [Main Arena]
1445-1455hrs	Event 04 Heat 06 MALE & FEMALE [Main Arena]
1500- 1510hrs	Event 04 Heat 07 MALE & FEMALE [Main Arena]
1515-1525hrs	Event 04 Heat 08 MALE & FEMALE [Main Arena]
1530-1540hrs	Event 04 Heat 09 MALE & FEMALE [Main Arena]
1545-1555hrs	Event 04 Heat 10 MALE & FEMALE [Main Arena]
1600-1610hrs	Event 04 Heat 11 MALE & FEMALE [Main Arena]
1615- 1625hrs	Event 04 Heat 12 MALE & FEMALE [Main Arena]
1630 - 1640hrs	Event 04 Heat 13 MALE & FEMALE [Main Arena]
1700hrs	Event Closes