

CROSSFIT® SiD PAIRS CARDIFF

Saturday 25 September

Time	Action
1700 - 1830hrs	Athlete & Workforce registration opens
1900hrs	Venue closes

Sunday 26 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 MIXED [Main Arena]
0916-0927hrs	Event 01&02 Heat 02 MIXED [Main Arena]
0930-0945hrs	Event 03 Heat 01 MALE MASTERS 80-89 [Second Arena]
0932-0943hrs	Event 01&02 Heat 03 MIXED [Main Arena]
0948- 0959hrs	Event 01&02 Heat 04 MIXED [Main Arena]
0950- 1005hrs	Event 03 Heat 02 FEMALE MASTERS 80-89 & ADAPTIVE [Second Arena]
1004-1015hrs	Event 01&02 Heat 05 MALE MASTERS & FEMALE MASTERS 70-79 [Main Arena]
1010- 1025hrs	Event 03 Heat 03 MALE MASTERS & FEMALE MASTERS 90-99 [Second Arena]
1020-1031hrs	Event 01&02 Heat 06 MALE MASTERS & FEMALE MASTERS 70-79 [Main Arena]
1030- 1045hrs	Event 03 Heat 04 TEENS, F-MASTERS & M-MASTERS 100+ [Second Arena]
1050- 1101hrs	Event 01&02 Heat 07 MALE MASTERS 80-89 [Main Arena]
1050- 1105hrs	Event 03 Heat 05 MIXED [Second Arena]
1106- 1117hrs	Event 01&02 Heat 08 FEMALE MASTERS 80-89 & ADAPTIVE [Main Arena]
1122- 1133hrs	Event 01&02 Heat 09 MALE MASTERS & FEMALE MASTERS 90-99 [Main Arena]
1110- 1125hrs	Event 03 Heat 06 MIXED [Second Arena]
1138- 1149hrs	Event 01&02 Heat 10 TEENS, F-MASTERS & M-MASTERS 100+ [Main Arena]
1130- 1145hrs	Event 03 Heat 07 MIXED [Second Arena]
1150- 1205hrs	Event 03 Heat 08 MIXED [Second Arena]
1210- 1225hrs	Event 03 Heat 09 MALE MASTERS & FEMALE MASTERS 70-79 [Second Arena]
1230- 1245hrs	Event 03 Heat 10 MALE MASTERS & FEMALE MASTERS 70-79 [Second Arena]
1300- 1310hrs	Event 04 Heat 01 TEENS, F-MASTERS & M-MASTERS 100+ [Main Arena]
1315- 1325hrs	Event 04 Heat 02 MALE MASTERS & FEMALE MASTERS 90-99 [Main Arena]
1330- 1340hrs	Event 04 Heat 03 FEMALE MASTERS 80-89 & ADAPTIVE [Main Arena]
1345- 1355hrs	Event 04 Heat 04 MALE MASTERS 80-89 [Main Arena]
1400- 1410hrs	Event 04 Heat 05 MALE MASTERS & FEMALE MASTERS 70-79 [Main Arena]
1415-1425hrs	Event 04 Heat 06 MALE MASTERS & FEMALE MASTERS 70-79 [Main Arena]
1430- 1440hrs	Event 04 Heat 07 MIXED [Main Arena]
1445-1455hrs	Event 04 Heat 08 MIXED [Main Arena]
1500-1510hrs	Event 04 Heat 09 MIXED [Main Arena]
1515-1525hrs	Event 04 Heat 10 MIXED [Main Arena]
1545hrs	Event Closes