



**SATURDAY 12 NOVEMBER  
7:15am - ATHLETE BRIEFING**



Time	Heart Rate Hell
8:00am	Male Heat 1
8:13am	Male Heat 2
8:26am	Male Heat 3
8:39am	Male Heat 4
8:52am	Male Heat 5
9:05am	Male Heat 6
9:18am	Male Heat 7
9:31am	Male Heat 8
9:44am	Male Heat 9
9:57am	Male Heat 10
10:10am	Male Pairs H1
10:23am	Male Pairs H2
10:36am	Mix Pairs H1
10:49am	Mix Pairs H2
11:02am	Mix Pairs H3
11:15am	Female Pairs H1
11:28am	Female Pairs H2
11:41am	Female Heat 1
11:54am	Female Heat 2
12:07pm	Female Heat 3
12:20pm	Female Heat 4
12:33pm	Female Heat 5
12:46pm	Female Heat 6
12:59pm	Female Heat 7
1:12pm	Female Heat 8

Time	Grip it and Rip It
8:00am	Female Heat 1
8:15am	Female Heat 2
8:30am	Female Heat 3
8:45am	Female Heat 4
9:00am	Female Heat 5
9:15am	Female Heat 6
9:30am	Female Heat 7
9:45am	Female Heat 8
10:00am	Male Heat 1
10:15am	Male Heat 2
10:30am	Male Heat 3
10:45am	Male Heat 4
11:00am	Male Heat 5
11:15am	Male Heat 6
11:30am	Male Heat 7
11:45am	Male Heat 8
12:00pm	Male Heat 9
12:15pm	Male Heat 10
12:30pm	Male Pairs H1
12:45pm	Male Pairs H2
1:00pm	Mix Pairs H1
1:15pm	Mix Pairs H2
1:30pm	Mix Pairs H3
1:45pm	Female Pairs H1
2:00pm	Female Pairs H2

Time	Only 1/2 Way
1:30pm	Male Heat 1
1:45pm	Male Heat 2
2:00pm	Male Heat 3
2:15pm	Male Heat 4
2:30pm	Male Heat 6
2:45pm	Male Heat 8
3:00pm	Male Heat 10
3:15pm	Mix Pairs H2
3:30pm	Male Pairs H1
3:45pm	Female Pairs H1

Time	Only 1/2 Way
2:15pm	Male Heat 5
2:30pm	Male Heat 7
2:45pm	Male Heat 9
3:00pm	Mix Pairs H1
3:15pm	Mix Pairs H3
3:30pm	Male Pairs H2
3:45pm	Female Pairs H2

NOTE: HEAT TIMES ARE APPROXIMATE ONLY. IT IS THE ATHLETES RESPONSIBILITY TO ENSURE THEY ARE AT THEIR HEAT AT THE CORRECT TIME. MARSHALLING WILL OCCUR IN THE BUNKER 2 HEATS IN ADVANCE.