

The world's biggest and best
biennial masters games.



Fitness Challenge Schedule

Thursday 8 November, 2018

WOD 1		WOD 2		WOD 3		HEAT SUMMARIES			
AMRAP	Heat	Grace	Heat	Wall Ball	Heat		WOD 1	WOD 2	WOD 3
8:00am	Indo 1	2:15pm	Indo 1	8:00am	Pairs 1	Indo 1	8:00am	2:15pm	10:43am
8:15am	Indo 2	2:21pm	Indo 2	8:17am	Pairs 2	Indo 2	8:15am	2:21pm	11:00am
8:30am	Indo 3	2:28pm	Indo 3	8:34am	Pairs 3	Indo 3	8:30am	2:28pm	11:17am
8:45am	Indo 4	2:35pm	Indo 4	8:51am	Pairs 4	Indo 4	8:45am	2:35pm	11:34am
9:00am	Indo 5	2:42pm	Indo 5	9:18am	Pairs 5	Indo 5	9:00am	2:42pm	11:51am
9:15am	Indo 6	2:49pm	Indo 6	9:35am	Pairs 6	Indo 6	9:15am	2:49pm	12:08pm
9:30am	Indo 7	2:56pm	Indo 7	9:52am	Pairs 7	Indo 7	9:30am	2:56pm	12:25pm
9:45am	Indo 8	3:03pm	Pairs 1	10:09am	Pairs 8	Indo 8	9:45am	4:06pm	12:42pm
10:00am	Indo 9	3:10pm	Pairs 2	10:26am	Pairs 9	Indo 9	10:00am	4:13pm	12:59pm
10:15am	Indo 10	3:17pm	Pairs 3	10:43am	Indo 1	Indo 10	10:15am	4:20pm	1:16pm
10:30am	Indo 11	3:24pm	Pairs 4	11:00am	Indo 2	Indo 11	10:30am	4:27pm	1:33pm
10:45am	Indo 12	3:31pm	Pairs 5	11:17am	Indo 3	Indo 12	10:45am	4:34pm	1:50pm
11:00am	Indo 13	3:38pm	Pairs 6	11:34am	Indo 4	Indo 13	11:00am	4:41pm	2:07pm
11:15am	Indo 14	3:45pm	Pairs 7	11:51am	Indo 5	Indo 14	11:15am	4:48pm	2:24pm
11:30am	Indo 15	3:52pm	Pairs 8	12:08pm	Indo 6	Indo 15	11:30am	4:55pm	2:41pm
11:45am	Pairs 1	3:59pm	Pairs 9	12:25pm	Indo 7	Pairs 1	11:45am	3:03pm	8:00am
12:00pm	Pairs 2	4:06pm	Indo 8	12:42pm	Indo 8	Pairs 2	12:00pm	3:10pm	8:17am
12:15pm	Pairs 3	4:13pm	Indo 9	12:59pm	Indo 9	Pairs 3	12:15pm	3:17pm	8:34am
12:30pm	Pairs 4	4:20pm	Indo 10	1:16pm	Indo 10	Pairs 4	12:30pm	3:24pm	8:51am
12:45pm	Pairs 5	4:27pm	Indo 11	1:33pm	Indo 11	Pairs 5	12:45pm	3:31pm	9:18am
1:00pm	Pairs 6	4:34pm	Indo 12	1:50pm	Indo 12	Pairs 6	1:00pm	3:38pm	9:35am
1:15pm	Pairs 7	4:41pm	Indo 13	2:07pm	Indo 13	Pairs 7	1:15pm	3:45pm	9:52am
1:30pm	Pairs 8	4:48pm	Indo 14	2:24pm	Indo 14	Pairs 8	1:30pm	3:52pm	10:09am
1:45pm	Pairs 9	4:55pm	Indo 15	2:41pm	Indo 15	Pairs 9	1:45pm	3:59pm	10:26am

Important: These times should be used as a guide only. Always listen to the court announcer for confirmation on heat times. You should report to the Athlete Control area one full heat prior to your heat. You are required to stay behind and count the heat FOLLOWING yours. If in the last heat, you will count the first heat (Pairs count pairs, indos count indos).

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Friday 10 November, 2018

WOD 4	
Row/Run Wod	Heat
8:00am	Indo 1
8:15am	Indo 2
8:30am	Indo 3
8:45am	Indo 4
9:00am	Indo 5
9:15am	Indo 6
9:30am	Indo 7
9:45am	Indo 8
10:00am	Indo 9
10:15am	Indo 10
10:30am	Indo 11
10:45am	Pairs 1
11:10am	Pairs 2
11:35am	Pairs 3
12:00pm	Pairs 4
12:25pm	Pairs 5
12:50pm	Pairs 6

WOD 5	
OHS WOD	Heat
8:00am	Pairs 1
8:08am	Pairs 2
8:16am	Pairs 3
8:24am	Pairs 4
8:32am	Pairs 5
8:40am	Pairs 6
8:48am	Pairs 7
8:56am	Pairs 8
9:04am	Pairs 9
1:45pm	Indo 1
1:53pm	Indo 2
2:01pm	Indo 3
2:09pm	Indo 4
2:17pm	Indo 5
2:25pm	Indo 6
2:32pm	Indo 7
2:40pm	Indo 8
2:48pm	Indo 9
2:56pm	Indo 10
3:04pm	Indo 11
3:12pm	Indo 12
3:20pm	Indo 13
3:28pm	Indo 14
3:36pm	Indo 15

WOD 6	
KBS/Pull Up	Heat
10:30am	Indo 1
10:45m	Indo 2
11:00am	Indo 3
11:15am	Indo 4
11:30am	Indo 5
11:45am	Indo 6
12:00pm	Indo 7
12:15pm	Indo 8
12:30pm	Indo 9
12:45pm	Indo 10
1:00pm	Indo 11
1:15pm	Indo 12
1:30pm	Indo 13
1:45pm	Indo 14
1:30pm	Indo 15
1:45pm	Pairs 1
2:00pm	Pairs 2
2:15pm	Pairs 3
2:30pm	Pairs 4
2:45pm	Pairs 5
3:00pm	Pairs 6
3:15pm	Pairs 7
3:30pm	Pairs 8
3:45pm	Pairs 9

ROW WOD ONLY		HEAT SUMMARIES		
	WOD 4		WOD 5	WOD 6
Pairs 1	10:45am	Pairs 1	8:00am	1:45pm
Pairs 2	11:10am	Pairs 2	8:08am	2:00pm
Pairs 3	11:35am	Pairs 3	8:16am	2:15pm
Pairs 4	12:00pm	Pairs 4	8:24am	2:30pm
Pairs 5	12:25pm	Pairs 5	8:32am	2:45pm
Pairs 6	12:50pm	Pairs 6	8:40am	3:00pm
		Pairs 7	8:48am	3:15pm
		Pairs 8	8:56am	3:30pm
		Pairs 9	9:04am	3:45pm
Indo 1	8:00am	Indo 1	1:45pm	10:30am
Indo 2	8:15am	Indo 2	1:53pm	10:45m
Indo 3	8:30am	Indo 3	2:01pm	11:00am
Indo 4	8:45am	Indo 4	2:09pm	11:15am
Indo 5	9:00am	Indo 5	2:17pm	11:30am
Indo 6	9:15am	Indo 6	2:25pm	11:45am
Indo 7	9:30am	Indo 7	2:32pm	12:00pm
Indo 8	9:45am	Indo 8	2:40pm	12:15pm
Indo 9	10:00am	Indo 9	2:48pm	12:30pm
Indo 10	10:15am	Indo 10	2:56pm	12:45pm
Indo 11	10:30am	Indo 11	3:04pm	1:00pm
		Indo 12	3:12pm	1:15pm
		Indo 13	3:20pm	1:30pm
		Indo 14	3:28pm	1:45pm
		Indo 15	3:36pm	1:30pm

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Saturday 11 November, 2018

WOD 7 & 8	
AMRAP/ROW	Heat
8:00am	Indo 1
8:20am	Indo 2
8:40am	Indo 3
9:00am	Indo 4
9:20am	Indo 5
9:40am	Indo 6
10:00am	Indo 7
10:20am	Indo 8
10:40am	Indo 9
11:00am	Indo 10
11:20am	Indo 11
11:40am	Indo 12
12:00pm	Indo 13
12:20pm	Indo 14
12:40pm	Indo 15
1:00pm	Pairs 1
1:20pm	Pairs 2
1:40pm	Pairs 3
2:00pm	Pairs 4
2:20pm	Pairs 5
2:40pm	Pairs 6
3:00pm	Pairs 7
3:20pm	Pairs 8
3:40pm	Pairs 9

WOD 9	
Thursters	Heat
9:00am	Pairs 1
9:12am	Pairs 2
9:24am	Pairs 3
9:36am	Pairs 4
9:48am	Pairs 5
10:00am	Pairs 6
10:12am	Pairs 7
10:24am	Pairs 8
10:36am	Pairs 9
BREAK	
BREAK	
11:30am	Indo 1
11:42am	Indo 2
11:54am	Indo 3
12:06pm	Indo 4
12:18pm	Indo 5
12:30pm	Indo 6
12:42pm	Indo 7
BREAK	
1:30pm	Indo 8
1:42pm	Indo 9
1:54pm	Indo 10
2:06pm	Indo 11
2:18pm	Indo 12
2:30pm	Indo 13
2:42pm	Indo 14
2:54pm	Indo 15

HEAT SUMMARIES		
	WOD 7/8	WOD 9
Indo 1	8:00am	11:30am
Indo 2	8:20am	11:42am
Indo 3	8:40am	11:54am
Indo 4	9:00am	12:06pm
Indo 5	9:20am	12:18pm
Indo 6	9:40am	12:30pm
Indo 7	10:00am	12:42pm
Indo 8	10:20am	1:30pm
Indo 9	10:40am	1:42pm
Indo 10	11:00am	1:54pm
Indo 11	11:20am	2:06pm
Indo 12	11:40am	2:18pm
Indo 13	12:00pm	2:30pm
Indo 14	12:20pm	2:42pm
Indo 15	12:40pm	2:54pm
Pairs 1	1:00pm	9:00am
Pairs 2	1:20pm	9:12am
Pairs 3	1:40pm	9:24am
Pairs 4	2:00pm	9:36am
Pairs 5	2:20pm	9:48am
Pairs 6	2:40pm	10:00am
Pairs 7	3:00pm	10:12am
Pairs 8	3:20pm	10:24am
Pairs 9	3:40pm	10:36am

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