



PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 4-13 NOVEMBER 2022

IT'S LIVE!
in Queensland

Welcome to the 2022 Pan Pacific Masters Games, we look forward to seeing you between the 10th and 12th of November - Please find some Important information for all our Athletes and supporters

FOOD

Please ensure you bring all your favourite snacks / food with you along with plenty of hydration. The following options will be open for your consideration.

Day 1 and Day 2: Tower 28 cafe at Kurrawa SLSC (www.kurrawasurf.com.au/tower-28-cafe) will be opened from 6am to 3pm on.

Day 3: There will be food and coffee truck on Sat at the venue

SHELTER

Day 1: Event will be at the beach so bring appropriate shelter/pop up tents where possible.

SUN PROTECTION

Day 1 and Day 2: These events are in outside locations - Please bring sunscreen - This **WILL NOT** be provided.

TRANSPORT

Day 3: Event organiser will provide a coach service from Kurrawa Park at 7:15am and return after the event has completed. Space is limited to 57 people and are on a first come first serve basis, so you will need to email fitnesschallenge@mastersgames.com.au before Tuesday 8th November to reserve your spot. Please only reserve a spot if you need one and will turn up on the day.

Transport is for registered athletes only.

PHYSIOTHERAPIST

Cory Mouatt - Inventor of Thebodyspanner (www.thebodyspanner.com/pages/home) and licenced Physiotherapist will be onsite for all your physiotherapy needs.

SCHEDULE

THURSDAY NOVEMBER 10th - DAY 1 – Broadbeach Surf Life Saving Club - 27 Broadbeach Blvd, Broadbeach QLD 4218

8am athletes can come in

8.30am Briefing Wod

8.45am warm up

9am first Wod

3.30pm Finish

FRIDAY NOVEMBER 11th - DAY 2 – Kurrawa Park, Broadbeach - 155 Old Burleigh Rd, Broadbeach QLD 4218

7am athletes to come in

7.15am briefing Wod

7.30am warm up

8am first Wod

5pm finish

SATURDAY NOVEMBER 12th - DAY 3 – CLUSTER FITNESS - 2/18 Northward Street, Upper Coomera

8am athletes sign in

8.15am brief

8.30am Warm up

9am First Wod

6pm finish

PLAY IT, LIVE IT, LOVE IT!

mastersgames.com.au #PPMG22

LOCATIONS

DAY 1 – Broadbeach Surf Life Saving Club - 27 Broadbeach Blvd, Broadbeach QLD 4218



DAY 2 – Kurrawa Park, Broadbeach - 155 Old Burleigh Rd, Broadbeach QLD 4218



DAY 3 – CLUSTER FITNESS - 2/18 Northward Street, Upper Coomera

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Event 1 – 3 Rounds for time

INDIVIDUALS - 12 min cap	PAIRS - 12 min Cap
200m Run (100m shuttle) 30 single Arm Alternating Dumbbell Snatch 60m Ocean wade (30m out and 30m back)	200m Run (together) 30 Synchro Dumbbell Snatch 60m Ocean wade (together)

Dumbbell Weights - RX: 30-49: 22.5/15 - 50+ 15/10
SCALED: 15/10

Athlete starts on mats 3,2,1, go, run 100m up & back (total 200m) to mat & perform 30 single arm alternating dumbbell snatches, run behind mat towards the water for the 30m wade out and wade 30m in. Back to sand, to your lane mat. Then repeat for two more rounds

The PAIRS will be doing similar, except their run & Ocean wade will be together & their Dumbbell snatches will be synchronized. Time is recorded once 3rd round has been completed when you reach the mat or time cap of 12 mins.

Event 2 – For Time

INDIVIDUAL	PAIRS
50 m Burpee Broad Jump Flow	50 m Burpee Broad Jump Flow

Athlete starts in the standing position on mat on the count 3,2,1 go they will start burpees in the standing position then go down to the ground with chest and thighs touching the sand and then Athlete can either bring 2 foot jump up or stepping up out of burpee then broad jump and then repeat until both feet are over the 50 m finish line. Your time is the score.

Event 3 – As many rounds as possible (AMRAP)

INDIVIDUAL – 8 min	PAIRS* - 12 min Cap – 4 Rounds each
12 Alt Dumbbell Hang Power Clean 12 DB Front Squats 24m Overhead Double Dumbbell walks	12 Alt Dumbbell Hang Power Clean 12 DB Front Squats 24 m Overhead Double DB walks ROUND FOR ROUND

Dumbbell Weights - RX: 30-49: 22.5/15 - 50+: 15/10
SCALED: 15/10

On 3,2,1 Go the Athlete will pick up the dumbbells and deadlift from the floor to the hang position before performing 12 Hang Power Cleans. Athlete MUST show a full lock out before commencing the next rep. On the final hang power clean, the athlete will hold the DB in the front rack position and perform 12 DB front Squats making sure that the hip crease is below the knee crease at the bottom of the squat.

NOTE: the athlete cannot squat clean last power clean as this will be a no rep, they must stand up last power clean and then perform front squats. Once completed the athlete will hold the dumbbell with arms fully locked out overhead and walk 12m forward & 12m back to mat, repeat this until the 8 mins is called time. Your score is the reps competed + There will be bollards/cones at 6m (halfway markers).

*PAIRS will do round for round so one partner rests while the other is working.

Event 4

INDIVIDUALS - 6 min cap	PAIRS – 12 min Cap
40 Power Snatches @ 40/30kg * 6 Bar Facing Burpees Every Min on The Min ** Starts with Burpees	40 Synchro Power Snatch @ 40/30kg * 6 Synchro Bar Facing Burpees Every Min on The Min ** Starts with Burpees

Weights RX: 30-49: 40/30, 50-59: 35/25, 60+: 30/20
 SCALED: 30-49: 35/25, 50-59: 30/20, 60+: 25/15

On the count of 3,2,1 go. The athlete/pairs (synchronised) will start with 6 burpees. Each burpee, the athlete must face the bar with hip & chest on the floor before standing up. Athletes can jump or step over the bar. On the remaining time of that minute, they will commence their power snatches, the PAIRS will be doing the snatches synchronized. Making sure a full lock out at top before lowering the barbell.

When the minute is up, they will stop doing the power snatches and will commence the 6 burpees. Again, when the burpees are done on the remaining time of that minute, they will continue their power snatches. This flow will continue until all 40 reps are done in the 6min cap. If reps are not completed, then remaining reps will be added on the 6min time cap.

*In the likely event that there are similar times, then it will be based on the tie break score on who reached the 20 reps first.

NOTE: ALL ATHLETES “MUST” LOWER THE BARBELL IN A CONTROLLED MANNER OR WILL BE IN DANGER OF SCORES BEING PENALISED

Event 5 – AMRAP

INDIVIDUALS - 8 min cap	PAIRS – 8 min Cap – Split anyway
8 S2OH @ 45/35kg 16 Front Rack Lunges 40 Double Unders/80 single skips	16 S2OH @ 45/35kg 24 Front Rack Lunges 80 Double Unders/160 single skips

Weights RX: 30-49: 45/35, 50-59: 40/30, 60+: 35/25
 SCALED: 30-49: 40/30, 50-59: 35/25, 60+: 30/20

On the count of 3,2,1 go. The athlete/pairs will start with SHOULDERS TO OVERHEAD. This can be a strict press, push or split jerk. Showing a full lockout at each rep. From the SHOULDER TO OVER HEAD, they will do their FRONT RACK LUNGES. Not a walking lunge, alternating lunges with knees to touch the floor & extend at the top. Once the lunges are completed, the athletes will start their double Unders, with the scaled doing single skips. The athlete will continue this formation until the 8mins is over. The PAIRS rep scheme can split it how they chose.

The score will be the total reps combined from S2OH + LUNGES + DOUBLE UNDERS/SINGLE SKIPS.

*In the likely event that there are similar rep scheme, then it will be based on the tie break score on the time completion of the 1 round

NOTE: ALL ATHLETES “MUST” LOWER THE BARBELL IN A CONTROLLED MANNER OR WILL BE IN DANGER OF SCORES BEING PENALISED

Event 6 – FOR TIME

INDIVIDUALS - 13 min cap	PAIRS – 13 min Cap
10 x 100m shuttle run 50 DB Box Step Overs (1 DB) 1000m Row	Partner A 10 x 100m shuttle run Partner B 1000m Row - Swap upon completion * In Remaining time MAX DB Box Step Overs

Dumbbell Weights RX: 30-49: 22.5/15, 50+: 15/10
SCALED: 15/10

On the count of 3,2,1 go. The athlete will start their 10 x 100m run.

For the PAIRS, the partner will do a 1000m row & will swap to the 10 x 100m run upon completion- visa versa.

For the individual, once the run is completed, they move onto the 50 - 1 x DB box step overs - no need to lock out on the top of box. Both feet to land on top of box & both feet to land on ground. Once completed, the athlete must finish off with a 1000m row to finish the workout. For the PAIRS, once both athletes have completed the 1000m run & row, with the remaining time, they will do max effort DB box step overs. This can be done in turns. If work out is not completed in the 13min time frame, then remaining reps will be added on the 13min time cap.

*In the likely event that there are similar times, then it will be based on the tie break score on the time completion of the 1000m run

WORKOUTS – DAY 3 - CLUSTER FITNESS - 2/18 Northward Street, Upper Coomera

Event 7 – Max Weight

INDIVIDUALS - 5 min cap	PAIRS – 5 min Cap * Pairs will be combined weight
2 RM - Hang Power Clean	2 RM - Hang Power Clean

On 3,2,1 go. The athletes will have the exact 5min to find their heaviest 2 rep max power clean from the hang position. From a dead lift position the athlete will pick up their weighted barbell & can only commence once they are in a hang position. If the barbell travels past under the knee, before the lift, it is not regarded as a rep. The athlete must not drop the weighted barbell until the 2 reps are completed. To finish a successful lift, the athlete must show complete control at the full lock out on both 2 reps

Event 8 – For Time

INDIVIDUALS - 8 min cap	PAIRS – 12 min Cap – Break Anyway
21-15-9 - Deadlift 42-30-18 - Wall Ball	30-20-10 - Deadlift 90-60-30 - Wall Ball

Weights RX: 30-49: 100/70, 50-59: 80/50, 60+: 60/30 – Wall Ball 6/9
SCALED: 30-49: 70/45, 50-59: 60/35, 60+: 45/25 – Wall Ball 3/6

On the count of 3,2,1 go. The athlete will start their 21 deadlifts, showing full lock out at every rep. Touch & go will be permitted. Once the deadlifts are completed, they move onto the 42 wall balls. Hitting your designated target & squatting the full depth is counted as a rep. Anything that doesn't meet this, is regarded as a no rep. Once completed, they go back to the deadlift to complete 15 reps etc....

The rep scheme for the pairs is prescribed with extra reps, both athletes can break up the rep scheme at any time. Work out is finished when the last set of wall balls is completed. If work out is not completed in the time frame, then remaining reps will be added on the time cap

*In the likely event that there are similar times, then it will be based on the tie break score on the time completion of the completion of the first set of wall balls

Event 9 – For Time

INDIVIDUALS - 12 min cap	PAIRS – 12 min Cap
15 Handstand Push Ups 30 Pull Ups 15 Handstand Push Ups 20 Chest to Bar Pull Ups 15 Handstand Push Ups 10 Bar MUs 15 Handstand Push Ups	20 Handstand Push Ups 20 Synchro Pull Ups 20 Handstand Push Ups 30 Synchro T2B 20 Handstand Push Ups 10 Synchro Bar MUs 20 Handstand Push Ups * HSPU Split anyway

On the count of 3,2,1 go. The athlete will start their 15 HANDSTAND PUSH UPS. Variations can be strict or kipping, showing full lock out at every rep. Scaled athletes will be given a demonstration of a wall climb.

Once the HANDSTAND PUSH UPS are completed, they move onto the 30 PULL UPS. Variations for the pull ups can be strict, kipping or butterfly pull ups. Chin must be over the pull up bar at each rep.

Once completed, they go back to the HANDSTAND PUSH UPS to complete 15 reps. When the HSPU is completed, they now do 20 CHEST TO BAR.

Variations can be strict, kipping or butterfly chest to bar. The pull up bar must touch the chest, under the collar bone to be regarded as a good rep.

Back to 15 HANDSTAND PUSH UPS, then 10 BAR MUSCLE UPS. This is to start from a hang position with the athlete. Pulling themselves up to lock out at the top of the pull up rig. To finish this workout, another 15 HANDSTAND PUSH UPS must be completed

The rep scheme for the pairs will be different, both athletes can break up the HANDSTAND PUSH UPS rep scheme at any time. But the pull up, toes to bar & the bar muscle up MUST be synchronised. The bar muscle up MUST be synchronised at the lock out on top of the pull up rig, meaning athlete can wait at the top of pull up rig for their partner to pull up to be counted as a good rep.

Work out is finished when the last set of THE HANDSTAND PUSH UPS is completed

FOR THE SCALED, THERE WILL BE LINES UNDER THE RING ROW TO SHOW THE DIFFERENT STAGES

If work out is not completed in the time frame, then remaining reps will be added on the time cap

*In the likely event that there are similar times, then it will be based on the tie break score on the time completion of the completion of the first set of wall balls

SCALED:

Ring Rows- different levels per stages

Wall Climb

Leg raises

HEAT LISTS – THURSDAY

WOD 1 Individuals (THURS)	Location	Heat 1	Time	Athlete	Lane	Division	Sex	Age
12 MIN CAP3 RND for Time	Beach	Heat 1	9:00 AM	Cameron Angel	1	Scaled	M	45-49
200m Run (100m shuttle)				Kira Mintrum	2	Scaled	F	45-49
30 Single arm Alt DB Snatch				Louise Tambling	3	Scaled	F	45-49
60m Ocean Swim (30m out and back)				Katy Pastoors	4	Scaled	F	40-44
				Melissa Hanson	5	Scaled	F	40-44
				Kate Eustace	6	Scaled	F	35-39
				Peti Kiwha	7	Scaled	F	50-54
Shane Pearson				8	Scaled	M	50-54	
Heat 2								
		9:15 AM	Johanny Reyes	1	Scaled	M	50-54	
			Carolyn Swindell	2	Scaled	F	50-54	
			Laura Dalrymple	3	Scaled	F	55-59	
			Owen Stewart	4	scaled	M	55-59	
			Michael Epstein	5	Scaled	M	60+	
			Debbie Mcgrath	6	Scaled	F	60+	
			Hilary Dance-Wilson	7	RX	F	60+	
			Shane Humphries	8	RX	M	60+	
Heat 3								
		9:30 AM	Pam Rayner	1	RX	F	60+	
			Julie Uren	2	RX	F	60+	
			Jason Davison	3	RX	M	55-59	
			Mark Lovegrove	4	RX	M	55-59	
			Paul Morffew	5	RX	M	55-59	
			Lynette Brigden	6	RX	F	55-59	
			Jamie Seymour	7	RX	M	55-59	
			Orran Linning	8	RX	M	50-54	
Heat 4								
		9:45 AM	Paul Sutherland	1	RX	M	50-54	
			Gavin Lam	2	RX	M	50-59	
			Michael Batten	3	RX	M	45-49	
			Steven Bell	4	RX	M	45-49	
			Brendon Matthews	5	RX	M	45-49	
			David Owens	6	RX	M	45-49	
			Kevin Stade	7	RX	M	45-49	
			Kent Strout	8	RX	M	45-49	
Heat 5								
		10:00 AM	Johan Van der Walt	1	RX	M	45-49	
			Darwin Andrews	2	RX	M	45-49	
			Jess Parry	3	RX	F	40-44	
			Miroslava (Mirka)Vrablova	4	RX	F	40-44	
			Jordan Williams	5	RX	M	40-44	
			Jp Falvey	6	RX	M	40-44	
			Vanessa Cook	7	RX	F	35-39	
			Troy Methorst	8	RX	M	35-39	
Heat 6								
		10:15 AM	Sean Baxter	1	RX	M	35-39	
			Michael Robinson	2	RX	M	35-39	
			Aaron Shearer	3	RX	M	35-39	
			William Steele	4	RX	M	35-39	
			Yury Talyukin	5	RX	M	35-39	
			Zack Williams	6	RX	M	35-39	
			Shane Mildenhall	7	RX	M	30-34	
			Paul Uhe	8	RX	M	30-34	

WOD 1 Pairs (THURS)	Judge	Heat	Time	Team/Pair	Lane	Division	sex	Age
3 Rnd for Time (12 min Cap)		Heat 1	10:35	Masters Mates	1	Pairs	Women	30+
200m Run (100m Shuttle)Together				POP'n	2	Pairs	Women	30+
30 Synchro Single Arm Alt DB Snatch				Salt-N-Pepa	3	Pairs	Women	30+
60m Ocean Swim (Together)				Superladies	4	Pairs	Women	30+
				Team ASAP	5	Pairs	Women	30+
DB Weight RX: 30-49: 22.5/15				TG Sistaz	6	Pairs	Women	30+
50+: 15/10 Scaled 15/10				CFC Team A	7	Pairs	Women	40+
		Heat 2	10:50 AM	CrossFit Boss - The Fast & The Furious	1	Pairs	wom	40+
				Terminators	2	Pairs	Women	40+
				Batshit Crazy	3	Pairs	Women	50+
				Body Dynamics Beasts	4	Pairs	Women	50+
				Nadvic	5	Pairs	Women	50+
				T35G Too	6	Mixed Pairs	Women/Men	50+
				CF4165	7	Mixed Pairs	Women/Men	60+
		Heat 3	11:05 AM	CFC Team B	1	Pairs	Mens	40+
				CFC Team C	2	Pairs	Mens	40+
				Megathrusters	3	Pairs	Mens	40+
				CXXI	4	Pairs	Mens	50+
				The Northern Grinds	5	Pairs	Mens	50+
				CrossFit Huey	6	Mixed Pairs	Women/Men	40+
				The A's	7	Mixed Pairs	Women/Men	40+
		Heat 4	11:20 AM	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
				CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
				NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
				Questers	4	Mixed Pairs	Women/Men	30+
				TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
				TEAM UNREST	6	Mixed Pairs	Women/Men	30+
				TnT	7	Mixed Pairs	Women/Men	30+
		Heat 5	11:35 AM	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
				Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
				Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
				PK	4	Mixed Pairs	Women/Men	50+
				Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
				T35G	6	Mixed Pairs	Women/Men	50+

WOD 2 Individual (THURS)	Judge	Heat	Time	Athlete	Lane			
50 m Burpee Broad Jumps	Judging	Heat 1	11:50pm	Cameron Angel	1	Scaled	M	45-49
				Kira Mintrum	2	Scaled	F	45-49
	Heat 4	Louise Tambling	3	Scaled	F	45-49		
		Kate Eustace	4	Scaled	F	35-39		
		Katy Pastoors	5	Scaled	F	40-44		
		Melissa Hanson	6	Scaled	F	40-44		
		Peti Kiwha	7	Scaled	F	50-54		
		Shane Pearson	8	Scaled	M	50-54		
		Johanny Reyes	9	Scaled	M	50-54		
		carolyn Swindell	10	Scaled	F	50-54		
		Laura Dalrymple	11	Scaled	F	55-59		
		Owen Stewart	12	Scaled	M	55-59		
		Michael Epstein	13	Scaled	M	60+		
		Debbie McGrath	14	Scaled	F	60+		
		Hilary Dance-Wilson	15	RX	F	60+		
		Shane Humphries	16	RX	M	60+		
		Pam Rayner	17	RX	F	60+		
		Julie Uren	18	RX	F	60+		
		Jason Davison	19	RX	M	55-59		
		Mark Lovegrove	20	RX	M	55-59		
		Paul Morffew	21	RX	M	55-59		
		Lynette Brigden	22	RX	F	55-59		
		Jamie Seymour	23	RX	M	55-59		
		Orran Linning	24	RX	M	50-54		
50 m Burpee Broad Jumps	Judging	Heat 3	12:00pm	Paul Sutherland	1	RX	M	50-54
				Gavin Lam	2	RX	M	50-54
	Heat 2	Michael Batten	3	RX	M	50-54		
		Steven Bell	4	RX	M	45-49		
		Brendon Matthews	5	RX	M	45-49		
		David Owens	6	RX	M	45-49		
		Kevin Stade	7	RX	M	45-49		
		Kent Strout	8	RX	M	45-49		
		Johan Van der Walt	9	RX	M	45-49		
		Darwin Andrews	10	RX	M	45-49		
		Jess Parry	11	RX	F	40-44		
		Miroslava (Mirka)Vrablova	12	RX	F	40-44		
		Jordan Williams	13	RX	M	40-44		
		Jp Falvey	14	RX	M	40-44		
		Vanessa Cook	15	RX	F	35-39		
		Troy Methorst	16	RX	M	35-39		
		Sean Baxter	17	RX	M	35-39		
		Michael Robinson	18	RX	M	35-39		
		Aaron Shearer	19	RX	M	35-39		
		William Steele	20	RX	M	35-39		
		Yury Talyukin	21	RX	M	35-39		
		Zack Williams	22	RX	M	35-39		
		Shane Mildenhall	23	RX	M	30-34		
		Paul Uhe	24	RX	M	30-34		

WOD 2 Pairs (THURS)	Judge	Heat	Time	Team/Pair	Lane	Division	sex	Age
50 m Burpee Broad Jumps	Judging	Heat 2	11:55am	Masters Mates	1	Pairs	Women	30+
	Heat 1			POP'n	2	Pairs	Women	30+
				Salt-N-Pepa	3	Pairs	Women	30+
				Superladies	4	Pairs	Women	30+
				Team ASAP	5	Pairs	Women	30+
				TG Sistaz	6	Pairs	Women	30+
				CrossFit Boss - The Fast & The Furious	7	Pairs	Women	40+
				Terminators	8	Pairs	Women	40+
				CFC Team A	9	Pairs	Women	40+
				Batshit Crazy	10	Pairs	Women	50+
				Body Dynamics Beasts	11	Pairs	Women	50+
				Nadvic	12	Pairs	Women	50+
				CFC Team B	13	Pairs	Mens	40+
				CFC Team C	14	Pairs	Mens	40+
				Megathrusters	15	Pairs	Mens	40+
	Judging	Heat 4	12:05pm	CXXI	1	Pairs	Mens	50+
	Heat 3			The Northern Grinds	2	Pairs	Mens	50+
				TEAM UNREST	3	Mixed Pairs	Women/Men	30+
				Beauty and The Greek 3.0	4	Mixed Pairs	Women/Men	30+
				CrossFit Tempered	5	Mixed Pairs	Women/Men	30+
				NEIGHBOURHOOD	6	Mixed Pairs	Women/Men	30+
				Questers	7	Mixed Pairs	Women/Men	30+
				TEAM MIZTOPHER	8	Mixed Pairs	Women/Men	30+
				TnT	9	Mixed Pairs	Women/Men	30+
				CrossFit Huey	10	Mixed Pairs	Women/Men	40+
				The A's	11	Mixed Pairs	Women/Men	40+
				2 Shades of Gray	12	Mixed Pairs	Women/Men	50+
				Hamma & Tongs	13	Mixed Pairs	Women/Men	50+
				Meerkats on a Barbell	14	Mixed Pairs	Women/Men	50+
				PK	15	Mixed Pairs	Women/Men	50+
				Sibling Rivalry	16	Mixed Pairs	Women/Men	50+
				T35G	17	Mixed Pairs	Women/Men	50+
				T35G Too	18	Mixed Pairs	Women/Men	50+
				CF4165	19	Mixed Pairs	Women/Men	50+

WOD 3 Individual (THURS)	Heat	Time	Athlete	Lane	Division	Sex	Age
8 min AMRAP 12 Double DB Hang Power Clean 12 DB Front Squats 24m OH Double DB walks	Heat 1	1:00pm	Cameron Angel	1	Scaled	M	45-49
			Kira Mintrum	2	Scaled	F	45-49
			Louise Tambling	3	Scaled	F	45-49
			Katy Pastoors	4	Scaled	F	40-44
			Melissa Hanson	5	Scaled	F	40-44
			Kate Eustace	6	Scaled	F	35-39
			Peti Kiwha	7	Scaled	F	50-54
			Shane Pearson	8	Scaled	M	50-54
	Heat 2	1:10 PM	Johanny Reyes	1	Scaled	M	50-54
			Carolyn Swindell	2	Scaled	F	50-54
			Laura Dalrymple	3	Scaled	F	55-59
			Owen Stewart	4	scaled	M	55-59
			Michael Epstein	5	Scaled	M	60+
			Debbie Mcgrath	6	Scaled	F	60+
			Hilary Dance-Wilson	7	RX	F	60+
			Shane Humphries	8	RX	M	60+
	Heat 3	1:20 PM	Pam Rayner	1	RX	F	60+
			Julie Uren	2	RX	F	60+
			Jason Davison	3	RX	M	55-59
			Mark Lovegrove	4	RX	M	55-59
			Paul Morffew	5	RX	M	55-59
			Lynette Brigden	6	RX	F	55-59
			Jamie Seymour	7	RX	M	55-59
			Orran Linning	8	RX	M	50-54
	Heat 4	1:30pm	Paul Sutherland	1	RX	M	50-54
			Gavin Lam	2	RX	M	50-59
			Michael Batten	3	RX	M	45-49
			Steven Bell	4	RX	M	45-49
			Brendon Matthews	5	RX	M	45-49
			David Owens	6	RX	M	45-49
			Kevin Stade	7	RX	M	45-49
			Kent Strout	8	RX	M	45-49
	Heat 5	1:40pm	Johan Van der Walt	1	RX	M	45-49
			Darwin Andrews	2	RX	M	45-49
			Jess Parry	3	RX	F	40-44
			Miroslava (Mirka)Vrablova	4	RX	F	40-44
			Jordan Williams	5	RX	M	40-44
			Jp Falvey	6	RX	M	40-44
			Vanessa Cook	7	RX	F	35-39
			Troy Methorst	8	RX	M	35-39
	Heat 6	1:50pm	Sean Baxter	1	RX	M	35-39
			Michael Robinson	2	RX	M	35-39
			Aaron Shearer	3	RX	M	35-39
			William Steele	4	RX	M	35-39
			Yury Talyukin	5	RX	M	35-39
			Zack Williams	6	RX	M	35-39
			Shane Mildenhall	7	RX	M	30-34
			Paul Uhe	8	RX	M	30-34

WOD 3 Pairs Thursday	Heat	Time	Team/Pair	Lane	Division	sex	Age
4 RND each (12 min Cap) 12 Double DB Hang Power Clean 12 DB Front Squats 24m OH Double DB Walks *Round for Round*	Heat 1	2:05pm	Masters Mates	1	Pairs	Women	30+
			POP'n	2	Pairs	Women	30+
			Salt-N-Pepa	3	Pairs	Women	30+
			Superladies	4	Pairs	Women	30+
			Team ASAP	5	Pairs	Women	30+
			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
	Heat 2	2:20pm	CrossFit Boss - The Fast & The Furious	1	Pairs	Women	40+
			Terminators	1	Pairs	Women	40+
			Batshit Crazy	2	Pairs	Women	50+
			Body Dynamics Beasts	3	Pairs	Women	50+
			Nadvic	5	Pairs	Women	50+
			T35G Too	5	Mixed Pairs	Women/Men	50+
			CF4165	6	Mixed Pairs	Women/Men	60+
	Heat 3	2:35pm	CFC Team B	1	Pairs	Mens	40+
			CFC Team C	2	Pairs	Mens	40+
			Megathrusters	3	Pairs	Mens	40+
			CXXI	4	Pairs	Mens	50+
			The Northern Grinds	5	Pairs	Mens	50+
			CrossFit Huey	6	Mixed Pairs	Women/Men	40+
			The A's	7	Mixed Pairs	Women/Men	40+
	Heat 4	2:50pm	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
			Questers	4	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
			TEAM UNREST	6	Mixed Pairs	Women/Men	30+
			TnT	7	Mixed Pairs	Women/Men	30+
	Heat 5	3:05	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
			PK	4	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
			T35G	6	Mixed Pairs	Women/Men	50+

HEAT LISTS – FRIDAY

WOD 4 Individual (FRI)	Location	Heat	Time	Athlete	Lane	Division	Sex	Age
6 min cap for time	Tent	Heat 1	9:00am	Cameron Angel	1	Scaled	M	45-49
40 Power Snatches @ 40/30				Kira Mintrum	2	Scaled	F	45-49
* 6 Bar Facing Burpees				Louise Tambling	3	Scaled	F	45-49
Every Minute On The Minute				Katy Pastoors	4	Scaled	F	40-44
**** Starts with Burpees****				Melissa Hanson	5	Scaled	F	40-44
				Kate Eustace	6	Scaled	F	35-39
				Peti Kiwha	7	Scaled	F	50-54
				Shane Pearson	8	Scaled	M	50-54
Weight: RX 30-49: 40/30, 50-59: 35/25	Heat 2	9:10am	Johanny Reyes	1	Scaled	M	50-54	
60+: 30/20			Carolyn Swindell	2	Scaled	F	50-54	
Scaled: 30-49: 35/25 50-59: 30/20			Laura Dalrymple	3	Scaled	F	55-59	
60+: 25/15			Owen Stewart	4	scaled	M	55-59	
			Michael Epstein	5	Scaled	M	60+	
			Debbie Mcgrath	6	Scaled	F	60+	
			Hilary Dance-Wilson	7	RX	F	60+	
			Shane Humphries	8	RX	M	60+	
	Heat 3	9:20am	Pam Rayner	1	RX	F	60+	
			Julie Uren	2	RX	F	60+	
			Jason Davison	3	RX	M	55-59	
			Mark Lovegrove	4	RX	M	55-59	
			Paul Morffew	5	RX	M	55-59	
			Lynette Brigden	6	RX	F	55-59	
			Jamie Seymour	7	RX	M	55-59	
			Orran Linning	8	RX	M	50-54	
	Heat 4	9:30am	Paul Sutherland	1	RX	M	50-54	
			Gavin Lam	2	RX	M	50-59	
			Michael Batten	3	RX	M	45-49	
			Steven Bell	4	RX	M	45-49	
			Brendon Matthews	5	RX	M	45-49	
			David Owens	6	RX	M	45-49	
			Kevin Stade	7	RX	M	45-49	
			Kent Strout	8	RX	M	45-49	
	Heat 5	9:40am	Johan Van der Walt	1	RX	M	45-49	
			Darwin Andrews	2	RX	M	45-49	
			Jess Parry	3	RX	F	40-44	
			Miroslava (Mirka)Vrablova	4	RX	F	40-44	
			Jordan Williams	5	RX	M	40-44	
			Jp Falvey	6	RX	M	40-44	
			Vanessa Cook	7	RX	F	35-39	
			Troy Methorst	8	RX	M	35-39	
	Heat 6	9:50am	Sean Baxter	1	RX	M	35-39	
			Michael Robinson	2	RX	M	35-39	
			Aaron Shearer	3	RX	M	35-39	
			William Steele	4	RX	M	35-39	
			Yury Talyukin	5	RX	M	35-39	
			Zack Williams	6	RX	M	35-39	
			Shane Mildenhall	7	RX	M	30-34	
			Paul Uhe	8	RX	M	30-34	

WOD 4 Pairs (FRI)	Heat	Time	Team/Pair	Lane	Division	sex	Age
6 min Cap for Time 40 Synchro Power Snatch @ 40/30 *6 Burpees Every Minute On the Minute ***Starts with Burpee*****	Heat 1	10:00am	Masters Mates	1	Pairs	Women	30+
			POP'n	2	Pairs	Women	30+
			Salt-N-Pepa	3	Pairs	Women	30+
			Superladies	4	Pairs	Women	30+
			Team ASAP	5	Pairs	Women	30+
			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
Weight: RX 30-49: 40/30, 50-59: 35/25 60+: 30/20 Scaled: 30-49: 35/25 50-59: 30/20 60+: 25/15	Heat 2	10:10am	CrossFit Boss - The Fast & The Furious	1	Pairs	wom	40+
			Terminators	2	Pairs	Women	40+
			Batshit Crazy	3	Pairs	Women	50+
			Body Dynamics Beasts	4	Pairs	Women	50+
			Nadvic	5	Pairs	Women	50+
			T35G Too	6	Mixed Pairs	Women/Men	50+
			CF4165	7	Mixed Pairs	Women/Men	60+
	Heat 3	10:20am	CFC Team B	1	Pairs	Mens	40+
			CFC Team C	2	Pairs	Mens	40+
			Megathrusters	3	Pairs	Mens	40+
			CXXI	4	Pairs	Mens	50+
			The Northern Grinds	5	Pairs	Mens	50+
			CrossFit Huey	6	Mixed Pairs	Women/Men	40+
			The A's	7	Mixed Pairs	Women/Men	40+
	Heat 4	10:30am	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
			Questers	4	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
			TEAM UNREST	6	Mixed Pairs	Women/Men	30+
			TnT	7	Mixed Pairs	Women/Men	30+
	Heat 5	10:40am	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
			PK	4	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
			T35G	6	Mixed Pairs	Women/Men	50+

One minutes silent at 11 am

11:00am

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WOD 5 Individual (FRI)

8 min AMRAP	Heat	Time	Athlete	Lane	Division	Sex	Age
8 S2OH @ 45/35 kgs	Heat 1	11:05am	Cameron Angel	1	Scaled	M	45-49
16 Front Rack Lunges			Kira Mintrum	2	Scaled	F	45-49
40 Double Unders/Scaled 80 Single skips			Louise Tambling	3	Scaled	F	45-49
			Katy Pastoors	4	Scaled	F	40-44
RX: 30-49: d45/35, 50-59: 40/30, 60+: 35/25			Melissa Hanson	5	Scaled	F	40-44
Scaled: 30-49: 40/30, 50-59: 35/25, 60+: 30/20			Kate Eustace	6	Scaled	F	35-39
			Peti Kiwha	7	Scaled	F	50-54
	Heat 2	11:15am	Johanny Reyes	1	Scaled	M	50-54
			Carolyn Swindell	2	Scaled	F	50-54
			Laura Dalrymple	3	Scaled	F	55-59
			Owen Stewart	4	scaled	M	55-59
			Michael Epstein	5	Scaled	M	60+
			Debbie Mcgrath	6	Scaled	F	60+
			Hilary Dance-Wilson	7	RX	F	60+
	Heat 3	11:25am	Pam Rayner	1	RX	F	60+
			Julie Uren	2	RX	F	60+
			Jason Davison	3	RX	M	55-59
			Mark Lovegrove	4	RX	M	55-59
			Paul Morffew	5	RX	M	55-59
			Lynette Brigden	6	RX	F	55-59
			Jamie Seymour	7	RX	M	55-59
	Heat 4	11:35am	Paul Sutherland	1	RX	M	50-54
			Gavin Lam	2	RX	M	50-59
			Michael Batten	3	RX	M	45-49
			Steven Bell	4	RX	M	45-49
			Brendon Matthews	5	RX	M	45-49
			David Owens	6	RX	M	45-49
			Kevin Stade	7	RX	M	45-49
	Heat 5	11:45am	Johan Van der Walt	1	RX	M	45-49
			Darwin Andrews	2	RX	M	45-49
			Jess Parry	3	RX	F	40-44
			Miroslava (Mirka)Vrablova	4	RX	F	40-44
			Jordan Williams	5	RX	M	40-44
			Jp Falvey	6	RX	M	40-44
			Vanessa Cook	7	RX	F	35-39
	Heat 6	11:55am	Sean Baxter	1	RX	M	35-39
			Michael Robinson	2	RX	M	35-39
			Aaron Shearer	3	RX	M	35-39
			William Steele	4	RX	M	35-39
			Yury Talyukin	5	RX	M	35-39
			Zack Williams	6	RX	M	35-39
			Shane Mildenhall	7	RX	M	30-34

WOD 5 Pairs (FRI)	Heat	Time	Team/Pair	Lane	Division	sex	Age
8 min AMRAP 16 S2OH @ 45/35 kgs 24 Front Rack Lunges 80 Double Unders/Scaled 160 Single skips *Split anyway* RX: 30-49: d45/35, 50-59: 40/30, 60+: 35/25 Scaled: 30-49: 40/30, 50-59: 35/25, 60+: 30/20	Heat 1	12:10pm	Masters Mates	1	Pairs	Women	30+
			POP'n	2	Pairs	Women	30+
			Salt-N-Pepa	3	Pairs	Women	30+
			Superladies	4	Pairs	Women	30+
			Team ASAP	5	Pairs	Women	30+
			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
Heat 2	12:20pm	CrossFit Boss - The Fast & The Furious	1	Pairs	wom	40+	
		Terminators	2	Pairs	Women	40+	
		Batshit Crazy	3	Pairs	Women	50+	
		Body Dynamics Beasts	4	Pairs	Women	50+	
		Nadvic	5	Pairs	Women	50+	
		T35G Too	6	Mixed Pairs	Women/Men	50+	
Heat 3	12:30pm	CF4165	7	Mixed Pairs	Women/Men	60+	
		CFC Team B	1	Pairs	Mens	40+	
		CFC Team C	2	Pairs	Mens	40+	
		Megathrusters	3	Pairs	Mens	40+	
		CXXI	4	Pairs	Mens	50+	
		The Northern Grinds	5	Pairs	Mens	50+	
		CrossFit Huey	6	Mixed Pairs	Women/Men	40+	
Heat 4	12:40pm	The A's	7	Mixed Pairs	Women/Men	40+	
		Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+	
		CrossFit Tempered	2	Mixed Pairs	Women/Men	30+	
		NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+	
		Questers	4	Mixed Pairs	Women/Men	30+	
		TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+	
		TEAM UNREST	6	Mixed Pairs	Women/Men	30+	
TnT	7	Mixed Pairs	Women/Men	30+			
Heat 5	12:50pm	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+	
		Hamma & Tongs	2	Mixed Pairs	Women/Men	50+	
		Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+	
		PK	4	Mixed Pairs	Women/Men	50+	
		Sibling Rivalry	5	Mixed Pairs	Women/Men	50+	
		T35G	6	Mixed Pairs	Women/Men	50+	

WOD 6 Individual (FRI)	Time	Heat	Time	Athlete	Lane	Division	Sex	Age
For Time (13 min Cap)		Heat 1	1:30pm	Cameron Angel	1	Scaled	M	45-49
1000m Run	Kira Mintrum			2	Scaled	F	45-49	
50 DB Box Step Overs (1 DB)	Louise Tambling			3	Scaled	F	45-49	
1000m Row	Katy Pastoors			4	Scaled	F	40-44	
	Melissa Hanson			5	Scaled	F	40-44	
	Kate Eustace			6	Scaled	F	35-39	
	Peti Kiwha			7	Scaled	F	50-54	
Shane Pearson	8			Scaled	M	50-54		
		Heat 2	1:45pm	Johanny Reyes	1	Scaled	M	50-54
	Carolyn Swindell			2	Scaled	F	50-54	
	Laura Dalrymple			3	Scaled	F	55-59	
	Owen Stewart			4	scaled	M	55-59	
	Michael Epstein			5	Scaled	M	60+	
	Debbie Mcgrath			6	Scaled	F	60+	
	Hilary Dance-Wilson			7	RX	F	60+	
	Shane Humphries			8	RX	M	60+	
		Heat 3	2:00pm	Pam Rayner	1	RX	F	60+
	Julie Uren			2	RX	F	60+	
	Jason Davison			3	RX	M	55-59	
	Mark Lovegrove			4	RX	M	55-59	
	Paul Morffew			5	RX	M	55-59	
	Lynette Brigden			6	RX	F	55-59	
	Jamie Seymour			7	RX	M	55-59	
	Orran Linning			8	RX	M	50-54	
		Heat 4	2:15pm	Paul Sutherland	1	RX	M	50-54
	Gavin Lam			2	RX	M	50-59	
	Michael Batten			3	RX	M	45-49	
	Steven Bell			4	RX	M	45-49	
	Brendon Matthews			5	RX	M	45-49	
	David Owens			6	RX	M	45-49	
	Kevin Stade			7	RX	M	45-49	
	Kent Strout			8	RX	M	45-49	
		Heat 5	2:30pm	Johan Van der Walt	1	RX	M	45-49
	Darwin Andrews			2	RX	M	45-49	
	Jess Parry			3	RX	F	40-44	
	Miroslava (Mirka)Vrablova			4	RX	F	40-44	
	Jordan Williams			5	RX	M	40-44	
	Jp Falvey			6	RX	M	40-44	
	Vanessa Cook			7	RX	F	35-39	
	Troy Methorst			8	RX	M	35-39	
		Heat 6	2:45pm	Sean Baxter	1	RX	M	35-39
	Michael Robinson			2	RX	M	35-39	
	Aaron Shearer			3	RX	M	35-39	
	William Steele			4	RX	M	35-39	
	Yury Talyukin			5	RX	M	35-39	
	Zack Williams			6	RX	M	35-39	
	Shane Mildenhall			7	RX	M	30-34	
	Paul Uhe			8	RX	M	30-34	

WOD 6 Pairs (FRI)	Heat	Time	Team/Pair	Lane	Division	sex	Age
For Time	Heat 1	3:00pm	Masters Mates	1	Pairs	Women	30+
Partner A 1000m Run			POP'n	2	Pairs	Women	30+
Partner B 1000m Row			Salt-N-Pepa	3	Pairs	Women	30+
Swap on completion			Superladies	4	Pairs	Women	30+
*In Remaining time MAX DB box step overs			Team ASAP	5	Pairs	Women	30+
			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
	Heat 2	3:15pm	CrossFit Boss - The Fast & The Furious	1	Pairs	Women	40+
			Terminators	2	Pairs	Women	40+
			Batshit Crazy	3	Pairs	Women	50+
			Body Dynamics Beasts	4	Pairs	Women	50+
			Nadvic	5	Pairs	Women	50+
			T35G Too	6	Mixed Pairs	Women/Men	50+
			CF4165	7	Mixed Pairs	Women/Men	60+
	Heat 3	3:30pm	CFC Team B	1	Pairs	Mens	40+
			CFC Team C	2	Pairs	Mens	40+
			Megathrusters	3	Pairs	Mens	40+
			CXXI	4	Pairs	Mens	50+
			The Northern Grinds	5	Pairs	Mens	50+
			CrossFit Huey	6	Mixed Pairs	Women/Men	40+
			The A's	7	Mixed Pairs	Women/Men	40+
	Heat 4	3:45pm	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
			Questers	4	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
			TEAM UNREST	6	Mixed Pairs	Women/Men	30+
			TnT	7	Mixed Pairs	Women/Men	30+
	Heat 5	4:00pm	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
			PK	4	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
			T35G	6	Mixed Pairs	Women/Men	50+

HEAT LISTS – SATURDAY

WOD 7 Individual (SAT)	Location	Heat	Time	Athlete	Lane	Division	Sex	Age
5 minutes to Find 2 RM Hang Power Clean	CF Box	Heat 1	9:00:00 AM	Cameron Angel	1	Scaled	M	45-49
				Kira Mintrum	2	Scaled	F	45-49
				Louise Tambling	3	Scaled	F	45-49
				Katy Pastoors	4	Scaled	F	40-44
				Melissa Hanson	5	Scaled	F	40-44
				Kate Eustace	6	Scaled	F	35-39
				Peti Kiwaha	7	Scaled	F	50-54
				Shane Pearson	8	Scaled	M	50-54
		Heat 2	9:07:00 AM	Johanny Reyes	1	Scaled	M	50-54
				Carolyn Swindell	2	Scaled	F	50-54
				Laura Dalrymple	3	Scaled	F	55-59
				Owen Stewart	4	scaled	M	55-59
				Michael Epstein	5	Scaled	M	60+
				Debbie Mcgrath	6	Scaled	F	60+
				Hilary Dance-Wilson	7	RX	F	60+
				Shane Humphries	8	RX	M	60+
		Heat 3	9:14:00 AM	Pam Rayner	1	RX	F	60+
				Julie Uren	2	RX	F	60+
				Jason Davison	3	RX	M	55-59
				Mark Lovegrove	4	RX	M	55-59
				Paul Morffew	5	RX	M	55-59
				Lynette Brigden	6	RX	F	55-59
				Jamie Seymour	7	RX	M	55-59
				Orran Linning	8	RX	M	50-54
		Heat 4	9:21:00 AM	Paul Sutherland	1	RX	M	50-54
				Gavin Lam	2	RX	M	50-59
				Michael Batten	3	RX	M	45-49
				Steven Bell	4	RX	M	45-49
				Brendon Matthews	5	RX	M	45-49
				David Owens	6	RX	M	45-49
				Kevin Stade	7	RX	M	45-49
				Kent Strout	8	RX	M	45-49
		Heat 5	9:28:00 AM	Johan Van der Walt	1	RX	M	45-49
				Darwin Andrews	2	RX	M	45-49
				Jess Parry	3	RX	F	40-44
				Miroslava (Mirka)Vrablova	4	RX	F	40-44
				Jordan Williams	5	RX	M	40-44
				Jp Falvey	6	RX	M	40-44
				Vanessa Cook	7	RX	F	35-39
				Troy Methorst	8	RX	M	35-39
		Heat 6	9:35:00 AM	Sean Baxter	1	RX	M	35-39
				Michael Robinson	2	RX	M	35-39
				Aaron Shearer	3	RX	M	35-39
				William Steele	4	RX	M	35-39
				Yury Talyukin	5	RX	M	35-39
				Zack Williams	6	RX	M	35-39
				Shane Mildenhall	7	RX	M	30-34
				Paul Uhe	8	RX	M	30-34

WOD 7 Pairs (SAT)	Heat	Time	Team/Pair	Lane	Division	sex	Age
5 mins to find a 2RM Hang Power Clean	Heat 1	9:42am	Masters Mates	1	Pairs	Women	30+
			POP'n	2	Pairs	Women	30+
			Salt-N-Pepa	3	Pairs	Women	30+
			Superladies	4	Pairs	Women	30+
			Team ASAP	5	Pairs	Women	30+
			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
	Heat 2	9:49am	CrossFit Boss - The Fast & The Furious	1	Pairs	Women	40+
			Terminators	2	Pairs	Women	40+
			Batshit Crazy	3	Pairs	Women	50+
			Body Dynamics Beasts	4	Pairs	Women	50+
			Nadvic	5	Pairs	Women	50+
			T35G Too	6	Mixed Pairs	Women/Men	50+
			CF4165	7	Mixed Pairs	women/Men	60+
	Heat 3	9:56am	CFC Team B	1	Pairs	Mens	40+
			CFC Team C	2	Pairs	Mens	40+
			Megathrusters	3	Pairs	Mens	40+
			CXXI	4	Pairs	Mens	50+
			The Northern Grinds	5	Pairs	Mens	50+
			CrossFit Huey	6	Mixed Pairs	Women/Men	40+
			The A's	7	Mixed Pairs	Women/Men	40+
	Heat 4	10:03am	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
			Questers	4	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
			TEAM UNREST	6	Mixed Pairs	Women/Men	30+
			TnT	7	Mixed Pairs	Women/Men	30+
	Heat 5	10:10am	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
			PK	4	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
			T35G	6	Mixed Pairs	Women/Men	50+

WOD 8 Individual (SAT)	Heat	Time	Athlete	Lane	Division	Sex	Age
8 Min Cap 21- 15- 9 Deadlift 42-30-18 Wall Balls	Heat 1	10:20am	Cameron Angel	1	Scaled	M	45-49
			Kira Mintrum	2	Scaled	F	45-49
			Louise Tambling	3	Scaled	F	45-49
			Katy Pastoors	4	Scaled	F	40-44
			Melissa Hanson	5	Scaled	F	40-44
			Kate Eustace	6	Scaled	F	35-39
			Peti Kiwaha	7	Scaled	F	50-54
			Shane Pearson	8	Scaled	M	50-54
	Heat 2	10:30am	Johanny Reyes	1	Scaled	M	50-54
			Carolyn Swindell	2	Scaled	F	50-54
			Laura Dalrymple	3	Scaled	F	55-59
			Owen Stewart	4	scaled	M	55-59
			Michael Epstein	5	Scaled	M	60+
			Debbie Mcgrath	6	Scaled	F	60+
			Hilary Dance-Wilson	7	RX	F	60+
			Shane Humphries	8	RX	M	60+
	Heat 3	10:40am	Pam Rayner	1	RX	F	60+
			Julie Uren	2	RX	F	60+
			Jason Davison	3	RX	M	55-59
			Mark Lovegrove	4	RX	M	55-59
			Paul Morffew	5	RX	M	55-59
			Lynette Brigden	6	RX	F	55-59
			Jamie Seymour	7	RX	M	55-59
			Orran Linning	8	RX	M	50-54
	Heat 4	10:50am	Paul Sutherland	1	RX	M	50-54
			Gavin Lam	2	RX	M	50-59
			Michael Batten	3	RX	M	45-49
			Steven Bell	4	RX	M	45-49
			Brendon Matthews	5	RX	M	45-49
			David Owens	6	RX	M	45-49
			Kevin Stade	7	RX	M	45-49
			Kent Strout	8	RX	M	45-49
	Heat 5	11:00am	Johan Van der Walt	1	RX	M	45-49
			Darwin Andrews	2	RX	M	45-49
			Jess Parry	3	RX	F	40-44
			Miroslava (Mirka)Vrablova	4	RX	F	40-44
			Jordan Williams	5	RX	M	40-44
			Jp Falvey	6	RX	M	40-44
			Vanessa Cook	7	RX	F	35-39
			Troy Methorst	8	RX	M	35-39
	Heat 6	11:10am	Sean Baxter	1	RX	M	35-39
			Michael Robinson	2	RX	M	35-39
			Aaron Shearer	3	RX	M	35-39
			William Steele	4	RX	M	35-39
			Yury Talyukin	5	RX	M	35-39
			Zack Williams	6	RX	M	35-39
			Shane Mildenhall	7	RX	M	30-34
			Paul Uhe	8	RX	M	30-34

WOD 8 Pairs (SAT)	Heat	Time	Team/Pair	Lane	Division	sex	Age
12 min Cap	Heat 1	11:20am	Masters Mates	1	Pairs	Women	30+
30-20-10			POP'n	2	Pairs	Women	30+
Deadlift			Salt-N-Pepa	3	Pairs	Women	30+
90-60-30			Superladies	4	Pairs	Women	30+
Wall Ball			Team ASAP	5	Pairs	Women	30+
Break anyway			TG Sistaz	6	Pairs	Women	30+
			CFC Team A	7	Pairs	Women	40+
	Heat 2	11:30am	CrossFit Boss - The Fast & The Furious	1	Pairs	Women	40+
			Terminators	2	Pairs	Women	40+
			Batshit Crazy	3	Pairs	Women	50+
			Body Dynamics Beasts	4	Pairs	Women	50+
			Nadvic	5	Pairs	Women	50+
			T35G Too	6	Mixed Pairs	Women/Men	50+
			CF4165	7	Mixed Pairs	Women/Men	60+
	Heat 3	11:40am	CFC Team B	1	Pairs	Mens	40+
			CFC Team C	2	Pairs	Mens	40+
			Megathrusters	3	Pairs	Mens	40+
			CXXI	4	Pairs	Mens	50+
			The Northern Grinds	5	Pairs	Mens	50+
			CrossFit Huey	6	Mixed Pairs	Women/Men	40+
			The A's	7	Mixed Pairs	Women/Men	40+
	Heat 4	11:50am	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+
			Questers	4	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	5	Mixed Pairs	Women/Men	30+
			TEAM UNREST	6	Mixed Pairs	Women/Men	30+
			TnT	7	Mixed Pairs	Women/Men	30+
	Heat 5	12:00pm	2 Shades of Gray	1	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	2	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	3	Mixed Pairs	Women/Men	50+
			PK	4	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	5	Mixed Pairs	Women/Men	50+
			T35G	6	Mixed Pairs	Women/Men	50+

WOD 9 Individual (SAT)	Heat	Time	Athlete	Lane	Division	Sex	Age
12 min Cap For Time 15 HSPU 30 PULL UPS 15 HSPU 20 CHEST TO BAR PULL UPS 15 HSPU 10 BAR MUSCLE UPS 15 HSPU	Heat 1	1:00pm	Cameron Angel	1	Scaled	M	45-49
			Kira Mintrum	2	Scaled	F	45-49
			Louise Tambling	3	Scaled	F	45-49
			Katy Pastoors	4	Scaled	F	40-44
			Melissa Hanson	5	Scaled	F	40-44
			Kate Eustace	6	Scaled	F	35-39
			Peti Kiwha	7	Scaled	F	50-54
			Shane Pearson	8	Scaled	M	50-54
	Heat 2	1:15pm	Johanny Reyes	1	Scaled	M	50-54
			Carolyn Swindell	2	Scaled	F	50-54
			Laura Dalrymple	3	Scaled	F	55-59
			Owen Stewart	4	scaled	M	55-59
			Michael Epstein	5	Scaled	M	60+
			Debbie Mcgrath	6	Scaled	F	60+
			Hilary Dance-Wilson	7	RX	F	60+
			Shane Humphries	8	RX	M	60+
	Heat 3	1:30pm	Pam Rayner	1	RX	F	60+
			Julie Uren	2	RX	F	60+
			Jason Davison	3	RX	M	55-59
			Mark Lovegrove	4	RX	M	55-59
			Paul Morffew	5	RX	M	55-59
			Lynette Brigden	6	RX	F	55-59
			Jamie Seymour	7	RX	M	55-59
			Orran Linning	8	RX	M	50-54
	Heat 4	1:45pm	Paul Sutherland	1	RX	M	50-54
			Gavin Lam	2	RX	M	50-59
			Michael Batten	3	RX	M	45-49
			Steven Bell	4	RX	M	45-49
			Brendon Matthews	5	RX	M	45-49
			David Owens	6	RX	M	45-49
			Kevin Stade	7	RX	M	45-49
			Kent Strout	8	RX	M	45-49
	Heat 5	2:00pm	Johan Van der Walt	1	RX	M	45-49
			Darwin Andrews	2	RX	M	45-49
			Jess Parry	3	RX	F	40-44
			Miroslava (Mirka)Vrablova	4	RX	F	40-44
			Jordan Williams	5	RX	M	40-44
			Jp Falvey	6	RX	M	40-44
			Vanessa Cook	7	RX	F	35-39
			Troy Methorst	8	RX	M	35-39
	Heat 6	2:15pm	Sean Baxter	1	RX	M	35-39
			Michael Robinson	2	RX	M	35-39
			Aaron Shearer	3	RX	M	35-39
			William Steele	4	RX	M	35-39
			Yury Talyukin	5	RX	M	35-39
			Zack Williams	6	RX	M	35-39
			Shane Mildenhall	7	RX	M	30-34
			Paul Uhe	8	RX	M	30-34

WOD 9 Pairs (SAT)	Heat	Time	Team/Pair	Lane	Division	sex	Age
12 min Cap For Time	Heat 1	3:00pm	Kkk	1	Pairs	Women	30+
20 HSPU			Masters Mates	2	Pairs	Women	30+
20 SYNCHRO PULL UP			POP'n	3	Pairs	Women	30+
20 HSPU			Salt-N-Pepa	4	Pairs	Women	30+
30 SYNCHRO T2B			Superladies	5	Pairs	Women	30+
20 HSPU			Team ASAP	6	Pairs	Women	30+
10 SYNCHRO BAR MUSCLE UPS			TG Sistaz	7	Pairs	Women	30+
20 HSPU			CFC Team A	8	Pairs	Women	40+
	Heat 2	3:15pm	CrossFit Boss - The Fast & The Furious	1	Pairs	Women	40+
			CrossFit Chatswood	2	Pairs	Women	40+
			Terminators	3	Pairs	Women	40+
			Batshit Crazy	4	Pairs	Women	50+
			Body Dynamics Beasts	5	Pairs	Women	50+
			Nadvic	6	Pairs	Women	50+
			T35G Too	7	Mixed Pairs	Women/Men	50+
			CF4165	8	Mixed Pairs	Women/Men	60+
	Heat 3	3:30pm	Mentally Sick Physically Thick	1	Pairs	Mens	30+
			TIWANA INTERNATIONAL SPORTS CLUB	2	Pairs	Mens	30+
			CFC Team B	3	Pairs	Mens	40+
			CFC Team C	4	Pairs	Mens	40+
			Megathrusters	5	Pairs	Mens	40+
			CXXI	6	Pairs	Mens	50+
			The Northern Grinds	7	Pairs	Mens	50+
	Heat 4	3:45pm	Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+
			CrossFit Tempered	2	Mixed Pairs	Women/Men	30+
			Crossfit4165	3	Mixed Pairs	Women/Men	30+
			NEIGHBOURHOOD	4	Mixed Pairs	Women/Men	30+
			Questers	5	Mixed Pairs	Women/Men	30+
			TEAM MIZTOPHER	6	Mixed Pairs	Women/Men	30+
			TEAM UNREST	7	Mixed Pairs	Women/Men	30+
			TnT	8	Mixed Pairs	Women/Men	30+
	Heat 5	4:00pm	CrossFit Huey	1	Mixed Pairs	Women/Men	40+
			The A's	2	Mixed Pairs	Women/Men	40+
			2 Shades of Gray	3	Mixed Pairs	Women/Men	50+
			Hamma & Tongs	4	Mixed Pairs	Women/Men	50+
			Meerkats on a Barbell	5	Mixed Pairs	Women/Men	50+
			PK	6	Mixed Pairs	Women/Men	50+
			Sibling Rivalry	7	Mixed Pairs	Women/Men	50+
			T35G	8	Mixed Pairs	Women/Men	50+

If you have any questions on any of the information provided, please contact the team at fitnesschallenge@mastersgames.com.au