



MIXED WORKOUT TIMINGS

Below is where and when you need to be at your workouts. Please be ready and waiting next to the arena you are going into at least 5 minutes before the previous workout is due to finish. It is up to captains to be prompt and in the right lane. At the end of the workout, each captain is to ensure they check the score is written down right, is signed and score is taken promptly to the score room.

| LANE # | MIXED CATEGORY | QUICK SAND | | HARD LABOUR | | STRONGMAN SALLY | | MOVE IT OR LOSE IT | |
|--------|----------------------|--------------|------|--------------|------|-----------------|------|--------------------|------|
| | Team Name | Round 1 Time | HEAT | Round 2 Time | HEAT | Round 3 Time | HEAT | Round 4 Time | HEAT |
| 1 | Halo Tops | 9.30-9.40 | 1 | 10.30-10.38 | 1 | 11.40-11.48 | 1 | 12.42-12.52 | 1 |
| 2 | Farm hands | 9.30-9.40 | 1 | 10.30-10.38 | 1 | 11.40-11.48 | 1 | 12.42-12.52 | 1 |
| 3 | Gymbox Yellow | 9.30-9.40 | 1 | 10.30-10.38 | 1 | 11.40-11.48 | 1 | 12.42-12.52 | 1 |
| 4 | Gymnasium Rhinos | 9.30-9.40 | 1 | 10.30-10.38 | 1 | 11.40-11.48 | 1 | 12.42-12.52 | 1 |
| 5 | The Suicide Quads | 9.30-9.40 | 1 | 10.30-10.38 | 1 | 11.40-11.48 | 1 | 12.42-12.52 | 1 |
| 1 | Not Fast Not Furious | 9.43-9.53 | 2 | 10.43-10.51 | 2 | 11.53-12.01 | 2 | 12.55-13.05 | 2 |
| 2 | Team Sandbag | 9.43-9.53 | 2 | 10.43-10.51 | 2 | 11.53-12.01 | 2 | 12.55-13.05 | 2 |
| 3 | Just Do WIT | 9.43-9.53 | 2 | 10.43-10.51 | 2 | 11.53-12.01 | 2 | 12.55-13.05 | 2 |
| 4 | Millenia-Ls | 9.43-9.53 | 2 | 10.43-10.51 | 2 | 11.53-12.01 | 2 | 12.55-13.05 | 2 |
| 5 | The Power Rangers | 9.43-9.53 | 2 | 10.43-10.51 | 2 | 11.53-12.01 | 2 | 12.55-13.05 | 2 |
| 1 | Turf Virgins | 9.56-10.06 | 3 | 10.56-11.04 | 3 | 12.06-12.14 | 3 | 13.08-13.18 | 3 |
| 2 | Charlie's Angels | 9.56-10.06 | 3 | 10.56-11.04 | 3 | 12.06-12.14 | 3 | 13.08-13.18 | 3 |
| 3 | D'Arse | 9.56-10.06 | 3 | 10.56-11.04 | 3 | 12.06-12.14 | 3 | 13.08-13.18 | 3 |
| 4 | Grandpa's Day Out | 9.56-10.06 | 3 | 10.56-11.04 | 3 | 12.06-12.14 | 3 | 13.08-13.18 | 3 |
| 5 | Hel's Henchmen | 9.56-10.06 | 3 | 10.56-11.04 | 3 | 12.06-12.14 | 3 | 13.08-13.18 | 3 |
| 1 | Aggressively Average | 10.09-10.19 | 4 | 11.09-11.17 | 4 | 12.19-12.27 | 4 | 13.21-13.31 | 4 |
| 2 | Boff Goblin | 10.09-10.19 | 4 | 11.09-11.17 | 4 | 12.19-12.27 | 4 | 13.21-13.31 | 4 |
| 3 | £5 latte | 10.09-10.19 | 4 | 11.09-11.17 | 4 | 12.19-12.27 | 4 | 13.21-13.31 | 4 |
| 4 | Team GOLD...and Matt | 10.09-10.19 | 4 | 11.09-11.17 | 4 | 12.19-12.27 | 4 | 13.21-13.31 | 4 |
| 5 | Hakuna Masquata | 10.09-10.19 | 4 | 11.09-11.17 | 4 | 12.19-12.27 | 4 | 13.21-13.31 | 4 |



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|--------|----------------------------|--------------|------|--------------|------|--------------------|------|-----------------|------|
| LANE # | Team Name | Round 1 Time | HEAT | Round 2 Time | HEAT | Round 3 Time | HEAT | Round 4 Time | HEAT |
| 1 | Team Madness | 9.30-9.38 | 1 | 10.30-10.40 | 1 | 11.40-11.50 | 1 | 12.42-12.50 | 1 |
| 2 | Manor London | 9.30-9.38 | 1 | 10.30-10.40 | 1 | 11.40-11.50 | 1 | 12.42-12.50 | 1 |
| 3 | No.1 Fitness | 9.30-9.38 | 1 | 10.30-10.40 | 1 | 11.40-11.50 | 1 | 12.42-12.50 | 1 |
| 4 | We Come From Behind | 9.30-9.38 | 1 | 10.30-10.40 | 1 | 11.40-11.50 | 1 | 12.42-12.50 | 1 |
| 5 | HereComesThe(white)Noise | 9.30-9.38 | 1 | 10.30-10.40 | 1 | 11.40-11.50 | 1 | 12.42-12.50 | 1 |
| 1 | Black Swans | 9.43-9.51 | 2 | 10.43-10.53 | 2 | 11.53-12.03 | 2 | 12.55-13.03 | 2 |
| 2 | Lionheart Breakers | 9.43-9.51 | 2 | 10.43-10.53 | 2 | 11.53-12.03 | 2 | 12.55-13.03 | 2 |
| 3 | M1N1ONS | 9.43-9.51 | 2 | 10.43-10.53 | 2 | 11.53-12.03 | 2 | 12.55-13.03 | 2 |
| 4 | Training Space Mixed | 9.43-9.51 | 2 | 10.43-10.53 | 2 | 11.53-12.03 | 2 | 12.55-13.03 | 2 |
| 5 | Wolfpack | 9.43-9.51 | 2 | 10.43-10.53 | 2 | 11.53-12.03 | 2 | 12.55-13.03 | 2 |
| 1 | Thor's Whores | 9.56-10.03 | 3 | 10.56-11.06 | 3 | 12.06-12.16 | 3 | 13.08-13.16 | 3 |
| 2 | Snatch Me If You Can | 9.56-10.03 | 3 | 10.56-11.06 | 3 | 12.06-12.16 | 3 | 13.08-13.16 | 3 |
| 3 | Hiit Me Baby One More Time | 9.56-10.03 | 3 | 10.56-11.06 | 3 | 12.06-12.16 | 3 | 13.08-13.16 | 3 |
| 4 | 82Much | 9.56-10.03 | 3 | 10.56-11.06 | 3 | 12.06-12.16 | 3 | 13.08-13.16 | 3 |
| 5 | The Breakfast Club | 9.56-10.03 | 3 | 10.56-11.06 | 3 | 12.06-12.16 | 3 | 13.08-13.16 | 3 |
| 1 | Phoenix V | 10.09-10.17 | 4 | 11.09-11.19 | 4 | 12.19-12.29 | 4 | 13.21-13.29 | 4 |
| 2 | NSFW | 10.09-10.17 | 4 | 11.09-11.19 | 4 | 12.19-12.29 | 4 | 13.21-13.29 | 4 |
| 3 | Wod Did We Get Into | 10.09-10.17 | 4 | 11.09-11.19 | 4 | 12.19-12.29 | 4 | 13.21-13.29 | 4 |
| 4 | Park Life | 10.09-10.17 | 4 | 11.09-11.19 | 4 | 12.19-12.29 | 4 | 13.21-13.29 | 4 |
| 5 | Agony of De Feet | 10.09-10.17 | 4 | 11.09-11.19 | 4 | 12.19-12.29 | 4 | 13.21-13.29 | 4 |

Mixed Elite Semi Finals will be at 14.00, Mixed Everyday Athlete Plate Final at 15.00 and Mixed ELITE FINAL at 16.05