



MEN'S 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. All Men's team are doing all 4 workouts in the same order, with 4 heats per workout.

	<i>MEN'S CATEGORY</i>	<i>MOVE IT OR LOSE IT</i>		<i>STRONGMAN SALLY</i>		<i>HARD LABOUR</i>		<i>QUICK SAND</i>	
LANE #	Team Name	Round 1 Time	HEAT	Round 2 Time	HEAT	Round 3 Time	HEAT	Round 4 Time	HEAT
1	Barebells & Barbells	9.30-9.40	1	10.30-10.38	1	11.40-11.48	1	12.42-12.52	1
2	Team WIT	9.30-9.40	1	10.30-10.38	1	11.40-11.48	1	12.42-12.52	1
3	Show Me Your Snatch	9.30-9.40	1	10.30-10.38	1	11.40-11.48	1	12.42-12.52	1
4	UK Bootnecks	9.30-9.40	1	10.30-10.38	1	11.40-11.48	1	12.42-12.52	1
5	Vicious & Delicious	9.30-9.40	1	10.30-10.38	1	11.40-11.48	1	12.42-12.52	1
1	Make it Hurt	9.43-9.53	2	10.43-10.51	2	11.53-12.01	2	12.55-13.05	2
2	Farm Fitness	9.43-9.53	2	10.43-10.51	2	11.53-12.01	2	12.55-13.05	2
3	Gymnasium	9.43-9.53	2	10.43-10.51	2	11.53-12.01	2	12.55-13.05	2
4	Titans of Swole	9.43-9.53	2	10.43-10.51	2	11.53-12.01	2	12.55-13.05	2
5	Turf Warts	9.43-9.53	2	10.43-10.51	2	11.53-12.01	2	12.55-13.05	2
1	Drop it Like a Squat	9.56-10.06	3	10.56-11.04	3	12.06-12.14	3	13.08-13.18	3
2	Barry's Bootcamp Bros	9.56-10.06	3	10.56-11.04	3	12.06-12.14	3	13.08-13.18	3
3	Training Space Men's	9.56-10.06	3	10.56-11.04	3	12.06-12.14	3	13.08-13.18	3
4	MacAulish	9.56-10.06	3	10.56-11.04	3	12.06-12.14	3	13.08-13.18	3
5	Team Catalyst	9.56-10.06	3	10.56-11.04	3	12.06-12.14	3	13.08-13.18	3
1	Beaches & Barsnacks	10.09-10.19	4	11.09-11.17	4	12.19-12.27	4	13.21-13.31	4
2	STnSB	10.09-10.19	4	11.09-11.17	4	12.19-12.27	4	13.21-13.31	4
3	Tank Engines	10.09-10.19	4	11.09-11.17	4	12.19-12.27	4	13.21-13.31	4
4	Schumacher Ski School	10.09-10.19	4	11.09-11.17	4	12.19-12.27	4	13.21-13.31	4
5	Forging Glory	10.09-10.19	4	11.09-11.17	4	12.19-12.27	4	13.21-13.31	4

Men's Elite Semi Finals will be at 14.35, Men's Everyday Athlete Plate Final at 15.35 and Men's ELITE FINAL at 16.45