



## WOMEN'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 Women's teams are doing all 4 workouts in the same order, with 4 heats per workout.

	WOMEN'S CATEGORY	STRONGMAN SALLY		MOVE IT OR LOSE IT		QUICK SAND		HARD LABOUR	
LANE #	Team Name	Round 1 Time	HEAT	Round 2 Time	HEAT	Round 3 Time	HEAT	Round 4 Time	HEAT
1	Hel's Angels	9.30-9.38	1	10.30-10.40	1	11.40-11.50	1	12.42-12.50	1
2	Barry's Bootcamp	9.30-9.38	1	10.30-10.40	1	11.40-11.50	1	12.42-12.50	1
3	Team Savage Barbell	9.30-9.38	1	10.30-10.40	1	11.40-11.50	1	12.42-12.50	1
4	Ozzy's Farm Girls	9.30-9.38	1	10.30-10.40	1	11.40-11.50	1	12.42-12.50	1
5	Trouble Unders	9.30-9.38	1	10.30-10.40	1	11.40-11.50	1	12.42-12.50	1
1	Biceps & Beavers	9.43-9.51	2	10.43-10.53	2	11.53-12.03	2	12.55-13.03	2
2	Gymunji	9.43-9.51	2	10.43-10.53	2	11.53-12.03	2	12.55-13.03	2
3	Training Space Girls	9.43-9.51	2	10.43-10.53	2	11.53-12.03	2	12.55-13.03	2
4	Reach For The Bars	9.43-9.51	2	10.43-10.53	2	11.53-12.03	2	12.55-13.03	2
5	The Heavyweights	9.43-9.51	2	10.43-10.53	2	11.53-12.03	2	12.55-13.03	2
1	#Don'tbeSh*t	9.56-10.03	3	10.56-11.06	3	12.06-12.16	3	13.08-13.16	3
2	Badass Machines	9.56-10.03	3	10.56-11.06	3	12.06-12.16	3	13.08-13.16	3
3	Guac Is Extra, So Are We	9.56-10.03	3	10.56-11.06	3	12.06-12.16	3	13.08-13.16	3
4	Team Catalyst Ladies	9.56-10.03	3	10.56-11.06	3	12.06-12.16	3	13.08-13.16	3
5	Turf Babes	9.56-10.03	3	10.56-11.06	3	12.06-12.16	3	13.08-13.16	3
1	Holy Fit	10.09-10.17	4	11.09-11.19	4	12.19-12.29	4	13.21-13.29	4
2	Less Talkin' More Chalkin'	10.09-10.17	4	11.09-11.19	4	12.19-12.29	4	13.21-13.29	4
3	Let's Get Fizzical	10.09-10.17	4	11.09-11.19	4	12.19-12.29	4	13.21-13.29	4
4	Peakly Blinders	10.09-10.17	4	11.09-11.19	4	12.19-12.29	4	13.21-13.29	4
5	Late To The Party	10.09-10.17	4	11.09-11.19	4	12.19-12.29	4	13.21-13.29	4

Women's Elite Semi Finals will be at 14.15, Women's Everyday Athlete Plate Final at 15.20 and Women's ELITE FINAL at 16.25