



FRIDAY, 1 SEPTEMBER 2023		
Registration (Teams)	5:30 pm	6:30 pm
SATURDAY, 2 SEPTEMBER 2023		
CrossFit Algoa doors open (Late Regis)	8:00 am	
Welcome, Group Pic, Brief	8:15 am	8:40 am
<i>Travel to Newton Park Pool</i>		
Event 1: Newton Park Pool		
Beginner	9:20 am	9:40 am
Intermediate	9:48 am	10:08 am
RX	10:16 am	10:36 am
<i>Travel to CrossFit Algoa</i>		
Event 2:		
Beginner	10:56 am	11:14 am
Intermediate - Heat 1	11:24 am	11:42 am
Intermediate - Heat 2	11:47 am	12:05 pm
RX	12:15 pm	12:33 pm
INTERVAL/MID-DAY BREAK		
	12:33 pm	1:18 pm
Event 3:		
Beginner	1:18 pm	1:38 pm
Intermediate - Heat 1	1:45 pm	2:05 pm
Intermediate - Heat 2	2:10 pm	2:30 pm
RX	2:37 pm	2:57 pm
Event 4:		
Intermediate - Heat 1	3:12 pm	3:35 pm
Intermediate - Heat 2	3:40 pm	4:03 pm
RX	4:13 pm	4:36 pm
Clean-up and set-up	4:36 pm	5:11 pm