



Male Teams

Captain	Gym/Affiliate	Team Number
Adam Waleryszak	CrossFit Henley	M1
Adam Weir	Crossfit 3429	M2
Naomi Cryer	CFNA #4	M3
Diana Ivkovic M	Crossfit Geelong	M4
Drew Burns	NQCFB	M5
Huw Pearce	Blue Lake CrossFit	M6
Michael Hageman	Bring It On CrossFit	M7
James Ryan	Perfit CrossFit	M8
Jared Cox M	Bring It On CrossFit	M9
James Kruger	Southern Grampians CrossFit	M10
Mick Ryan	Bring It On CrossFit	M11
Naomi Cryer	CFNA #2	M12
Tim Faughlin	CrossFit Mornington	M13
Ryan Chamley	Bring It On CrossFit	M14
SCCF 1	Sovereign City CrossFit	M15
Simon Shanks	Crossfit Anaconda	M16
The Ginyu Force	CrossFit Barwon	M17
Naomi Cryer	CFNA #3	M18
Toni Lane	CrossFit Henley	M19
Jacob Baxter	NQCFB	M20

Female Teams

Captain	Gym/Affiliate	Team Number
Eva Maywald	Blue Lake CrossFit	F1
Jacinta Hedley	Southern Grampians CrossFit	F2
Diana Ivkovic F	CrossFit Geeling	F3
Jared Cox F	Bring It On CrossFit	F4
Lifting sisters	CrossFit Barwon	F5
Micaela Murray	Southern Grampians CrossFit	F6
Naomi Cryer	CFNA #1	F7
natalie rixon	CrossFit Mornington	F8
Simone Howard	n/a	F9
Sweaty Coconuts	Southern Grampians CrossFit	F10
Toni Lane	CrossFit Henley	F11
Toni lane	CrossFit Henley	F12



Teams Schedule

Registration: 6.30am
Briefing: 6.45am
Semi-final: 4.00pm-4.30pm
Final: 4.45pm-5.15pm
Presentations: 5.20pm-5.30pm

Time	Grid 1		Grid 2		Time	Grid 1		Grid 2	
WOD 1					WOD 2				
7.30am	M1	M2	F1	F2	9.05am	M1	M5	F1	F12
7.41am	M3	M4	F3	F4	9.13am	M3	M2	F3	F2
7.52am	M5	M6	F5	F6	9.21am	M20	M4	F5	F4
8.03am	M7	M8	F7	F8	9.29am	M7	M6	F7	F6
8.14am	M9	M10	F9	F10	9.37am	M9	M8	F9	F8
8.25am	M11	M12	F11	F12	9.45am	M11	M10	F11	F10
8.36am	M13	M14	M19	M20	9.53am	M13	M12	M19	M18
8.47am	M15	M16	M17	M18	10.01am	M15	M14	M17	M16



Time	Grid 1		Grid 2		Time	Grid 1		Grid 2	
WOD 3					WOD 4				
10.20am	M1	M7	F1	F10	11.40am	M1	M9	F1	F8
10.29am	M3	M20	F3	F12	11.49am	M3	M18	F3	F10
10.38am	M5	M2	F5	F2	11.58am	M5	M20	F5	F12
10.47am	M18	M4	F7	F4	12.07pm	M7	M2	F7	F2
10.56am	M9	M6	F9	F6	12.16pm	M16	M4	F9	F4
11.05am	M11	M8	F11	F8	12.25pm	M11	M6	F11	F6
11.14am	M13	M10	M19	M16	12.34pm	M13	M8	M19	M14
11.23am	M15	M12	M17	M14	12.43pm	M15	M10	M17	M12
WOD 5					WOD 6				
1.00pm	M1	M11	F1	F6	2.35pm	M1	M18	F1	F4
1.11pm	M3	M16	F3	F8	2.43pm	M3	M14	F3	F6
1.22pm	M5	M18	F5	F10	2.51pm	M5	M16	F5	F8
1.33pm	M7	M20	F7	F12	2.59pm	M7	M12	F7	F10
1.44pm	M9	M2	F9	F2	3.07pm	M9	M20	F9	F12
1.55pm	M14	M4	F11	F4	3.15pm	M11	M2	F11	F2
2.06pm	M13	M6	M19	M12	3.23pm	M13	M4	M19	M10
2.17pm	M15	M8	M17	M10	3.31pm	M15	M6	M17	M8