



WOD 1

Heat	Time
1	7:20
2	7:40
3	8:00
4	8:20
5	8:40
6	9:00
7	9:20

WOD1 – FITAID DEADLY ROW

Heat 1		7:20
Teams		
Lane 1	F Scaled 1	Andfit
Lane 2	F Scaled 2	Kia Mia
Lane 3	F Scaled 3	North Harbour
Lane 4	F Scaled 4	Functional Strength
Lane 5	F Scaled 5	East Auckland
Lane 6	F Scaled 6	Urban Athletics
Lane 7	F Scaled 7	Cameron
Lane 8	F Scaled 8	Manukau
Lane 9	F Scaled 9	Power station
Lane 10	F Scaled 10	OFB
Lane 11	F Scaled 11	Far North
Lane 12	F Scaled 12	Waitakere

Heat 2		7:40
Teams		
Lane 1	F Scaled 13	Pukekohe
Lane 2	F Scaled 14	Quattro
Lane 3	F Scaled 15	Takanini
Lane 4	F Scaled 16	Sophie & Friends
Lane 5	F Scaled 17	HPU
Lane 6	F RX 1	Teine Toa
Lane 7	F RX 2	Kia Mia
Lane 8	F RX 3	North Harbour
Lane 9	F RX 4	Zealous
Lane 10	F RX 5	Functional Strength
Lane 11	F RX 6	East auckland
Lane 12	F RX 7	OFB

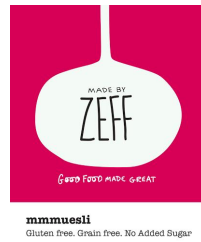
Heat 3		8:00
Teams		
Lane 1	F RX 8	East Tamaki
Lane 2	F RX 9	Taurus
Lane 3	F RX 10	Central Wellington
Lane 4	F RX 11	Alpha Brave
Lane 5	F RX 12	Mount CrossFit
Lane 6	F Super 1	Rebecca Gowing
Lane 7	F Super 2	Joelene Neville
Lane 8	F Super 3	Bailey Rogers
Lane 9	F Super 4	Zaks Pack
Lane 10	F Super 5	Puawai Munro-Halkyard
Lane 11	F Super 6	Tracey Stewart
Lane 12		

Heat 4		8:20
Teams		
Lane 1	M Scaled 1	Kia Maia
Lane 2	M Scaled 2	North Harbour
Lane 3	M Scaled 3	Functional Strength
Lane 4	M Scaled 4	East auckland
Lane 5	M Scaled 5	Mt Eden
Lane 6	M Scaled 6	West Auckland
Lane 7	M Scaled 7	Urban Athletics
Lane 8	M Scaled 8	East Tamaki
Lane 9	M Scaled 9	Manukau
Lane 10	M Scaled 10	Power station
Lane 11	M Scaled 11	OFB
Lane 12	M Scaled 12	Pukekohe

Heat 5		8:40
Teams		
Lane 1	M Scaled 13	HPU
Lane 2	M Scaled 14	Cameron
Lane 3	M Scaled 15	Zealous
Lane 4	M Scaled 16	Daedalus
Lane 5	M Scaled 17	Rapid
Lane 6	M Scaled 18	MCR
Lane 7	M Scaled 19	Pukekohe
Lane 8	M Scaled 20	Takanini
Lane 9	M Scaled 21	Waitakere
Lane 10	M RX 1	Andfit
Lane 11	M RX 2	Andfit
Lane 12	M RX 3	Functional Strength

Heat 6		9:00
Teams		
Lane 1	M RX 4	Kia mia
Lane 2	M RX 5	
Lane 3	M RX 6	Urban Athletics
Lane 4	M RX 7	East Tamaki
Lane 5	M RX 8	Whagarei
Lane 6	M RX 9	CFNZ
Lane 7	M RX 10	Cameron
Lane 8	M RX 11	OFB
Lane 9	M RX 12	Far North
Lane 10	M RX 13	Flex Appeal
Lane 11	M RX 14	Zealous
Lane 12	M RX 15	Quattro

Heat 7		9:20
Teams		
Lane 1	M RX 16	MCR
Lane 2	M RX 17	Taurus
Lane 3	M RX 18	Dave & Friends
Lane 4	M RX 19	Mount CrossFit
Lane 5	M Super 1	Kevin Manuel
Lane 6	M Super 2	Luke Mcgruer
Lane 7	M Super 3	Luke Fiso
Lane 8	M Super 4	Kahn May
Lane 9	M Super 5	James Connew
Lane 10	M Super 6	Zaks Pack
Lane 11		
Lane 12		



WOD 2

Heat	Time
1	10:00
2	10:15
3	10:30
4	10:45
5	11:00
6	11:15
7	11:30
8	11:45
9	12:00
10	12:15



WOD 2: BURGER BURGER'S BENCH
WOD 3: SAFARI BILTONG SNATCH TRIPLET

Heat 1		10:00		Heat 2		10:15		Heat 3		10:30		Heat 4		10:45		Heat 5		11:00	
Teams				Teams				Teams				Teams				Teams			
Lane 1	F Scaled 1	Andfit	Lane 1	F Scaled 9	Power station	Lane 1	F Scaled 17	HPU	Lane 1	F RX 8	East Tamaki	Lane 1	F Super 4	Zaks Pack					
Lane 2	F Scaled 2	Kia Mia	Lane 2	F Scaled 10	OFB	Lane 2	F RX 1	Teine Toa	Lane 2	F RX 9	Taurus	Lane 2	F Super 5	Puawai Munro-Halkyard					
Lane 3	F Scaled 3	North Harbour	Lane 3	F Scaled 11	Far North	Lane 3	F RX 2	Kia Mia	Lane 3	F RX 10	Central Wellington	Lane 3	F Super 6	Tracey Stewart					
Lane 4	F Scaled 4	Functional Strength	Lane 4	F Scaled 12	Waitakere	Lane 4	F RX 3	North Harbour	Lane 4	F RX 11	Alpha Brave	Lane 4	M Scaled 1	Kia Maia					
Lane 5	F Scaled 5	East auckland	Lane 5	F Scaled 13	Pukekohe	Lane 5	F RX 4	Zealous	Lane 5	F RX 12	Mount CrossFit	Lane 5	M Scaled 2	North Harbour					
Lane 6	F Scaled 6	Urban Athletics	Lane 6	F Scaled 14	Quattro	Lane 6	F RX 5	Functional Strength	Lane 6	F Super 1	Rebecca Gowing	Lane 6	M Scaled 3	Functional Strength					
Lane 7	F Scaled 7	Cameron	Lane 7	F Scaled 15	Takanini	Lane 7	F RX 6	East auckland	Lane 7	F Super 2	Joelene Neville	Lane 7	M Scaled 4	East auckland					
Lane 8	F Scaled 8	Manukau	Lane 8	F Scaled 16	Sophie & Friends	Lane 8	F RX 7	OFB	Lane 8	F Super 3	Bailey Rogers	Lane 8	M Scaled 5	Mt Eden					
Heat 6		11:15		Heat 7		11:30		Heat 8		11:45		Heat 9		12:00		Heat 10		12:15	
Teams				Teams				Teams				Teams				Teams			
Lane 1	M Scaled 6	West Auckland	Lane 1	M Scaled 14	Cameron	Lane 1	M RX 1	Andfit Red	Lane 1	M RX 10	Cameron	Lane 1	M RX 18	Dave & Friends					
Lane 2	M Scaled 7	Urban Athletics	Lane 2	M Scaled 15	Zealous	Lane 2	M RX 2	Andfit Black	Lane 2	M RX 11	OFB	Lane 2	M RX 19	Mount CrossFit					
Lane 3	M Scaled 8	East Tamaki	Lane 3	M Scaled 16	Daedalus	Lane 3	M RX 3	Functional Strength	Lane 3	M RX 12	Far North	Lane 3	M Super 1	Kevin Manuel					
Lane 4	M Scaled 9	Manukau	Lane 4	M Scaled 17	Rapid	Lane 4	M RX 4	Kia mia	Lane 4	M RX 13	Flex Appeal	Lane 4	M Super 2	Luke Mcgruer					
Lane 5	M Scaled 10	Power station	Lane 5	M Scaled 18	MCR	Lane 5	M RX 6	Urban Athletics	Lane 5	M RX 14	Zealous	Lane 5	M Super 3	Luke Fiso					
Lane 6	M Scaled 11	OFB	Lane 6	M Scaled 19	Pukekohe	Lane 6	M RX 7	East Tamaki	Lane 6	M RX 15	Quattro	Lane 6	M Super 4	Kahn May					
Lane 7	M Scaled 12	Pukekohe	Lane 7	M Scaled 20	Takanini	Lane 7	M RX 8	Whagarei	Lane 7	M RX 16	MCR	Lane 7	M Super 5	James Connew					
Lane 8	M Scaled 13	HPU	Lane 8	M Scaled 21	Waitakere	Lane 8	M RX 9	CFNZ	Lane 8	M RX 17	Taurus	Lane 8	M Super 6	Zaks Pack					



WOD 4

Heat	Time
1	12:45
2	13:00
3	13:15
4	13:30
5	13:45
6	14:00
7	14:15
8	14:30
9	14:45
10	15:00



mmuesli
Gluten free. Grain free. No Added Sugar

WOD 4 - ZEFF 300



Heat 1		12:45
Teams		
Lane 1	F Scaled 1	Andfit
Lane 2	F Scaled 2	Kia Mia
Lane 3	F Scaled 3	North Harbour
Lane 4	F Scaled 4	Functional Strength
Lane 5	F Scaled 5	East auckland
Lane 6	F Scaled 6	Urban Athletics
Lane 7	F Scaled 7	Cameron
Lane 8	F Scaled 8	Manukau

Heat 2		13:00
Teams		
Lane 1	F Scaled 9	Power station
Lane 2	F Scaled 10	OFB
Lane 3	F Scaled 11	Far North
Lane 4	F Scaled 12	Waitakere
Lane 5	F Scaled 13	Pukekohe
Lane 6	F Scaled 14	Quattro
Lane 7	F Scaled 15	Takanini
Lane 8	F Scaled 16	Sophie & Friends

Heat 3		13:15
Teams		
Lane 1	F Scaled 17	HPU
Lane 2	F RX 1	Teine Toa
Lane 3	F RX 2	Kia Mia
Lane 4	F RX 3	North Harbour
Lane 5	F RX 4	Zealous
Lane 6	F RX 5	Functional Strength
Lane 7	F RX 6	East auckland
Lane 8	F RX 7	OFB

Heat 4		13:30
Teams		
Lane 1	F RX 8	East Tamaki
Lane 2	F RX 9	Taurus
Lane 3	F RX 10	Central Wellington
Lane 4	F RX 11	Alpha Brave
Lane 5	F RX 12	Mount CrossFit
Lane 6	F Super 1	Rebecca Gowing
Lane 7	F Super 2	Joelene Neville
Lane 8	F Super 3	Bailey Rogers

Heat 5		13:45
Teams		
Lane 1	F Super 4	Zaks Pack
Lane 2	F Super 5	Puawai Munro-Halkyard
Lane 3	F Super 6	Tracey Stewart
Lane 4	M Scaled 1	Kia Maia
Lane 5	M Scaled 2	North Harbour
Lane 6	M Scaled 3	Functional Strength
Lane 7	M Scaled 4	East auckland
Lane 8	M Scaled 5	Mt Eden

Heat 6		14:00
Teams		
Lane 1	M Scaled 6	West Auckland
Lane 2	M Scaled 7	Urban Athletics
Lane 3	M Scaled 8	East Tamaki
Lane 4	M Scaled 9	Manukau
Lane 5	M Scaled 10	Power station
Lane 6	M Scaled 11	OFB
Lane 7	M Scaled 12	Pukekohe
Lane 8	M Scaled 13	HPU

Heat 7		14:15
Teams		
Lane 1	M Scaled 14	Cameron
Lane 2	M Scaled 15	Zealous
Lane 3	M Scaled 16	Daedalus
Lane 4	M Scaled 17	Rapid
Lane 5	M Scaled 18	MCR
Lane 6	M Scaled 19	Pukekohe
Lane 7	M Scaled 20	Takanini
Lane 8	M Scaled 21	Waitakere

Heat 8		14:30
Teams		
Lane 1	M RX 1	Andfit Red
Lane 2	M RX 2	Andfit Black
Lane 3	M RX 3	Functional Strength
Lane 4	M RX 4	Kia mia
Lane 5	M RX 6	Urban Athletics
Lane 6	M RX 7	East Tamaki
Lane 7	M RX 8	Whagarei
Lane 8	M RX 9	CFNZ

Heat 9		14:45
Teams		
Lane 1	M RX 10	Cameron
Lane 2	M RX 11	OFB
Lane 3	M RX 12	Far North
Lane 4	M RX 13	Flex Appeal
Lane 5	M RX 14	Zealous
Lane 6	M RX 15	Quattro
Lane 7	M RX 16	MCR
Lane 8	M RX 17	Taurus

Heat 10		15:00
Teams		
Lane 1	M RX 18	Dave & Friends
Lane 2	M RX 19	Mount CrossFit
Lane 3	M Super 1	Kevin Manuel
Lane 4	M Super 2	Luke Mcgruer
Lane 5	M Super 3	Luke Fiso
Lane 6	M Super 4	Kahn May
Lane 7	M Super 5	James Connew
Lane 8	M Super 6	Zaks Pack



WOD 4

Heat	Time
1	15:45
2	16:00
3	16:15
4	16:30



FINALS - TOP 8 TEAMS IN EACH DIVISION.

WOD 5: BLUE DINOSAUR BALL WALK

WOD 6: FITSHOP FAST FEET FLYER

WOD 7: LULULEMON LEGLESS

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

SCALED MEN	15:45
Teams	

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

SCALED LADIES	16:00
Teams	

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

RX MEN	16:15
Teams	

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

RX LADIES	16:30
Teams	



