



CrossFit Schedule

Venue: RBC Convention Centre - Hall C

Dates: Saturday July 29, 2023



— WORLD —
POLICE & FIRE
— GAMES —

Day: 1 "THE LONG ONE" - HEAT SCHEDULE

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
HEAT 1 (9:00AM - 9:16AM)			Gottlieb, Mariana	Peto, Sarah	Bonstrom-Peake, Michelle	Aitchison, Carol	St-Jules, Marie-Claude			
HEAT 2 (9:20AM - 9:36AM)	Darrah, Meredith	Lovell, Stacy	Hebert-Hamann, Jade	Pulafico, Madison	Rikharosdottir, Maria	Gaudreau, Brittany	Halldorsdottir, Tinna	Pancharoen, Heidi	Cavalcanti, Vanessa	Keeley, Laura
HEAT 3 (9:40AM - 9:56AM)	Bouchard, Milaine	Clark, Sherri	Farrell, Larissa	Giesbrecht, Megan	Kaur, Amandeep	Kaur, Manpreet	Leclair, Marie Laurence	Namaka, Leanna	Rodrigues Jorge, Amanda	Ingram, Lindsey
HEAT 4 (10:00AM - 10:16AM)	Gavranich, Alise	Huculak, Brooke	Murray, Molly	Gervais, Lisa	Hudon-Dufresne,	Sudjapun, Andrea	Davis, Misty	Franco Rocha Lins Ferreira,	Lavallee, Isabelle	Suich, Athena
20:00 MINUTE BREAK										
HEAT 5 (10:36AM - 10:52AM)		Torres, John A.	Garcia Gomez, Carlos	Hayes, Quentin	Mills, Dwayne	Haverty, Patrick	Osborn, Tommie	Delgado Gil, Reinaldo	Wills, Barry	
HEAT 6 (10:56AM - 11:12AM)	Bailly, Pierre	Alshehhi, Sultan	Littlefair, Scott	Oakley, Matthew	Tsentouros, Ioannis	Alshehhi, Ahmed	Black Water, Tristan	Galipeau, Emmanuel	Jaen Lopez, Javier	
HEAT 7 (11:16AM - 11:32AM)	Alahbabi, Ali	Alshamsi, Ibrahim	Balkovec, Lukas	Bruccoleri, Robert	Peachment, Benjamin	Alteneiji, Ebrahim	Gorcosos, Akos	Goulas, Konstantinos	John, Guilherme Palacio	Salamah, Ahmed
20:00 MINUTE BREAK										
HEAT 8 (11:52AM - 12:08PM)	Anderson, Ryon	Dressler, Joseph	Kruger, Reagan	Marinho Peixoto, Lafaiete	Perzow, Adam	Roman, Ricardo	Steven, Ford	Wahl, Jeremy	Walsh, Adam	Xavier Cruz, João Rodolpho
HEAT 9 (12:12PM - 12:28PM)		Augusto Guimarães,	Costa Monteiro, Diego	Guinez, Christophe	Hilliard, Jeffrey	Hogan, Kevin	Labbe, Pierre-Luc	Macpherson, Garreth	McLaren, Riley	
HEAT 10 (12:32PM - 12:48PM)		But, Dmytro	Moura Silva, Lucas	Nicholson, Matthew	Philpott, Adam	Queiroz Vasconcelos,	Silva, Marcos	Silverberg, Jason	Zucconi, Aaron	
20:00 MINUTE BREAK										
HEAT 11 (1:08PM - 1:24PM)	Comeau, Anthony	D'Astous R, Christopher	Guerin, Laurent	Lapointe, Vincent	Brisebois, Vincent	Grecco Jr, Anthony Joseph	Hamecher, Dominik	Horton, Tyler	Leclerc, Jean-Philip	Martinette-Morneau, Rose
HEAT 12 (1:28PM - 1:44PM)	Leduc, Simon	Lee, Blake Jonathon	Lopes Zedes Júnior, Nelson	Menard, Vincent	Menzies, Chris	Murkin, Kole	Nagorski, Tegan	Ripia, Tyson	Rollack, Nathan	Rose, Scott
HEAT 13 (1:48PM - 2:04PM)	Pfennig, Jan	Raymond, Jonathan	Sinclair, Beaumont	Van Haren, Rick	Roy, Olivier	Sindelar, Denny	Singh, Amrinder	Vieira, Rodrigo	Yanick, Joel	Yanis, Toumi



CrossFit Schedule

Venue: RBC Convention Centre - Hall C

Dates: Sunday July 30, 2023



— WORLD —
POLICE & FIRE
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Day 2 - Morning Workout #2 "DIANE & DIE"

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
HEAT 1 (9:00AM - 9:12AM)			W/SC-40-44	W/SC-40-44	W/SC-45-49	W/SC-50-54	W/SC-50-54			
HEAT 2 (9:16AM - 9:28AM)	W/RX-45-49	W/RX-45-49	W/SC-18-29	W/SC-18-29	W/SC-18-29	W/SC-30-34	W/SC-30-34	W/SC-30-34	W/SC-35-39	W/SC-35-39
HEAT 3 (9:32AM - 9:44AM)	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RXM-50-54
HEAT 4 (9:48AM - 10:00AM)	W/RX-18-29	W/RX-18-29	W/RX-18-29	W/RX-35-39	W/RX-35-39	W/RX-35-39	W/RX-40-44	W/RX-40-44	W/RX-40-44	W/RX-40-44
HEAT 5 (10:04AM - 10:16AM)		M/SC-60+	M/SC-60+	M/SC-50-54	M/RXSC-60+	M/RXSC-55-59	M/RXSC-55-59	M/RXSC-50-54	M/RXSC-50-54	
HEAT 6 (10:20AM - 10:32AM)	M/SC-45-49	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-18-29	M/SC-18-29	M/SC-18-29	M/SC-18-29	
HEAT 7 (10:36AM - 10:48AM)	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39
HEAT 8 (11:00PM - 11:12PM)	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44
HEAT 9 (11:16PM - 11:28PM)	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 10 (11:40PM - 11:52PM)		M/RX-45-49	M/RX-45-49	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 11 (11:56PM - 12:08PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 12 (12:12PM - 12:24PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 13 (12:28PM - 12:40PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34

20:00 MINUTE Transition to Day 2 - Afternoon WORKOUT #3 "The Devil is in the Details"

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
HEAT 1 (1:00PM - 1:12PM)			W/SC-40-44	W/SC-40-44	W/SC-45-49	W/SC-50-54	W/SC-50-54			
HEAT 2 (1:16PM - 1:28PM)	W/RX-45-49	W/RX-45-49	W/SC-18-29	W/SC-18-29	W/SC-18-29	W/SC-30-34	W/SC-30-34	W/SC-30-34	W/SC-35-39	W/SC-35-39
HEAT 3 (1:32PM - 1:44PM)	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RXM-50-54
HEAT 4 (1:48PM - 2:00PM)	W/RX-18-29	W/RX-18-29	W/RX-18-29	W/RX-35-39	W/RX-35-39	W/RX-35-39	W/RX-40-44	W/RX-40-44	W/RX-40-44	W/RX-40-44
HEAT 5 (2:04PM - 2:16PM)		M/SC-60+	M/SC-60+	M/SC-50-54	M/RXSC-60+	M/RXSC-55-59	M/RXSC-55-59	M/RXSC-50-54	M/RXSC-50-54	
HEAT 6 (2:20PM - 2:32PM)	M/SC-45-49	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-18-29	M/SC-18-29	M/SC-18-29	M/SC-18-29	
HEAT 7 (2:36PM - 2:48PM)	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39
HEAT 8 (2:52PM - 3:04PM)	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44
HEAT 9 (3:08PM - 3:20PM)	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 10 (3:24PM - 3:36PM)		M/RX-45-49	M/RX-45-49	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 11 (3:40PM - 3:52PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 12 (3:56PM - 4:08PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 13 (4:12PM - 4:24PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34

Full Detailed Schedule with names will be posted after the end of first day competition.



CrossFit Schedule

Venue: RBC Convention Centre - Hall C

Dates: Monday July 31, 2023



— WORLD —
POLICE & FIRE
— GAMES —

Day 3 – Morning Workout #4 "DON'T FALL ON YOUR SWORD"

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
HEAT 1 (9:00AM - 9:10AM)			W/SC-40-44	W/SC-40-44	W/SC-45-49	W/SC-50-54	W/SC-50-54			
HEAT 2 (9:14AM - 9:24AM)	W/RX-45-49	W/RX-45-49	W/SC-18-29	W/SC-18-29	W/SC-18-29	W/SC-30-34	W/SC-30-34	W/SC-30-34	W/SC-35-39	W/SC-35-39
HEAT 3 (9:28AM - 9:38AM)	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RXM-50-54
HEAT 4 (9:42AM - 9:52AM)	W/RX-18-29	W/RX-18-29	W/RX-18-29	W/RX-35-39	W/RX-35-39	W/RX-35-39	W/RX-40-44	W/RX-40-44	W/RX-40-44	W/RX-40-44
HEAT 5 (9:56AM - 10:06AM)		M/SC-60+	M/SC-60+	M/SC-50-54	M/RXSC-60+	M/RXSC-55-59	M/RXSC-55-59	M/RXSC-50-54	M/RXSC-50-54	
HEAT 6 (10:10AM - 10:20AM)	M/SC-45-49	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-18-29	M/SC-18-29	M/SC-18-29	M/SC-18-29	
HEAT 7 (10:24AM - 10:34AM)	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39
HEAT 8 (10:38PM - 10:48PM)	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44
HEAT 9 (10:52PM - 11:02PM)	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 10 (11:04PM - 11:14PM)		M/RX-45-49	M/RX-45-49	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 11 (11:18PM - 11:28PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 12 (11:32PM - 11:42PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 13 (11:46PM - 11:56PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34

24:00 MINUTE Transition to Day 3 – Afternoon WORKOUT #5 "6FT. UNDER"

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
HEAT 1 (12:20PM - 12:26PM)			W/SC-40-44	W/SC-40-44	W/SC-45-49	W/SC-50-54	W/SC-50-54			
HEAT 2 (12:30PM - 12:36PM)	W/RX-45-49	W/RX-45-49	W/SC-18-29	W/SC-18-29	W/SC-18-29	W/SC-30-34	W/SC-30-34	W/SC-30-34	W/SC-35-39	W/SC-35-39
HEAT 3 (12:40PM - 12:46PM)	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RX-30-34	W/RXM-50-54
HEAT 4 (12:50PM - 12:56PM)	W/RX-18-29	W/RX-18-29	W/RX-18-29	W/RX-35-39	W/RX-35-39	W/RX-35-39	W/RX-40-44	W/RX-40-44	W/RX-40-44	W/RX-40-44
HEAT 5 (1:00PM - 1:06PM)		M/SC-60+	M/SC-60+	M/SC-50-54	M/RXSC-60+	M/RXSC-55-59	M/RXSC-55-59	M/RXSC-50-54	M/RXSC-50-54	
HEAT 6 (1:10PM - 1:16PM)	M/SC-45-49	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-40-44	M/SC-18-29	M/SC-18-29	M/SC-18-29	M/SC-18-29	
HEAT 7 (1:20PM - 1:26PM)	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-30-34	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39	M/SC-35-39
HEAT 8 (1:30PM - 1:36PM)	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44	M/RX-40-44
HEAT 9 (1:40PM - 1:46PM)	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 10 (1:50PM - 1:56PM)		M/RX-45-49	M/RX-45-49	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	M/RX-35-39	
HEAT 11 (2:00PM - 2:06PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 12 (2:10PM - 2:16PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34
HEAT 13 (2:20PM - 2:26PM)	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-18-29	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34	M/RX-30-34

**Full Detailed Schedule with names will be posted after the end of second day competition.
34:00 MINUTE TRANSITION TO MEDAL CEREMONIES (MEDAL CEREMONIES TO BEGIN AT 3:00PM)**