



CrossFit LICENSED EVENT | 2023

2023 COMPETITION SCHEDULE

FRIDAY 1 DECEMBER



INTERMEDIATE TEAM - EVENT 2
11:30AM - 12:00PM

MASTERS - EVENT 2
12:30PM - 1:45PM

FUTURES - EVENT 2 (1:45PM - 2:00PM)

WELCOME
ADAPTIVE - EVENT 2 (3:30PM - 3:45PM)

ELITE INDIVIDUAL - EVENT 2
3:45AM - 4:30PM

ELITE TEAM - EVENT 2
4:45PM - 5:30PM

ATHLETE Q&A
5:45PM - 6:15PM



ADAPTIVE - EVENT 1
7:30AM - 8:00AM

INTERMEDIATE TEAM - EVENT 1
8:00AM - 9:00AM

MASTERS - EVENT 1
9:00AM - 11:00AM

FUTURES - EVENT 1
11:00AM - 11:30AM

ELITE INDIVIDUAL - EVENT 1
12:00PM - 1:30PM

ELITE TEAM - EVENT 1
1:30PM - 3:00PM

SATURDAY 2 DECEMBER



INTERMEDIATE TEAM - EVENT 3
7:45AM - 8:30AM

MASTERS - EVENT 3
8:30AM - 9:30AM

FUTURES - EVENT 3 (9:30AM - 9:45AM)
ADAPTIVE - EVENT 3 (9:45AM - 10:00AM)

ELITE INDIVIDUAL - EVENT 3
10:15AM - 11:15AM

ELITE TEAM - EVENT 3 (F)
11:30AM - 12:00PM

ELITE TEAM - EVENT 3 (M)
1:00PM - 1:30PM

ELITE INDIVIDUAL - EVENT 5
4:00PM - 5:30PM

ELITE TEAM - EVENT 5
5:30PM - 7:30PM



INTERMEDIATE TEAM - EVENT 4
10:00AM - 10:45AM

MASTERS - EVENT 4
10:45AM - 12:00PM

FUTURES - EVENT 4
12:00PM - 12:30PM

ADAPTIVE - EVENT 4
12:30PM - 1:00PM

ELITE INDIVIDUAL - EVENT 4
1:45PM - 2:45PM

ELITE TEAM - EVENT 4
2:45PM - 4:00PM

SUNDAY 3 DECEMBER



INTERMEDIATE TEAM - EVENT 5
8:00AM - 8:45AM

MASTERS - EVENT 5
8:45AM - 10:00AM

FUTURES - EVENT 5
10:00AM - 10:30AM

INTERMEDIATE TEAM - EVENT 6
10:30AM - 11:00AM

MASTERS - EVENT 6
11:00AM - 12:00PM

FUTURES - EVENT 6 (12:00PM - 12:15PM)
ADAPTIVE - EVENT 6 (12:15PM - 12:30PM)

ELITE INDIVIDUAL - EVENT 6
12:30PM - 1:30PM

PRESENTATION 1

ELITE TEAM - EVENT 6
2:00PM - 3:00PM

ELITE INDIVIDUAL - EVENT 7
3:15PM - 3:45PM

ELITE TEAM - EVENT 7
3:45PM - 4:30PM

PRESENTATION 2