	EVENT 4: 08:00 - 10:40				
HEAT	HEAT NO. ATHLETES/TEAMS TIME				
HEAT	1 - RX INDIVIDUAL Male	5	08:00 - 08:12		
NO.	Athlete Name	Lane	Judge		
1	Carlos Alves	1	Gerhard Thirion		
2	Hermann Kuschke	2	Wouter Vermeulen		
3	Cornelius Phiri	3	Cecilia Meyer		
4	Callie Geel	4	Johan Lepen		
5	Bothma Keyser	5	Katja Laborn		
HEAD JUDGE: CASTYN WINFIELD					

HEAT	•	NO. ATHLETES/TEAMS	TIME
HEAT 2 - RX INDIVIDUAL Male		5	08:17 - 08:29
NO.	Athlete Name	Lane	Judge
1	Virgil Limon	1	Gerhard Thirion
2	Nicol Silimwe	2	Wouter Vermeulen
3	Mika Pilzer	3	Cecilia Meyer
4	Alexander Kotze	4	Johan Lepen
5	De Wett Jones	5	Katja Laborn
HEAD	JUDGE: CASTYN WINFIELD		

HEAT		NO. ATHLETES/TEAMS	TIME
HEAT 3 - RX INDIVIDUAL 3 Male + 2 Female		5	08:34 - 08:46
NO.	Athlete Name	Lane	Judge
1	Hywie Bampton	1	Gerhard Thirion
2	Willie Pretorius	2	Wouter Vermeulen
3	Divan la Cock	3	Cecilia Meyer
4	Jessica Lofty-Eaton	4	Johan Lepen
5	Michelle Pilzer	5	Katja Laborn
HEAD	JUDGE: CASTYN WINFIELD		

HEAT	•	NO. ATHLETES/TEAMS	TIME
HEAT	4 - RX TEAM Male	6	08:51 - 09:03
NO.	TEAM Name	Lane	Judge
1	Bro Reps	1	Elzke
2	CFP264	2	Caris Ludik
3	Damascus Swolios	3	Elke Slinger
4	M.A.D Men	4	Wentzel
5	Partytjie	5	Hannah
6	Team HSTL	6	Johandri
HEAD	JUDGE: CASTYN WINFIELD		

HEAT		NO. ATHLETES/TEAMS	TIME		
HEAT 5 - RX TEAM Female		5	09:08 - 09:20		
NO.	TEAM Name	Lane	Judge		
1	Beast Mode - FEMALE	1	Elzke		
2	Big Cook Little Cook - FEMALE	2	Caris Ludik		
3	Hompie Kedompie - FEMALE	3	Elke Slinger		
4	Two Stroke - FEMALE	4	Wentzel		
5	Dynamic Divas - FEMALE	5	Hannah		
HEAD	JUDGE: CASTYN WINFIELD				

HEAT	•	NO. ATHLETES/TEAMS	TIME
HEAT	6 - MASTERS TEAM 5 Male + 2 Female	7	09:25 - 09:37
NO.	TEAM Name	Lane	Judge
1	Damascus Anvils	1	Elzke
2	Kill O Grams	2	Caris Ludik
3	Los(t) Legends	3	Elke Slinger
4	Ou Manne	4	Wentzel
5	Spook en Diesel	5	Hannah
6	Damascus Punishers	6	Johandri
7	Fire & Ice	7	Adel Oosthuizen
HEAD	) JUDGE: KATJA LABORN		

HEAT	NO. ATHLETES/TEAMS	TIME
HEAT 7 - SCALED TEAM 4 Male + 4 Female	8	09:42 - 09:54
NO. TEAM Name	Lane	Judge
1 Canaries - FEMALE	1	DR
2 Dolls with Goals - FEMALE	2	Endeline Ouseb
3 Fit at heart - FEMALE	3	Deonne Lubbe
4 Foxy Force - FEMALE	4	Gerhard Snyders
5 Avengers - MALE	5	Johann Mouton
6 Bro's 2 Bar - MALE	6	Adel Oosthuizen
7 Hemp Aan Hemp Af - MALE	7	Ingo Oosthuizen
8 KlippeKou - MALE	8	Elke Slinger
HEAD JUDGE: KATJA LABORN		

HEAT		NO. ATHLETES/TEAMS	TIME
HEAT 8 - SCALED TEAM 3 Male + 3 Female		6	09:59 - 10:11
NO.	TEAM Name	Lane	Judge
1	Humble Duo - FEMALE	1	DR
2	Just Peachy - FEMALE	2	Endeline Ouseb
3	Lit - FEMALE	3	Deonne Lubbe
4	Lenard and Tangeni - MALE	4	Gerhard Snyders
5	Phineas & Ferb - MALE	5	Johann Mouton
6	Y-Gen-Z - MALE	6	Adel Oosthuizen
HEAD	) JUDGE: KATJA LABORN		

HEAT	NO. ATHLETES/TEAMS	TIME
HEAT 9 - SCALED TEAM 3 Male + 3 Female	6	10:16 - 10:28
NO. TEAM Name	Lane	Judge
1 Namib Horseshoeing - FEMALE	1	DR
2 Power Bunnies - FEMALE	2	Endeline Ouseb
3 Santa's Helpers - FEMALE	3	Deonne Lubbe
4 Dirty lifters - MALE	4	Gerhard Snyders
5 Taragoempies - MALE	5	Johann Mouton
6 Lovable & Lazy - MALE	6	Ingo Oosthuizen
HEAD JUDGE: KATJA LABORN		

HEAT	NO. ATHLETES/TEAMS	TIME
HEAT 10 - SCALED TEAM 3 Male + 3 Female	6	10:33 - 10:40
NO. TEAM Name	Lane	Judge
1 Thunder Thighs - FEMALE	1	Gerhard Thirion
2 Cherry berries - FEMALE	2	Wouter Vermeulen
3 Sweat For Fun - FEMALE	3	Cecilia Meyer
4 Eisbein - MALE	4	Johan Lepen
5 Zula to Survice - MALE	5	Elzke
6 Consistency - MALE	6	Gerhard Snyders
HEAD JUDGE: KATJA LABORN		