



THE BUTTERFLY EFFECT

PERTH ATHLETE INFO

SATURDAY NOVEMBER 7, 2026

📍 CrossFit Access, Unit 3/19 Innovation Cct, Wangara

🕒 EVENT SCHEDULE

- **6:00am:** Athlete Check-In Opens
- **6:45am:** Athlete & Safety Briefing
- **7:30am:** First Heat Commences
- **4:45pm:** Presentations

SUPPORTED BY



📁 ATHLETE SET UP

Setup is OUTSIDE & the event is indoors.
We strongly recommend bringing:

- Gazebos, blankets and chairs to sit on
- Lunch and snacks for the day
- Water bottles and any personal recovery items

📋 HEAT LISTS & SCHEDULE

The official heat list is now available. Please note that while every effort is made to keep the schedule unchanged, minor adjustments may occur leading into the event. We recommend checking the schedule again before travelling to the venue.

[HEAT LIST AND TIMES](#)

🏋️ WORKOUTS & MOVEMENT STANDARDS

All workouts and movement standards can be found by clicking the location tab below. Please familiarise yourself with the workout flow, weights and movement standards. There will be a short athlete briefing.

[WORKOUTS & MOVEMENT STANDARDS](#)

🍴 FOOD, RECOVERY & VENDORS

- BSc
- Courtney Hair Braider
- ADF Careers
- Everyday Athlete
- Social Ground Espresso
- Georges Kababs

👕 MERCHANDISE

Limited Butterfly Effect merchandise will be available on the day.

Get in quick before it sells out!

👥 VOLUNTEERS

Volunteers play a vital role in bringing the Butterfly Effect to life. It's a great way to support the Butterfly community.

Volunteer perks include:

- Athletes are welcome to volunteer and can judge between their heats
- Free Butterfly Effect volunteer T-shirt
- Lunch and snacks provided throughout the day
- Access to a dedicated Facebook volunteer community page with event updates and information

[JOIN THE CREW](#)