

Snatch Sprint Females Workout 1

For Time | 11 Minutes Cap

HEAT 1

8:00 AM to 8:11 AM | RXD / Intermediate °

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0
- 11 City 4051 CrossFit
- 12 Tradies & Ladies
- 13 Crossfit Kova
- 14 82Much °
- 15 25% Core Strength °

HEAT 2

8:14 AM to 8:25 AM | Intermediate

- 1 The Young & The Breathless
- 2 CrossFit Release
- 3 Half strength
- 4 Should be in beginner
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 People against DOMS
- 8 Peaking Dux
- 9 Release Contessa
- 10 Plebb City
- 11 Aint nothin but a g-bung
- 12 Sana Misfits
- 13 4178 Sinkers
- 14 Old and the beautiful
- 15 Resolve Black

HEAT 3

8:28 AM to 8:39 AM | Intermediate

- 1 Crossfit Brisbane
- 2 Crossfit Resolve VantaBlack
- 3 Bar-Belles and Boys (Crossfit Brisbane)
- 4 Flex Appeal Crossfit Brisbane
- 5 The Trojans
- 6 RIP AND DIP
- 7 Team Fearless
- 8 Resolve Nero
- 9 CrossFit Coorparoo
- 10 CrossFit Bribie Island
- 11 Chalk Sniffers
- 12 Best CFB Team
- 13 Charmaine's Lost Angels
- 14 Witness The Fitness
- 15 To be confirmed

HEAT 4

8:42 AM to 8:53 AM | Intermediate / Masters 40+ °

- 1 Cardiac Unrest
- 2 CFMB Black
- 3 Coffee & Barbells
- 4 CFBB #justturnup
- 5 Lil engines
- 6 ULTRA RED
- 7 Team Kova
- 8 Rewired Fitness
- 9 Crossfit 4000 Black
- 10 Team Frenchemite °
- 11 Too Legit To Quit °
- 12 CFB Straight Outta Retirement °
- 13 first timers 40 crossfit brisbane °
- 14 Cup of Cope °
- 15 CF Da FonZ & CF SMC °

HEAT 5

8:56 AM to 9:07 AM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 Crossfit Brisbane Swift and Strong °
- 4 CFWF Masters 50+ HoneyBadgers °
- 5 CrossFit Ballina Masters °
- 6 The Old and the Breathless °
- 7 The 4 Wodsketeers *
- 8 Mooloolaba Hamma Sandwiches *
- 9 Mistrs, Blisters and soul Sisters *
- 10 Crossaxed Brew Crew *
- 11 Awesome 4504some *
- 12 Mixed Mayhem *
- 13 Chalk Dirty To Me *
- 14 Contessa BroBies *
- 15 CFMB Red *

HEAT 6

9:10 AM to 9:21 AM | Beginner

- 1 CFMB Green
- 2 Fueled by Hops
- 3 CFBB
- 4 CFL Not Fast....Just Furious
- 5 Not Fast So Furious
- 6 Hils Angels
- 7 North Korean Crossfit Olympic Team
- 8 Lions At War
- 9 Crossfit Neuro "We Got Your Back"
- 10 Push Jerks and Pop Tarts
- 11 Crossfit Brisbane Kindy Crew
- 12 Mother Thrusters
- 13 Released Beast
- 14 CrossFit Ballina Butts & Nuts
- 15 Bounce

HEAT 7

9:24 AM to 9:35 AM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CF4504 White
- 6 CF4504 Camo
- 7 Crossfit Sunshine Coast
- 8 Gryffindor
- 9 Beauty & the beasts
- 10 Team YOLO

HEAT 8

12:00 AM to 12:11 AM**Snatch Sprint Males** Workout 2

For Time | 11 Minutes Cap

HEAT 1
8:06 AM to 8:17 AM | RXD / Intermediate °

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0
- 11 City 4051 CrossFit
- 12 Tradies & Ladies
- 13 Crossfit Kova
- 14 82Much °
- 15 25% Core Strength °

HEAT 2
8:20 AM to 8:31 AM | Intermediate

- 1 The Young & The Breathless
- 2 CrossFit Release
- 3 Half strength
- 4 Should be in beginner
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 People against DOMS
- 8 Peaking Dux
- 9 Release Contessa
- 10 Plebb City
- 11 Aint nothin but a g-bung
- 12 Sana Misfits
- 13 4178 Sinkers
- 14 Old and the beautiful
- 15 Resolve Black

HEAT 3
8:34 AM to 8:45 AM | Intermediate

- 1 Crossfit Brisbane
- 2 Crossfit Resolve VantaBlack
- 3 Bar-Belles and Boys (Crossfit Brisbane)
- 4 Flex Appeal Crossfit Brisbane
- 5 The Trojans
- 6 RIP AND DIP
- 7 Team Fearless
- 8 Resolve Nero
- 9 CrossFit Coorparoo
- 10 CrossFit Bribie Island
- 11 Chalk Sniffers
- 12 Best CFB Team
- 13 Charmaine's Lost Angels
- 14 Witness The Fitness
- 15 To be confirmed

HEAT 4
8:48 AM to 8:59 AM | Intermediate / Masters 40+ °

- 1 Cardiac Unrest
- 2 CFMB Black
- 3 Coffee & Barbells
- 4 CFBB #justturnup
- 5 Lil engines
- 6 ULTRA RED
- 7 Team Kova
- 8 Rewired Fitness
- 9 Crossfit 4000 Black
- 10 Team Frenchemite °
- 11 Too Legit To Quit °
- 12 CFB Straight Outta Retirement °
- 13 first timers 40 crossfit brisbane °
- 14 CF Da Fonz & CF SMC °
- 15 Cup of Cope °

HEAT 5
9:02 AM to 9:13 AM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 Crossfit Brisbane Swift and Strong °
- 4 CFWF Masters 50+ HoneyBadgers °
- 5 CrossFit Ballina Masters °
- 6 The Old and the Breathless °
- 7 The 4 Wodsketeers *
- 8 Mooloolaba Hamma Sandwiches *
- 9 Mistrs, Blisters and soul Sisters *
- 10 Crossaxed Brew Crew *
- 11 Awesome 4504some *
- 12 Mixed Mayhem *
- 13 Chalk Dirty To Me *
- 14 Contessa BroBies *
- 15 CFMB Red *

HEAT 6
9:16 AM to 9:27 AM | Beginner

- 1 CFMB Green
- 2 Fueled by Hops
- 3 CFBB
- 4 CFL Not Fast....Just Furious
- 5 Not Fast So Furious
- 6 Hils Angels
- 7 North Korean Crossfit Olympic Team
- 8 Lions At War
- 9 Crossfit Neuro "We Got Your Back"
- 10 Push Jerks and Pop Tarts
- 11 Crossfit Brisbane Kindy Crew
- 12 Mother Thrusters
- 13 Released Beast
- 14 CrossFit Ballina Butts & Nuts
- 15 Bounce

HEAT 7
9:30 AM to 9:41 AM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CF4504 White
- 6 CF4504 Camo
- 7 Crossfit Sunshine Coast
- 8 Gryffindor
- 9 Beauty & the beasts
- 10 Team YOLO

HEAT 1
10:40 AM to 10:52 AM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
10:55 AM to 11:07 AM | RXD / Intermediate

- 1 City 4051 CrossFit
- 2 Tradies & Ladies
- 3 Crossfit Kova
- 4 82Much °
- 5 25% Core Strength °
- 6 The Young & The Breathless °
- 7 CrossFit Release °
- 8 Half strength °
- 9 RIP AND DIP °
- 10 Should be in beginner °

HEAT 3
11:10 AM to 11:22 AM | Intermediate

- 1 Old and the beautiful
- 2 4178 Sinkers
- 3 Sana Misfits
- 4 The rack pack
- 5 CFG Bro's and Pro's
- 6 People against DOMS
- 7 Peaking Dux
- 8 Release Contessa
- 9 Plebb City
- 10 Aint nothin but a g-bung

HEAT 4
11:25 AM to 11:37 AM | Intermediate

- 1 Resolve Black
- 2 Crossfit Brisbane
- 3 Crossfit Resolve VantaBlack
- 4 Bar-Belles and Boys (Crossfit Brisbane)
- 5 Flex Appeal Crossfit Brisbane
- 6 The Trojans
- 7 Resolve Nero
- 8 Team Fearless
- 9 CrossFit Coorparoo
- 10 CrossFit Bribe Island

HEAT 5
11:40 AM to 11:52 AM | Intermediate

- 1 Chalk Sniffers
- 2 Best CFB Team
- 3 Charmaine's Lost Angels
- 4 Witness The Fitness
- 5 To be confirmed
- 6 Cardiac Unrest
- 7 CFMB Black
- 8 CFBB #justturnup
- 9 Crossfit 4000 Black
- 10 Coffee & Barbells

HEAT 6
11:55 AM to 12:07 PM | Masters 40+ / Intermediate °

- 1 Cup of Cope
- 2 first timers 40 crossfit brisbane
- 3 CFB Straight Outta Retirement
- 4 Lil engines °
- 5 ULTRA RED °
- 6 Team Kova °
- 7 Rewired Fitness °
- 8 Team Frenchemite
- 9 Too Legit To Quit
- 10 CF Da FonZ & CF SMC

HEAT 7
12:10 PM to 12:22 PM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 The Old and the Breathless °
- 4 CrossFit Ballina Masters °
- 5 Crossfit Brisbane Swift and Strong °
- 6 CFWF Masters 50+ HoneyBadgers °
- 7 Crossaxed Brew Crew *
- 8 Awesome 4504some *
- 9 Crossfit Sunshine Coast *
- 10 CFMB Red *

HEAT 8
12:25 PM to 12:37 PM | Beginner

- 1 Contessa BroBies
- 2 The 4 Wodsketeers
- 3 Mistrs, Blisters and soul Sisters
- 4 Mooloolaba Hamma Sandwiches
- 5 Mixed Mayhem
- 6 Chalk Dirty To Me
- 7 Fueled by Hops
- 8 Not Fast So Furious
- 9 Hills Angels
- 10 North Korean Crossfit Olympic Team

HEAT 9
12:40 PM to 12:52 PM | Beginner

- 1 CFL Not Fast....Just Furious
- 2 Lions At War
- 3 Crossfit Neuro "We Got Your Back"
- 4 Push Jerks and Pop Tarts
- 5 Crossfit Brisbane Kindy Crew
- 6 Mother Thrusters
- 7 Released Beast
- 8 CFBB
- 9 Bounce
- 10 CFMB Green

HEAT 10
12:55 PM to 1:07 PM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CF4504 White
- 6 CF4504 Camo
- 7 Team YOLO
- 8 Beauty & the beasts
- 9 Gryffindor
- 10 CrossFit Ballina Butts & Nuts

HEAT 11
12:00 AM to 12:12 AM

HEAT 1
1:00 PM to 1:12 PM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
1:14 PM to 1:26 PM | RXD / Intermediate °

- 1 City 4051 CrossFit
- 2 Tradies & Ladies
- 3 Crossfit Kova
- 4 82Much °
- 5 25% Core Strength °
- 6 The Young & The Breathless °
- 7 CrossFit Release °
- 8 Half strength °
- 9 RIP AND DIP °
- 10 Should be in beginner °

HEAT 3
1:28 PM to 1:40 PM | Intermediate

- 1 Old and the beautiful
- 2 Aint nothin but a g-bung
- 3 Plebb City
- 4 Release Contessa
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 Resolve Black
- 8 4178 Sinkers
- 9 People against DOMS
- 10 Peaking Dux

HEAT 4
1:42 PM to 1:54 PM | Intermediate

- 1 The Trojans
- 2 Sana Misfits
- 3 Crossfit Brisbane
- 4 Flex Appeal Crossfit Brisbane
- 5 Crossfit Resolve VantaBlack
- 6 Bar-Belles and Boys (Crossfit Brisbane)
- 7 Team Fearless
- 8 Resolve Nero
- 9 CrossFit Coorparoo
- 10 Chalk Sniffers

HEAT 5
1:56 PM to 2:08 PM | Intermediate

- 1 Best CFB Team
- 2 Witness The Fitness
- 3 To be confirmed
- 4 Charmaine's Lost Angels
- 5 CrossFit Bribie Island
- 6 Cardiac Unrest
- 7 CFMB Black
- 8 Coffee & Barbells
- 9 CFBB #justturnup
- 10 Crossfit 4000 Black

HEAT 6
2:10 PM to 2:22 PM | Intermediate / Masters 40+ °

- 1 Lil engines
- 2 ULTRA RED
- 3 Team Kova
- 4 Rewired Fitness
- 5 Team Frenchemite °
- 6 CFB Straight Outta Retirement °
- 7 Too Legit To Quit °
- 8 Cup of Cope °
- 9 first timers 40 crossfit brisbane °
- 10 CF Da Fonz & CF SMC °

HEAT 7
2:24 PM to 2:36 PM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 CrossFit Ballina Masters °
- 4 CFWF Masters 50+ HoneyBadgers °
- 5 Crossfit Brisbane Swift and Strong °
- 6 The Old and the Breathless °
- 7 Crossaxed Brew Crew *
- 8 Awesome 4504some *
- 9 Crossfit Sunshine Coast *
- 10 CFMB Red *

HEAT 8
2:38 PM to 2:50 PM | Beginner

- 1 The 4 Wodsketeers
- 2 Mistrs, Blisters and soul Sisters
- 3 Mooloolaba Hamma Sandwiches
- 4 Mixed Mayhem
- 5 Chalk Dirty To Me
- 6 Fueled by Hops
- 7 Hils Angels
- 8 North Korean Crossfit Olympic Team
- 9 Lions At War
- 10 Not Fast So Furious

HEAT 9
2:52 PM to 3:04 PM | Beginner

- 1 CFMB Green
- 2 CFL Not Fast....Just Furious
- 3 CFBB
- 4 Crossfit Neuro "We Got Your Back"
- 5 Push Jerks and Pop Tarts
- 6 Crossfit Brisbane Kindy Crew
- 7 Mother Thrusters
- 8 Released Beast
- 9 Bounce
- 10 Contessa BroBies

HEAT 10
3:06 PM to 3:18 PM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CrossFit Ballina Butts & Nuts
- 6 CF4504 White
- 7 CF4504 Camo
- 8 Team YOLO
- 9 Beauty & the beasts
- 10 Gryffindor

HEAT 11
12:00 AM to 12:12 AM

Handstand Walk for distance Workout 5

For Distance - Metric | 8 Minutes Cap

HEAT 1
1:12 PM to 1:20 PM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Misters and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
1:26 PM to 1:34 PM | RXD / Intermediate °

- 1 City 4051 CrossFit
- 2 Tradies & Ladies
- 3 Crossfit Kova
- 4 82Much °
- 5 25% Core Strength °
- 6 The Young & The Breathless °
- 7 CrossFit Release °
- 8 Half strength °
- 9 RIP AND DIP °
- 10 Should be in beginner °

HEAT 3
1:40 PM to 1:48 PM | Intermediate

- 1 Old and the beautiful
- 2 Aint nothin but a g-bung
- 3 Plebb City
- 4 Release Contessa
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 Resolve Black
- 8 4178 Sinkers
- 9 People against DOMS
- 10 Peaking Dux

HEAT 4
1:54 PM to 2:02 PM | Intermediate

- 1 The Trojans
- 2 Sana Misfits
- 3 Crossfit Brisbane
- 4 Flex Appeal Crossfit Brisbane
- 5 Crossfit Resolve VantaBlack
- 6 Bar-Belles and Boys (Crossfit Brisbane)
- 7 Team Fearless
- 8 Resolve Nero
- 9 CrossFit Coorparoo
- 10 Chalk Sniffers

HEAT 5
2:08 PM to 2:16 PM | Intermediate

- 1 Best CFB Team
- 2 Witness The Fitness
- 3 To be confirmed
- 4 Charmaine's Lost Angels
- 5 CrossFit Bribie Island
- 6 Cardiac Unrest
- 7 CFMB Black
- 8 Coffee & Barbells
- 9 CFBB #justturnup
- 10 Crossfit 4000 Black

HEAT 6
2:22 PM to 2:30 PM | Intermediate / Masters 40+ °

- 1 Lil engines
- 2 ULTRA RED
- 3 Team Kova
- 4 Rewired Fitness
- 5 Team Frenchemite °
- 6 Too Legit To Quit °
- 7 CFB Straight Outta Retirement °
- 8 Cup of Cope °
- 9 first timers 40 crossfit brisbane °
- 10 CF Da Fonz & CF SMC °

HEAT 7
2:36 PM to 2:44 PM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 CrossFit Ballina Masters °
- 4 CFWF Masters 50+ HoneyBadgers °
- 5 Crossfit Brisbane Swift and Strong °
- 6 The Old and the Breathless °
- 7 Crossaxed Brew Crew *
- 8 Awesome 4504some *
- 9 Crossfit Sunshine Coast *
- 10 CFMB Red *

HEAT 8
2:50 PM to 2:58 PM | Beginner

- 1 The 4 Wodsketeers
- 2 Misters, Blisters and soul Sisters
- 3 Mooloolaba Hamma Sandwiches
- 4 Mixed Mayhem
- 5 Chalk Dirty To Me
- 6 Fueled by Hops
- 7 Hils Angels
- 8 North Korean Crossfit Olympic Team
- 9 Lions At War
- 10 Not Fast So Furious

HEAT 9
3:04 PM to 3:12 PM | Beginner

- 1 CFMB Green
- 2 CFL Not Fast....Just Furious
- 3 CFBB
- 4 Crossfit Neuro "We Got Your Back"
- 5 Push Jerks and Pop Tarts
- 6 Crossfit Brisbane Kindy Crew
- 7 Mother Thrusters
- 8 Released Beast
- 9 Bounce
- 10 Contessa BroBies

HEAT 10
3:18 PM to 3:26 PM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CrossFit Ballina Butts & Nuts
- 6 CF4504 White
- 7 CF4504 Camo
- 8 Team YOLO
- 9 Beauty & the beasts
- 10 Gryffindor

HEAT 1
2:45 PM to 3:09 PM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
3:10 PM to 3:34 PM | RXD / Intermediate °

- 1 City 4051 CrossFit
- 2 Tradies & Ladies
- 3 Crossfit Kova
- 4 82Much °
- 5 25% Core Strength °
- 6 The Young & The Breathless °
- 7 CrossFit Release °
- 8 Half strength °
- 9 RIP AND DIP °
- 10 Should be in beginner °

HEAT 3
3:35 PM to 3:59 PM | Intermediate

- 1 Old and the beautiful
- 2 Aint nothin but a g-bung
- 3 Plebb City
- 4 Release Contessa
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 Resolve Black
- 8 4178 Sinkers
- 9 People against DOMS
- 10 Peaking Dux

HEAT 4
4:00 PM to 4:24 PM | Intermediate

- 1 The Trojans
- 2 Sana Misfits
- 3 Crossfit Brisbane
- 4 Flex Appeal Crossfit Brisbane
- 5 Crossfit Resolve VantaBlack
- 6 Bar-Belles and Boys (Crossfit Brisbane)
- 7 Team Fearless
- 8 Resolve Nero
- 9 CrossFit Coorparoo
- 10 Chalk Sniffers

HEAT 5
4:25 PM to 4:49 PM | Intermediate

- 1 Best CFB Team
- 2 Witness The Fitness
- 3 To be confirmed
- 4 Charmaine's Lost Angels
- 5 CrossFit Bribie Island
- 6 Cardiac Unrest
- 7 CFMB Black
- 8 Coffee & Barbells
- 9 CFBB #justturnup
- 10 Crossfit 4000 Black

HEAT 6
4:50 PM to 5:14 PM | Intermediate / Masters 40+ °

- 1 Lil engines
- 2 ULTRA RED
- 3 Team Kova
- 4 Rewired Fitness
- 5 Team Frenchemite °
- 6 CFB Straight Outta Retirement °
- 7 Too Legit To Quit °
- 8 Cup of Cope °
- 9 first timers 40 crossfit brisbane °
- 10 CF Da Fonz & CF SMC °

HEAT 7
5:15 PM to 5:39 PM | Masters 40+ / Masters 50+ ° / Beginner *

- 1 Jerks and Snatches
- 2 CF Brisbane GOLD
- 3 CrossFit Ballina Masters °
- 4 CFWF Masters 50+ HoneyBadgers °
- 5 Crossfit Brisbane Swift and Strong °
- 6 The Old and the Breathless °
- 7 Crossaxed Brew Crew *
- 8 Awesome 4504some *
- 9 Crossfit Sunshine Coast *
- 10 CFMB Red *

HEAT 8
5:40 PM to 6:04 PM | Beginner

- 1 The 4 Wodsketeers
- 2 Mistrs, Blisters and soul Sisters
- 3 Mooloolaba Hamma Sandwiches
- 4 Mixed Mayhem
- 5 Chalk Dirty To Me
- 6 Fueled by Hops
- 7 Hils Angels
- 8 North Korean Crossfit Olympic Team
- 9 Lions At War
- 10 Not Fast So Furious

HEAT 9
6:05 PM to 6:29 PM | Beginner

- 1 CFMB Green
- 2 CFL Not Fast....Just Furious
- 3 CFBB
- 4 Crossfit Neuro "We Got Your Back"
- 5 Push Jerks and Pop Tarts
- 6 Crossfit Brisbane Kindy Crew
- 7 Mother Thrusters
- 8 Released Beast
- 9 Bounce
- 10 Contessa BroBies

HEAT 10
6:30 PM to 6:54 PM | Beginner

- 1 CFMB Blue
- 2 Rack it
- 3 Victoria thomas
- 4 CF4504 Black
- 5 CrossFit Ballina Butts & Nuts
- 6 CF4504 White
- 7 CF4504 Camo
- 8 Team YOLO
- 9 Beauty & the beasts
- 10 Gryffindor

HEAT 1
9:30 AM to 9:45 AM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
10:03 AM to 10:18 AM | RXD / Intermediate

- 1 City 4051 CrossFit
- 2 Crossfit Kova
- 3 82Much °
- 4 CrossFit Release °
- 5 Should be in beginner °
- 6 Half strength °
- 7 The Young & The Breathless °
- 8 25% Core Strength °
- 9 RIP AND DIP °
- 10 Tradies & Ladies

HEAT 3
10:36 AM to 10:51 AM | Intermediate

- 1 4178 Sinkers
- 2 Aint nothin but a g-bung
- 3 The rack pack
- 4 CFG Bro's and Pro's
- 5 People against DOMS
- 6 Peaking Dux
- 7 Release Contessa
- 8 Plebb City
- 9 Team Kova
- 10 Sana Misfits

HEAT 4
11:09 AM to 11:24 AM | Intermediate

- 1 Old and the beautiful
- 2 Resolve Black
- 3 Crossfit Brisbane
- 4 Bar-Belles and Boys (Crossfit Brisbane)
- 5 Flex Appeal Crossfit Brisbane
- 6 The Trojans
- 7 Team Fearless
- 8 Resolve Nero
- 9 Crossfit Resolve VantaBlack

HEAT 5
11:42 AM to 11:57 AM | Intermediate

- 1 CrossFit Coorparoo
- 2 CrossFit Bribie Island
- 3 Chalk Sniffers
- 4 Charmaine's Lost Angels
- 5 Witness The Fitness
- 6 To be confirmed
- 7 Cardiac Unrest
- 8 Best CFB Team

HEAT 6
12:15 PM to 12:30 PM | Intermediate

- 1 Coffee & Barbells
- 2 CFBB #justturnup
- 3 Lil engines
- 4 Crossfit 4000 Black
- 5 ULTRA RED
- 6 Rewired Fitness
- 7 CFMB Black

HEAT 7
12:48 PM to 1:03 PM | Masters 40+

- 1 Team Frenchemite
- 2 Too Legit To Quit
- 3 CFB Straight Outta Retirement
- 4 first timers 40 crossfit brisbane
- 5 Cup of Cope
- 6 CF Da Fonz & CF SMC
- 7 Jerks and Snatches
- 8 CF Brisbane GOLD

GHD Rope Climb Pair 2 Workout 8

For Time | 15 Minutes Cap

HEAT 1
9:46 AM to 10:01 AM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
10:19 AM to 10:34 AM | RXD / Intermediate

- 1 City 4051 CrossFit
- 2 Crossfit Kova
- 3 82Much °
- 4 Half strength °
- 5 The Young & The Breathless °
- 6 Should be in beginner °
- 7 CrossFit Release °
- 8 25% Core Strength °
- 9 RIP AND DIP °
- 10 Tradies & Ladies

HEAT 3
10:52 AM to 11:07 AM | Intermediate

- 1 Sana Misfits
- 2 The rack pack
- 3 CFG Bro's and Pro's
- 4 People against DOMS
- 5 Peaking Dux
- 6 Release Contessa
- 7 Plebb City
- 8 4178 Sinkers
- 9 Team Kova
- 10 Aint nothin but a g-bung

HEAT 4
11:25 AM to 11:40 AM | Intermediate

- 1 Old and the beautiful
- 2 Resolve Black
- 3 Crossfit Brisbane
- 4 Bar-Belles and Boys (Crossfit Brisbane)
- 5 Flex Appeal Crossfit Brisbane
- 6 The Trojans
- 7 Team Fearless
- 8 Resolve Nero
- 9 Crossfit Resolve VantaBlack

HEAT 5
11:58 AM to 12:13 PM | Intermediate

- 1 CrossFit Coorparoo
- 2 CrossFit Bribie Island
- 3 Chalk Sniffers
- 4 Charmaine's Lost Angels
- 5 Witness The Fitness
- 6 To be confirmed
- 7 Cardiac Unrest
- 8 Best CFB Team

HEAT 6
12:31 PM to 12:46 PM | Intermediate

- 1 Coffee & Barbells
- 2 CFBB #justturnup
- 3 Lil engines
- 4 Crossfit 4000 Black
- 5 Rewired Fitness
- 6 ULTRA RED
- 7 CFMB Black

HEAT 7**1:04 PM to 1:19 PM | Masters 40+**

- 1 Team Frenchemite
- 2 Too Legit To Quit
- 3 CFB Straight Outta Retirement
- 4 first timers 40 crossfit brisbane
- 5 Cup of Cope
- 6 CF Da Fonz & CF SMC
- 7 Jerks and Snatches
- 8 CF Brisbane GOLD

Dead Bike Pair 1 Workout 9

For Time | 15 Minutes Cap

HEAT 1**9:46 AM to 10:01 AM | RXD**

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Misters and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2**10:19 AM to 10:34 AM | RXD / Intermediate**

- 1 City 4051 CrossFit
- 2 CrossFit Release °
- 3 Crossfit Kova
- 4 82Much °
- 5 25% Core Strength °
- 6 The Young & The Breathless °
- 7 Should be in beginner °
- 8 Half strength °
- 9 RIP AND DIP °
- 10 Tradies & Ladies

HEAT 3**10:52 AM to 11:07 AM | Intermediate**

- 1 4178 Sinkers
- 2 Aint nothin but a g-bung
- 3 The rack pack
- 4 CFG Bro's and Pro's
- 5 People against DOMS
- 6 Peaking Dux
- 7 Release Contessa
- 8 Plebb City
- 9 Sana Misfits
- 10 Team Kova

HEAT 4**11:25 AM to 11:40 AM | Intermediate**

- 1 Old and the beautiful
- 2 Resolve Black
- 3 Crossfit Brisbane
- 4 Bar-Belles and Boys (Crossfit Brisbane)
- 5 Flex Appeal Crossfit Brisbane
- 6 The Trojans
- 7 Team Fearless
- 8 Resolve Nero
- 9 Crossfit Resolve VantaBlack

HEAT 5**11:58 AM to 12:13 PM | Intermediate**

- 1 CrossFit Coorparoo
- 2 CrossFit Bribie Island
- 3 Chalk Sniffers
- 4 Charmaine's Lost Angels
- 5 Witness The Fitness
- 6 To be confirmed
- 7 Cardiac Unrest
- 8 Best CFB Team

HEAT 6**12:31 PM to 12:46 PM | Intermediate**

- 1 Coffee & Barbells
- 2 CFBB #justturnup
- 3 Crossfit 4000 Black
- 4 Lil engines
- 5 Rewired Fitness
- 6 ULTRA RED
- 7 CFMB Black

HEAT 7**1:04 PM to 1:19 PM | Masters 40+**

- 1 Too Legit To Quit
- 2 CF Brisbane GOLD
- 3 Jerks and Snatches
- 4 CF Da Fonz & CF SMC
- 5 Team Frenchemite
- 6 Cup of Cope
- 7 first timers 40 crossfit brisbane
- 8 CFB Straight Outta Retirement

Dead Bike Pair 2 Workout 10

For Time | 15 Minutes Cap

HEAT 1
9:30 AM to 9:45 AM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0

HEAT 2
10:03 AM to 10:18 AM | RXD / Intermediate

- 1 Crossfit Kova
- 2 City 4051 CrossFit
- 3 82Much °
- 4 25% Core Strength °
- 5 The Young & The Breathless °
- 6 Half strength °
- 7 CrossFit Release °
- 8 Should be in beginner °
- 9 RIP AND DIP °
- 10 Tradies & Ladies

HEAT 3
10:36 AM to 10:51 AM | Intermediate

- 1 4178 Sinkers
- 2 Sana Misfits
- 3 Aint nothin but a g-bung
- 4 Release Contessa
- 5 The rack pack
- 6 CFG Bro's and Pro's
- 7 People against DOMS
- 8 Peaking Dux
- 9 Team Kova
- 10 Plebb City

HEAT 4
11:09 AM to 11:24 AM | Intermediate

- 1 Old and the beautiful
- 2 Resolve Black
- 3 Crossfit Brisbane
- 4 Bar-Belles and Boys (Crossfit Brisbane)
- 5 Flex Appeal Crossfit Brisbane
- 6 The Trojans
- 7 Resolve Nero
- 8 Team Fearless
- 9 Crossfit Resolve VantaBlack

HEAT 5
11:42 AM to 11:57 AM | Intermediate

- 1 CrossFit Coorparoo
- 2 CrossFit Bribie Island
- 3 Chalk Sniffers
- 4 Charmaine's Lost Angels
- 5 Witness The Fitness
- 6 To be confirmed
- 7 Cardiac Unrest
- 8 Best CFB Team

HEAT 6
12:15 PM to 12:30 PM | Intermediate

- 1 Coffee & Barbells
- 2 CFBB #justturnup
- 3 Lil engines
- 4 Crossfit 4000 Black
- 5 Rewired Fitness
- 6 ULTRA RED
- 7 CFMB Black

HEAT 7
12:48 PM to 1:03 PM | Masters 40+

- 1 Team Frenchemite
- 2 Too Legit To Quit
- 3 CFB Straight Outta Retirement
- 4 first timers 40 crossfit brisbane
- 5 Cup of Cope
- 6 CF Da Fonz & CF SMC
- 7 Jerks and Snatches
- 8 CF Brisbane GOLD

Pull Annie Up Pair 1 - Beg/50+ Workout 11

For Time | 15 Minutes Cap

HEAT 1
10:00 AM to 10:15 AM | Beginner

- 1 Crossaxed Brew Crew
- 2 Awesome 4504some
- 3 Contessa BroBies
- 4 The 4 Wodsketeers
- 5 Mistrs, Blisters and soul Sisters
- 6 Mooloolaba Hamma Sandwiches
- 7 Mixed Mayhem
- 8 Chalk Dirty To Me
- 9 Fueled by Hops
- 10 Not Fast So Furious
- 11 Hils Angels
- 12 North Korean Crossfit Olympic Team
- 13 Lions At War
- 14 Crossfit Neuro "We Got Your Back"
- 15 Push Jerks and Pop Tarts
- 16 Crossfit Brisbane Kindy Crew
- 17 Mother Thrusters
- 18 Crossfit Sunshine Coast
- 19 Released Beast

HEAT 2
10:18 AM to 10:33 AM | Beginner / Masters 50+ °

- 1 CFMB Red
- 2 CFL Not Fast....Just Furious
- 3 CFMB Green
- 4 CFMB Blue
- 5 Rack it
- 6 Victoria thomas
- 7 CF4504 Black
- 8 CF4504 White
- 9 CF4504 Camo
- 10 Team YOLO
- 11 CrossFit Ballina Masters °
- 12 The Old and the Breathless °
- 13 CFWF Masters 50+ HoneyBadgers °
- 14 Crossfit Brisbane Swift and Strong °
- 15 Beauty & the beasts
- 16 Gryffindor
- 17 CFBB
- 18 Bounce
- 19 CrossFit Ballina Butts & Nuts

Pull Annie Up Pair 2 - Beg/50+ Workout 12

For Time | 15 Minutes Cap

HEAT 1

10:40 AM to 10:55 AM | Beginner

- 1 Crossaxed Brew Crew
- 2 Awesome 4504some
- 3 Contessa BroBies
- 4 The 4 Wodsketeers
- 5 Misters, Blisters and soul Sisters
- 6 Mooloolaba Hamma Sandwiches
- 7 Mixed Mayhem
- 8 Chalk Dirty To Me
- 9 Fueled by Hops
- 10 Not Fast So Furious
- 11 Hils Angels
- 12 North Korean Crossfit Olympic Team
- 13 Lions At War
- 14 Crossfit Neuro "We Got Your Back"
- 15 Push Jerks and Pop Tarts
- 16 Crossfit Brisbane Kindy Crew
- 17 Mother Thrusters
- 18 Released Beast
- 19 Crossfit Sunshine Coast

HEAT 2

10:58 AM to 11:13 AM | Beginner / Masters 50+ °

- 1 CFMB Red
- 2 CFL Not Fast....Just Furious
- 3 CFMB Green
- 4 CFMB Blue
- 5 Rack it
- 6 Victoria thomas
- 7 CF4504 Black
- 8 CF4504 White
- 9 CF4504 Camo
- 10 Team YOLO
- 11 Beauty & the beasts
- 12 Crossfit Brisbane Swift and Strong °
- 13 CFWF Masters 50+ HoneyBadgers °
- 14 The Old and the Breathless °
- 15 CrossFit Ballina Masters °
- 16 Gryffindor
- 17 CFBB
- 18 Bounce
- 19 CrossFit Ballina Butts & Nuts

Muscle It Up Workout 13

For Time | 10 Minutes Cap

HEAT 1

7:30 AM to 7:40 AM | RXD / Beginner °

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticks
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Misters and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0
- 11 City 4051 CrossFit
- 12 Tradies & Ladies
- 13 Crossfit Kova
- 14 Crossfit Sunshine Coast °
- 15 CFMB Red °

HEAT 2

7:50 AM to 8:00 AM | Beginner

- 1 Crossaxed Brew Crew
- 2 Awesome 4504some
- 3 Contessa BroBies
- 4 The 4 Wodsketeers
- 5 Misters, Blisters and soul Sisters
- 6 Mooloolaba Hamma Sandwiches
- 7 Mixed Mayhem
- 8 Chalk Dirty To Me
- 9 Fueled by Hops
- 10 Not Fast So Furious
- 11 Hils Angels
- 12 North Korean Crossfit Olympic Team
- 13 Lions At War
- 14 Crossfit Neuro "We Got Your Back"
- 15 Push Jerks and Pop Tarts

HEAT 3

8:03 AM to 8:13 AM | Beginner

- 1 Crossfit Brisbane Kindy Crew
- 2 Mother Thrusters
- 3 Released Beast
- 4 Bounce
- 5 CFBB
- 6 CFL Not Fast....Just Furious
- 7 CFMB Green
- 8 CFMB Blue
- 9 Rack it
- 10 Victoria thomas
- 11 CF4504 Black
- 12 CF4504 White
- 13 CF4504 Camo
- 14 Team YOLO
- 15 Beauty & the beasts

HEAT 4

8:23 AM to 8:33 AM | Masters 50+ / Beginner ° / Intermediate *

- 1 Crossfit Brisbane Swift and Strong
- 2 CFWF Masters 50+ HoneyBadgers
- 3 CrossFit Ballina Masters
- 4 The Old and the Breathless
- 5 Gryffindor °
- 6 25% Core Strength *
- 7 The Young & The Breathless *
- 8 CrossFit Release *
- 9 Half strength *
- 10 Should be in beginner *
- 11 The rack pack *
- 12 People against DOMS *
- 13 CFG Bro's and Pro's *
- 14 Peaking Dux *
- 15 82Much *

HEAT 5

8:43 AM to 8:53 AM | Intermediate

- 1 Release Contessa
- 2 Plebb City
- 3 Aint nothin but a g-bung
- 4 Sana Misfits
- 5 Old and the beautiful
- 6 Resolve Black
- 7 Crossfit Brisbane
- 8 Crossfit Resolve VantaBlack
- 9 Bar-Belles and Boys (Crossfit Brisbane)
- 10 Flex Appeal Crossfit Brisbane
- 11 The Trojans
- 12 Team Fearless
- 13 Resolve Nero
- 14 4178 Sinkers

HEAT 6

8:56 AM to 9:06 AM | Intermediate

- 1 ULTRA RED
- 2 CrossFit Coorparoo
- 3 CrossFit Bribie Island
- 4 Chalk Sniffers
- 5 Best CFB Team
- 6 Charmaine's Lost Angels
- 7 Witness The Fitness
- 8 To be confirmed
- 9 Cardiac Unrest
- 10 CFMB Black
- 11 Coffee & Barbells
- 12 CFBB #justturnup
- 13 Lil engines
- 14 Team Kova

HEAT 7

9:16 AM to 9:26 AM | Masters 40+ / Intermediate ° / Beginner *

- 1 CF Brisbane GOLD
- 2 Jerks and Snatches
- 3 CF Da Fonz & CF SMC
- 4 Cup of Cope
- 5 first timers 40 crossfit brisbane
- 6 CFB Straight Outta Retirement
- 7 Too Legit To Quit
- 8 Team Frenchemite
- 9 Rewired Fitness °
- 10 Crossfit 4000 Black °
- 11 CrossFit Ballina Butts & Nuts *
- 12 RIP AND DIP °

The Final..... Workout 14

For Time | 15 Minutes Cap

HEAT 1

2:00 PM to 2:15 PM | RXD

- 1 CFWF Honey Badgers
- 2 Ultra Blue
- 3 CF189
- 4 Quadsticles
- 5 CFB Suicide Squad
- 6 CrossFit The Stables
- 7 CF Desire
- 8 Mistrs and Sisters
- 9 The young and old
- 10 CFWF Honey Badgers 2.0
- 11 City 4051 CrossFit
- 12 Tradies & Ladies
- 13 Crossfit Kova

HEAT 2

2:20 PM to 2:35 PM | Intermediate

- 1 82Much
- 2 25% Core Strength
- 3 The Young & The Breathless
- 4 CrossFit Release
- 5 Half strength
- 6 Should be in beginner
- 7 The rack pack
- 8 CFG Bro's and Pro's
- 9 People against DOMS
- 10 Peaking Dux
- 11 Release Contessa
- 12 Plebb City
- 13 Aint nothin but a g-bung
- 14 Sana Misfits
- 15 4178 Sinkers
- 16 Old and the beautiful
- 17 Resolve Black
- 18 Crossfit Brisbane
- 19 Crossfit Resolve VantaBlack
- 20 Bar-Belles and Boys (Crossfit Brisbane)
- 21 Flex Appeal Crossfit Brisbane
- 22 The Trojans
- 23 Team Fearless
- 24 Resolve Nero
- 25 CrossFit Coorparoo
- 26 CrossFit Bribie Island
- 27 Chalk Sniffers
- 28 Best CFB Team

HEAT 3

2:40 PM to 2:55 PM | Intermediate

- 1 Charmaine's Lost Angels
- 2 Witness The Fitness
- 3 To be confirmed
- 4 Cardiac Unrest
- 5 CFMB Black
- 6 RIP AND DIP
- 8 Coffee & Barbells
- 9 CFBB #justturnup
- 10 Crossfit 4000 Black
- 11 Lil engines
- 12 ULTRA RED
- 13 Team Kova
- 14 Rewired Fitness