

Workout 1 - Snatch Sprint (Females) Judging Schedule

		TWO Judges needed from each of the following Teams	Judges			TWO Judges needed from each of the following Teams	Judges	
HEAT 1 8:00am		CFMB Green	/	HEAT 2 8:14am		CFMB Blue	/	
		Fueled by Hops	/				Rack it	/
		CFBB	/				Victoria thomas	/
		CFL Not Fast....Just Furious	/				CF4504 Black	/
		Johanna	/				CF4504 White	/
		Hils Angels	/				CF4504 Camo	/
		North Korean Crossfit Olympic Tear	/				Crossfit Sunshine Coast	/
		The Black Stars	/				Gryffindor	/
		Crossfit Neuro "We Got Your Back"	/				Beauty & the beasts	/
		Push Jerks and Pop Tarts	/				Team YOLO	/
		Crossfit Brisbane Kindy Crew	/				CrossAxed	/
		Mother Thrusters	/				CrossAxed	/
		Released Beast	/				CrossAxed	/
		CrossFit Ballina Butts & Nuts	/				CrossAxed	/
	Bounce	/			CrossAxed	/		
HEAT 3 8:28am		CFWF Honey Badgers	/	HEAT 4 8:42am		The Young & The Breathless	/	
		Ultra Blue	/				CrossFit Release	/
		CF189	/				Half strength	/
		Quadsticles	/				Should be in beginner	/
		CFB Suicide Squad	/				The rack pack	/
		CrossFit The Stables	/				CFG Bro's and Pro's	/
		CF Desire	/				People against DOMS	/
		Misters and Sisters	/				Peaking Dux	/
		The young and old	/				Release Contessa	/
		CFWF Honey Badgers 2.0	/				Plebb City	/
		City 4051 CrossFit	/				Aint nothin but a g-bung	/
		Tradies & Ladies	/				Sana Misfits	/
		Crossfit Kova	/				4178 Sinkers	/
		TBA °	/				Old and the beautiful	/
	25% Core Strength °	/			Resolve Black	/		
HEAT 5 8:56am		Crossfit Brisbane	/	HEAT 6 9:10am		Cardiac Unrest	/	
		Crossfit Resolve VantaBlack	/				CFMB Black	/
		Bar-Belles and Boys (Crossfit Brisb	/				Coffee & Barbells	/
		Flex Appeal Crossfit Brisbane	/				CFBB #justturnup	/
		The Trojans	/				Tbc	/
		RIP AND DIP	/				ULTRA RED	/
		Team Fearless	/				Team Kova	/
		Resolve Nero	/				Rewired Fitness	/
		CrossFit Coorparoo	/				Crossfit 4000 Black	/
		CrossFit Bribie Island	/				Team Frenchemite °	/
		Chalk Sniffers	/				Too Legit To Quit °	/
		Best CFB Team	/				CFB Straight Outta Retirement °	/
		Charmaine's Lost Angels	/				first timers 40 crossfit brisbane °	/
		Witness The Fitness	/				Cup of Cope °	/
	To be confirmed	/			CF Da Fonz & CF SMC °	/		
HEAT 7 9:24am		Jerks and Snatches	/					
		CF Brisbane GOLD	/					
		Crossfit Brisbane Swift and Strong	/					
		CFWF Masters 50+ HoneyBadgers *	/					
		CrossFit Ballina Masters °	/					
		The Old and the Breathless °	/					
		The 4 Wodsketeers *	/					
		Mooloolaba Hamma Sandwiches *	/					
	Misters, Blisters and soul Sisters *	/						
	Crossaxed Brew Crew *	/						

Workout 2 - Snatch Sprint (Males) Judging Schedule

TWO Judges needed from each of the following Teams		Judges	TWO Judges needed from each of the following Teams		Judges
HEAT 1 8:06am	CFMB Green	/	HEAT 2 8:20am	CFMB Blue	/
	Fueled by Hops	/		Rack it	/
	CFBB	/		Victoria thomas	/
	CFL Not Fast....Just Furious	/		CF4504 Black	/
	Johanna	/		CF4504 White	/
	Hils Angels	/		CF4504 Camo	/
	North Korean Crossfit Olympic Tear	/		Crossfit Sunshine Coast	/
	The Black Stars	/		Gryffindor	/
	Crossfit Neuro "We Got Your Back"	/		Beauty & the beasts	/
	Push Jerks and Pop Tarts	/		Team YOLO	/
	Crossfit Brisbane Kindy Crew	/		CrossAxed	/
	Mother Thrusters	/		CrossAxed	/
	Released Beast	/		CrossAxed	/
	CrossFit Ballina Butts & Nuts	/		CrossAxed	/
Bounce	/	CrossAxed	/		
HEAT 3 8:34am	CFWF Honey Badgers	/	HEAT 4 8:48am	The Young & The Breathless	/
	Ultra Blue	/		CrossFit Release	/
	CF189	/		Half strength	/
	Quadsticles	/		Should be in beginner	/
	CFB Suicide Squad	/		The rack pack	/
	CrossFit The Stables	/		CFG Bro's and Pro's	/
	CF Desire	/		People against DOMS	/
	Misters and Sisters	/		Peaking Dux	/
	The young and old	/		Release Contessa	/
	CFWF Honey Badgers 2.0	/		Plebb City	/
	City 4051 CrossFit	/		Aint nothin but a g-bung	/
	Tradies & Ladies	/		Sana Misfits	/
	Crossfit Kova	/		4178 Sinkers	/
	TBA °	/		Old and the beautiful	/
25% Core Strength °	/	Resolve Black	/		
HEAT 5 9:02am	Crossfit Brisbane	/	HEAT 6 9:16am	Cardiac Unrest	/
	Crossfit Resolve VantaBlack	/		CFMB Black	/
	Bar-Belles and Boys (Crossfit Brisb	/		Coffee & Barbells	/
	Flex Appeal Crossfit Brisbane	/		CFBB #justturnup	/
	The Trojans	/		Tbc	/
	RIP AND DIP	/		ULTRA RED	/
	Team Fearless	/		Team Kova	/
	Resolve Nero	/		Rewired Fitness	/
	CrossFit Coorparoo	/		Crossfit 4000 Black	/
	CrossFit Bribe Island	/		Team Frenchemite °	/
	Chalk Sniffers	/		Too Legit To Quit °	/
	Best CFB Team	/		CFB Straight Outta Retirement °	/
	Charmaine's Lost Angels	/		first timers 40 crossfit brisbane °	/
	Witness The Fitness	/		CF Da Fonz & CF SMC °	/
To be confirmed	/	Cup of Cope °	/		
HEAT 7 9:30am	Jerks and Snatches	/			
	CF Brisbane GOLD	/			
	Crossfit Brisbane Swift and Strong	/			
	CFWF Masters 50+ HoneyBadgers *	/			
	CrossFit Ballina Masters °	/			
	The Old and the Breathless °	/			
	The 4 Wodsketeers *	/			
	Mooloolaba Hamma Sandwiches *	/			
Misters, Blisters and soul Sisters *	/				
Crossaxed Brew Crew *	/				

Workout 3 - Shoulder the Load Judging Schedule

FOUR Judges needed from each of the following Teams		Judges	FOUR Judges needed from each of the following Teams		Judges
HEAT 1 10:40am	CFL Not Fast....Just Furious	/	HEAT 2 10:55am	CFMB Blue	/
	The Black Stars	/		Rack it	/
	Crossfit Neuro "We Got Your Back"	/		Victoria thomas	/
	Push Jerks and Pop Tarts	/		CF4504 Black	/
	Crossfit Brisbane Kindy Crew	/		CF4504 White	/
	Mother Thrusters	/		CF4504 Camo	/
	Released Beast	/		Team YOLO	/
	CFBB	/		Beauty & the beasts	/
	Bounce	/		Gryffindor	/
	CFMB Green	/		CrossFit Ballina Butts & Nuts	/
HEAT 3 11:10am	CFWF Honey Badgers	/	HEAT 4 11:25am	City 4051 CrossFit	/
	Ultra Blue	/		Tradies & Ladies	/
	CF189	/		Crossfit Kova	/
	Quadsticles	/		TBA °	/
	CFB Suicide Squad	/		25% Core Strength °	/
	CrossFit The Stables	/		The Young & The Breathless °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		Half strenth °	/
	The young and old	/		RIP AND DIP °	/
	CFWF Honey Badgers 2.0	/		Should be in beginner °	/
HEAT 5 11:40am	Old and the beautiful	/	HEAT 6 11:55am	Resolve Black	/
	4178 Sinkers	/		Crossfit Brisbane	/
	Sana Misfits	/		Crossfit Resolve VantaBlack	/
	The rack pack	/		Bar-Belles and Boys (Crossfit Brisb	/
	CFG Bro's and Pro's	/		Flex Appeal Crossfit Brisbane	/
	People against DOMS	/		The Trojans	/
	Peaking Dux	/		Resolve Nero	/
	Release Contessa	/		Team Fearless	/
	Plebb City	/		CrossFit Coorparoo	/
	Aint nothin but a g-bung	/		CrossFit Bribie Island	/
HEAT 7 12:10pm	Chalk Sniffers	/	HEAT 8 12:25pm	Cup of Cope	/
	Best CFB Team	/		first timers 40 crossfit brisbane	/
	Charmaine's Lost Angels	/		CFB Straight Outta Retirement	/
	Witness The Fitness	/		Tbc °	/
	To be confirmed	/		ULTRA RED °	/
	Cardiac Unrest	/		Team Kova °	/
	CFMB Black	/		Rewired Fitness °	/
	CFBB #justturnup	/		Team Frenchemite	/
	Crossfit 4000 Black	/		Too Legit To Quit	/
	Coffee & Barbells	/		CF Da Fonz & CF SMC	/
HEAT 9 12:40pm	Jerks and Snatches	/	HEAT 10 12:55pm	Contessa BroBies	/
	CF Brisbane GOLD	/		The 4 Wodsketeers	/
	The Old and the Breathless °	/		Misters, Blisters and soul Sisters	/
	CrossFit Ballina Masters °	/		Mooloolaba Hamma Sandwiches	/
	Crossfit Brisbane Swift and Strong	/		Mixed Mayhem	/
	CFWF Masters 50+ HoneyBadgers	/		Chalk Dirty To Me	/
	Crossaxed Brew Crew *	/		Fueled by Hops	/
	Awesome 4504some *	/		Johanna	/
	Crossfit Sunshine Coast *	/		Hils Angels	/
	CFMB Red *	/		North Korean Crossfit Olympic Tear	/

Workout 4 - Off the Wood Judging Schedule

TWO Judges needed from each of the following Teams		Judges	TWO Judges needed from each of the following Teams		Judges
HEAT 1 1:00pm	CFMB Green	/	HEAT 2 1:14pm	CFMB Blue	/
	CFL Not Fast....Just Furious	/		Rack it	/
	CFBB	/		Victoria thomas	/
	Crossfit Neuro "We Got Your Back"	/		CF4504 Black	/
	Push Jerks and Pop Tarts	/		CrossFit Ballina Butts & Nuts	/
	Crossfit Brisbane Kindy Crew	/		CF4504 White	/
	Mother Thrusters	/		CF4504 Camo	/
	Released Beast	/		Team YOLO	/
	Bounce	/		Beauty & the beasts	/
	Contessa BroBies	/		Gryffindor	/
HEAT 3 1:28pm	CFWF Honey Badgers	/	HEAT 4 1:42pm	City 4051 CrossFit	/
	Ultra Blue	/		Tradies & Ladies	/
	CF189	/		Crossfit Kova	/
	Quadsticles	/		TBA °	/
	CFB Suicide Squad	/		25% Core Strength °	/
	CrossFit The Stables	/		The Young & The Breathless °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		Half strenth °	/
	The young and old	/		RIP AND DIP °	/
	CFWF Honey Badgers 2.0	/		Should be in beginner °	/
HEAT 5 1:56pm	Old and the beautiful	/	HEAT 6 2:10pm	The Trojans	/
	Aint nothin but a g-bung	/		Sana Misfits	/
	Plebb City	/		Crossfit Brisbane	/
	Release Contessa	/		Flex Appeal Crossfit Brisbane	/
	The rack pack	/		Crossfit Resolve VantaBlack	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	Resolve Black	/		Team Fearless	/
	4178 Sinkers	/		Resolve Nero	/
	People against DOMS	/		CrossFit Coorparoo	/
	Peaking Dux	/		Chalk Sniffers	/
HEAT 7 2:24pm	Best CFB Team	/	HEAT 8 2:38pm	Tbc °	/
	Witness The Fitness	/		ULTRA RED °	/
	To be confirmed	/		Team Kova °	/
	Charmaine's Lost Angels	/		Rewired Fitness °	/
	CrossFit Bribie Island	/		Team Frenchemite	/
	Cardiac Unrest	/		CFB Straight Outta Retirement	/
	CFMB Black	/		Too Legit To Quit	/
	Coffee & Barbells	/		Cup of Cope	/
	CFBB #justturnup	/		first timers 40 crossfit brisbane	/
	Crossfit 4000 Black °	/		CF Da Fonz & CF SMC	/
HEAT 9 2:52pm	Jerks and Snatches	/	HEAT 10 3:06pm	The 4 Wodsketeers	/
	CF Brisbane GOLD	/		Misters, Blisters and soul Sisters	/
	CrossFit Ballina Masters °	/		Mooloolaba Hamma Sandwiches	/
	CFWF Masters 50+ HoneyBadgers	/		Mixed Mayhem	/
	Crossfit Brisbane Swift and Strong	/		Chalk Dirty To Me	/
	The Old and the Breathless °	/		Fueled by Hops	/
	Crossaxed Brew Crew *	/		Hils Angels	/
	Awesome 4504some *	/		North Korean Crossfit Olympic Tear	/
	Crossfit Sunshine Coast *	/		The Black Stars	/
	CFMB Red *	/		Johanna	/

Workout 5 - Handstand Walk Judging Schedule

TWO Judges needed from each of the following Teams		Judges	TWO Judges needed from each of the following Teams		Judges
HEAT 1 1:12pm	CFMB Green	/	HEAT 2 1:26pm	CFMB Blue	/
	CFL Not Fast....Just Furious	/		Rack it	/
	CFBB	/		Victoria thomas	/
	Crossfit Neuro "We Got Your Back"	/		CF4504 Black	/
	Push Jerks and Pop Tarts	/		CrossFit Ballina Butts & Nuts	/
	Crossfit Brisbane Kindy Crew	/		CF4504 White	/
	Mother Thrusters	/		CF4504 Camo	/
	Released Beast	/		Team YOLO	/
	Bounce	/		Beauty & the beasts	/
	Contessa BroBies	/		Gryffindor	/
HEAT 3 1:40pm	CFWF Honey Badgers	/	HEAT 4 1:54pm	City 4051 CrossFit	/
	Ultra Blue	/		Tradies & Ladies	/
	CF189	/		Crossfit Kova	/
	Quadsticles	/		TBA °	/
	CFB Suicide Squad	/		25% Core Strength °	/
	CrossFit The Stables	/		The Young & The Breathless °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		Half strenth °	/
	The young and old	/		RIP AND DIP °	/
	CFWF Honey Badgers 2.0	/		Should be in beginner °	/
HEAT 5 2:08pm	Old and the beautiful	/	HEAT 6 2:22pm	The Trojans	/
	Aint nothin but a g-bung	/		Sana Misfits	/
	Plebb City	/		Crossfit Brisbane	/
	Release Contessa	/		Flex Appeal Crossfit Brisbane	/
	The rack pack	/		Crossfit Resolve VantaBlack	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	Resolve Black	/		Team Fearless	/
	4178 Sinkers	/		Resolve Nero	/
	People against DOMS	/		CrossFit Coorparoo	/
	Peaking Dux	/		Chalk Sniffers	/
HEAT 7 2:36pm	Best CFB Team	/	HEAT 8 2:50pm	Tbc °	/
	Witness The Fitness	/		ULTRA RED °	/
	To be confirmed	/		Team Kova °	/
	Charmaine's Lost Angels	/		Rewired Fitness °	/
	CrossFit Bribie Island	/		Team Frenchemite	/
	Cardiac Unrest	/		CFB Straight Outta Retirement	/
	CFMB Black	/		Too Legit To Quit	/
	Coffee & Barbells	/		Cup of Cope	/
	CFBB #justturnup	/		first timers 40 crossfit brisbane	/
	Crossfit 4000 Black °	/		CF Da Fonz & CF SMC	/
HEAT 9 3:04pm	Jerks and Snatches	/	HEAT 10 3:18pm	The 4 Wodsketeers	/
	CF Brisbane GOLD	/		Misters, Blisters and soul Sisters	/
	CrossFit Ballina Masters °	/		Mooloolaba Hamma Sandwiches	/
	CFWF Masters 50+ HoneyBadgers	/		Mixed Mayhem	/
	Crossfit Brisbane Swift and Strong	/		Chalk Dirty To Me	/
	The Old and the Breathless °	/		Fueled by Hops	/
	Crossaxed Brew Crew *	/		Hils Angels	/
	Awesome 4504some *	/		North Korean Crossfit Olympic Tear	/
	Crossfit Sunshine Coast *	/		The Black Stars	/
	CFMB Red *	/		Johanna	/

Workout 6 - CrossAxed Tri Judging Schedule

THREE Judges needed from each of the following Teams		Judges	THREE Judges needed from each of the following Teams		Judges
HEAT 1 2:45pm	Old and the beautiful	/	HEAT 2 3:10pm	The Trojans	/
	Aint nothin but a g-bung	/		Sana Misfits	/
	Plebb City	/		Crossfit Brisbane	/
	Release Contessa	/		Flex Appeal Crossfit Brisbane	/
	The rack pack	/		Crossfit Resolve VantaBlack	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	Resolve Black	/		Team Fearless	/
	4178 Sinkers	/		Resolve Nero	/
	People against DOMS	/		CrossFit Coorparoo	/
	Peaking Dux	/		Chalk Sniffers	/
HEAT 3 3:35pm	Best CFB Team	/	HEAT 4 4:00pm	Tbc	/
	Witness The Fitness	/		ULTRA RED	/
	To be confirmed	/		Team Kova	/
	Charmaine's Lost Angels	/		Rewired Fitness	/
	CrossFit Bribie Island	/		Crossfit 4000 Black	/
	Cardiac Unrest	/		Team Frenchemite °	/
	CFMB Black	/		CFB Straight Outta Retirement °	/
	CFMB Red	/		Too Legit To Quit °	/
	Coffee & Barbells	/		Cup of Cope °	/
	CFBB #justturnup	/		first timers 40 crossfit brisbane °	/
HEAT 5 4:25pm	CF Da Fonz & CF SMC	/	HEAT 6 4:50pm	The 4 Wodsketeers	/
	Jerks and Snatches	/		Misters, Blisters and soul Sisters	/
	CF Brisbane GOLD	/		Mooloolaba Hamma Sandwiches	/
	CrossFit Ballina Masters °	/		Mixed Mayhem	/
	CFWF Masters 50+ HoneyBadgers °	/		Chalk Dirty To Me	/
	Crossfit Brisbane Swift and Strong	/		Fueled by Hops	/
	The Old and the Breathless °	/		Hils Angels	/
	Crossaxed Brew Crew *	/		North Korean Crossfit Olympic Tear	/
	Awesome 4504some *	/		The Black Stars	/
	Crossfit Sunshine Coast *	/		Johanna	/
HEAT 7 5:15pm	CFMB Green	/	HEAT 8 5:40pm	CFMB Blue	/
	CFL Not Fast....Just Furious	/		Rack it	/
	CFBB	/		Victoria thomas	/
	Crossfit Neuro "We Got Your Back"	/		CF4504 Black	/
	Push Jerks and Pop Tarts	/		CrossFit Ballina Butts & Nuts	/
	Crossfit Brisbane Kindy Crew	/		CF4504 White	/
	Mother Thrusters	/		CF4504 Camo	/
	Released Beast	/		Team YOLO	/
	Bounce	/		Beauty & the beasts	/
	Contessa BroBies	/		Gryffindor	/
HEAT 9 6:05pm	CFWF Honey Badgers	/	HEAT 10 6:30pm	City 4051 CrossFit	/
	Ultra Blue	/		Tradies & Ladies	/
	CF189	/		Crossfit Kova	/
	Quadsticles	/		TBA °	/
	CFB Suicide Squad	/		99 Problems But A Snatch Ain't On	/
	CrossFit The Stables	/		The Young & The Breathless °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		Half strenth °	/
	The young and old	/		RIP AND DIP °	/
	CFWF Honey Badgers 2.0	/		Should be in beginner °	/

Workout 7 - GHD Rope Climb Pair 1 Judging Schedule

FOUR Judges needed from each of the following Teams		Judges	FOUR Judges needed from each of the following Teams		Judges
HEAT 1 9:30am	Coffee & Barbells	/	HEAT 2 10:03am	Team Frenchemite	/
	CFBB #justturnup	/		Too Legit To Quit	/
	Tbc	/		CFB Straight Outta Retirement	/
	Crossfit 4000 Black	/		first timers 40 crossfit brisbane	/
	ULTRA RED	/		Cup of Cope	/
	Rewired Fitness	/		CF Da Fonz & CF SMC	/
	CFMB Black	/		Jerks and Snatches	/
	CrossAxed	/		CF Brisbane GOLD	/
	CrossAxed	/		CrossAxed	/
CrossAxed	/	CrossAxed	/		
HEAT 3 10:36am	CFWF Honey Badgers	/	HEAT 4 11:09am	City 4051 CrossFit	/
	Ultra Blue	/		Crossfit Kova	/
	CF189	/		Tradies & Ladies	/
	Quadsticles	/		CrossFit Release °	/
	CFB Suicide Squad	/		Should be in beginner °	/
	CrossFit The Stables	/		Half strenth °	/
	CF Desire	/		The Young & The Breathless °	/
	Misters and Sisters	/		25% Core Strength °	/
	The young and old	/		RIP AND DIP °	/
CFWF Honey Badgers 2.0	/		/		
HEAT 5 11:42am	4178 Sinkers	/	HEAT 6 12:15pm	Old and the beautiful	/
	Aint nothin but a g-bung	/		Resolve Black	/
	The rack pack	/		Crossfit Brisbane	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	People against DOMS	/		Flex Appeal Crossfit Brisbane	/
	Peaking Dux	/		The Trojans	/
	Release Contessa	/		Team Fearless	/
	Plebb City	/			/
HEAT 7 12:48pm	CrossFit Coorparoo	/			
	CrossFit Bribie Island	/			
	Chalk Sniffers	/			
	Charmaine's Lost Angels	/			
	Witness The Fitness	/			
	To be confirmed	/			
	Cardiac Unrest	/			
Best CFB Team	/				

Workout 8 - GHD Rope Climb Pair 2 Judging Schedule

	FOUR Judges needed from each of the following Teams	Judges		FOUR Judges needed from each of the following Teams	Judges
HEAT 1 9:46am	Coffee & Barbells	/	HEAT 2 10:19am	Team Frenchemite	/
	CFBB #justturnup	/		Too Legit To Quit	/
	Tbc	/		CFB Straight Outta Retirement	/
	Crossfit 4000 Black	/		first timers 40 crossfit brisbane	/
	Rewired Fitness	/		Cup of Cope	/
	ULTRA RED	/		CF Da Fonz & CF SMC	/
	CFMB Black	/		Jerks and Snatches	/
	CrossAxed	/		CF Brisbane GOLD	/
	CrossAxed	/		CrossAxed	/
CrossAxed	/	CrossAxed	/		
HEAT 3 10:52am	CFWF Honey Badgers	/	HEAT 4 11:25am	City 4051 CrossFit	/
	Ultra Blue	/		Crossfit Kova	/
	CF189	/		TBA °	/
	Quadsticles	/		Half strenth °	/
	CFB Suicide Squad	/		The Young & The Breathless °	/
	CrossFit The Stables	/		Should be in beginner °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		25% Core Strength °	/
	The young and old	/		RIP AND DIP °	/
CFWF Honey Badgers 2.0	/	Tradies & Ladies	/		
HEAT 5 11:58am	Sana Misfits	/	HEAT 6 12:31pm	Old and the beautiful	/
	The rack pack	/		Resolve Black	/
	CFG Bro's and Pro's	/		Crossfit Brisbane	/
	People against DOMS	/		Bar-Belles and Boys (Crossfit Brisb	/
	Peaking Dux	/		Flex Appeal Crossfit Brisbane	/
	Release Contessa	/		The Trojans	/
	Plebb City	/		Team Fearless	/
	4178 Sinkers	/		Resolve Nero	/
	Team Kova	/			/
Aint nothin but a g-bung	/		/		
HEAT 7 1:04pm	CrossFit Coorparoo	/			
	CrossFit Bribie Island	/			
	Chalk Sniffers	/			
	Charmaine's Lost Angels	/			
	Witness The Fitness	/			
	To be confirmed	/			
	Cardiac Unrest	/			
	Best CFB Team	/			
		/			
	/				

Workout 9 - Dead Bike Pair 1 Judging Schedule

FOUR Judges needed from each of the following Teams		Judges	FOUR Judges needed from each of the following Teams		Judges
HEAT 1 9:46am	Coffee & Barbells	/	HEAT 2 10:19am	Too Legit To Quit	/
	CFBB #justturnup	/		CF Brisbane GOLD	/
	Tbc	/		Jerks and Snatches	/
	Crossfit 4000 Black	/		CF Da Fonz & CF SMC	/
	Rewired Fitness	/		Team Frenchemite	/
	ULTRA RED	/		Cup of Cope	/
	CFMB Black	/		first timers 40 crossfit brisbane	/
	CrossAxed	/		CFB Straight Outta Retirement	/
	CrossAxed	/		CrossAxed	/
CrossAxed	/	CrossAxed	/		
HEAT 3 10:52am	CFWF Honey Badgers	/	HEAT 4 11:25am	City 4051 CrossFit	/
	Ultra Blue	/		CrossFit Release °	/
	CF189	/		Crossfit Kova	/
	Quadsticles	/		TBA °	/
	CFB Suicide Squad	/		25% Core Strength °	/
	CrossFit The Stables	/		The Young & The Breathless °	/
	CF Desire	/		Should be in beginner °	/
	Misters and Sisters	/		Half strenth °	/
	The young and old	/		RIP AND DIP °	/
CFWF Honey Badgers 2.0	/	Tradies & Ladies			
HEAT 5 11:58am	4178 Sinkers	/	HEAT 6 12:31pm	Old and the beautiful	/
	Aint nothin but a g-bung	/		Resolve Black	/
	The rack pack	/		Crossfit Brisbane	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	People against DOMS	/		Flex Appeal Crossfit Brisbane	/
	Peaking Dux	/		The Trojans	/
	Release Contessa	/		Team Fearless	/
	Plebb City	/		Resolve Nero	/
HEAT 7 1:04pm	CrossFit Coorparoo	/			
	CrossFit Bribie Island	/			
	Chalk Sniffers	/			
	Charmaine's Lost Angels	/			
	Witness The Fitness	/			
	To be confirmed	/			
	Cardiac Unrest	/			
	Best CFB Team	/			

Workout 10 - Dead Bike Pair 2 Judging Schedule

FOUR Judges needed from each of the following Teams		Judges	FOUR Judges needed from each of the following Teams		Judges
HEAT 1 9:30am	Coffee & Barbells	/	HEAT 2 10:03am	Team Frenchemite	/
	CFBB #justturnup	/		Too Legit To Quit	/
	Crossfit 4000 Black	/		CFB Straight Outta Retirement	/
	Tbc	/		first timers 40 crossfit brisbane	/
	Rewired Fitness	/		Cup of Cope	/
	ULTRA RED	/		CF Da Fonz & CF SMC	/
	CFMB Black	/		Jerks and Snatches	/
	CrossAxed	/		CF Brisbane GOLD	/
	CrossAxed	/		CrossAxed	/
CrossAxed	/	CrossAxed	/		
HEAT 3 10:36am	CFWF Honey Badgers	/	HEAT 4 11:09am	Crossfit Kova	/
	Ultra Blue	/		City 4051 CrossFit	/
	CF189	/		TBA °	/
	Quadsticles	/		25% Core Strength °	/
	CFB Suicide Squad	/		The Young & The Breathless °	/
	CrossFit The Stables	/		Half strenth °	/
	CF Desire	/		CrossFit Release °	/
	Misters and Sisters	/		Should be in beginner °	/
	The young and old	/		RIP AND DIP °	/
CFWF Honey Badgers 2.0	/	Tradies & Ladies			
HEAT 5 11:42am	4178 Sinkers	/	HEAT 6 12:15pm	Old and the beautiful	/
	Aint nothin but a g-bung	/		Resolve Black	/
	The rack pack	/		Crossfit Brisbane	/
	CFG Bro's and Pro's	/		Bar-Belles and Boys (Crossfit Brisb	/
	People against DOMS	/		Flex Appeal Crossfit Brisbane	/
	Peaking Dux	/		The Trojans	/
	Release Contessa	/		Team Fearless	/
	Plebb City	/		Resolve Nero	/
HEAT 7 12:48pm	CrossFit Coorparoo	/			
	CrossFit Bribie Island	/			
	Chalk Sniffers	/			
	Charmaine's Lost Angels	/			
	Witness The Fitness	/			
	To be confirmed	/			
	Cardiac Unrest	/			
Best CFB Team	/				

Workout 11 - Pull Annie Up Pair 1 Judging Schedule

		TWO Judges needed from each of the following Teams	Judges			TWO Judges needed from each of the following Teams	Judges
HEAT 1 10:00am		Crossaxed Brew Crew	/	HEAT 2 10:18am		CFMB Red	/
		Awesome 4504some	/			CFL Not Fast....Just Furious	/
		Contessa BroBies	/			CFMB Green	/
		The 4 Wodsketeers	/			CFMB Blue	/
		Misters, Blisters and soulSisters	/			Rack it	/
		Mooloolaba Hamma Sandwiches	/			Victoria thomas	/
		Mixed Mayhem	/			CF4504 Black	/
		Chalk Dirty To Me	/			CF4504 White	/
		Fueled by Hops	/			CF4504 Camo	/
		Johanna	/			Team YOLO	/
		Hils Angels	/			Beauty & the beasts	/
		North Korean Crossfit Olympic Tear	/			Crossfit Brisbane Swift and Strong	/
		The Black Stars	/			CFWF Masters 50+ HoneyBadgers °	/
		Crossfit Neuro "We Got Your Back"	/			The Old and the Breathless °	/
		Push Jerks and Pop Tarts	/			CrossFit Ballina Masters °	/
		Crossfit Brisbane Kindy Crew	/			Gryffindor	/
		Mother Thrusters	/			CFBB	/
		Released Beast	/			Bounce	/
		Crossfit Sunshine Coast	/			CrossFit Ballina Butts & Nuts	/

Workout 12 - Pull Annie Up Pair 2 Judging Schedule

		TWO Judges needed from each of the following Teams	Judges			TWO Judges needed from each of the following Teams	Judges
HEAT 1 10:40am		Crossaxed Brew Crew	/	HEAT 2 10:58am		CFMB Red	/
		Awesome 4504some	/			CFL Not Fast....Just Furious	/
		Contessa BroBies	/			CFMB Green	/
		The 4 Wodsketeers	/			CFMB Blue	/
		Misters, Blisters and soulSisters	/			Rack it	/
		Mooloolaba Hamma Sandwiches	/			Victoria thomas	/
		Mixed Mayhem	/			CF4504 Black	/
		Chalk Dirty To Me	/			CF4504 White	/
		Fueled by Hops	/			CF4504 Camo	/
		Johanna	/			Team YOLO	/
		Hils Angels	/			CrossFit Ballina Masters °	/
		North Korean Crossfit Olympic Tear	/			The Old and the Breathless °	/
		The Black Stars	/			CFWF Masters 50+ HoneyBadgers °	/
		Crossfit Neuro "We Got Your Back"	/			Crossfit Brisbane Swift and Strong	/
		Push Jerks and Pop Tarts	/			Beauty & the beasts	/
		Crossfit Brisbane Kindy Crew	/			Gryffindor	/
		Mother Thrusters	/			CFBB	/
		Crossfit Sunshine Coast	/			Bounce	/
		Released Beast	/			CrossFit Ballina Butts & Nuts	/

Workout 13 - Muscle It Up Judging Schedule

	ONE Judge needed from each of the following Teams	Judges		ONE Judge needed from each of the following Teams	Judges
HEAT 1 7:30am	ULTRA RED	/	HEAT 2 7:50am	CF Brisbane GOLD	/
	CrossFit Coorparoo	/		Jerks and Snatches	/
	CrossFit Bribe Island	/		CF Da Fonz & CF SMC	/
	Chalk Sniffers	/		Cup of Cope	/
	Best CFB Team	/		first timers 40 crossfit brisbane	/
	Charmaine's Lost Angels	/		CFB Straight Outta Retirement	/
	Witness The Fitness	/		Too Legit To Quit	/
	To be confirmed	/		Team Frenchemite	/
	Cardiac Unrest	/		Rewired Fitness °	/
	CFMB Black	/		Crossfit 4000 Black °	/
	Coffee & Barbells	/		CrossFit Ballina Butts & Nuts *	/
	CFBB #justturnup	/		RIP AND DIP °	/
	Tbc	/		CrossAxed	/
	Team Kova	/		CrossAxed	/
	CrossAxed	/		CrossAxed	/
HEAT 3 8:03am	CFWF Honey Badgers	/	HEAT 4 8:23am	Crossaxed Brew Crew	/
	Ultra Blue	/		Awesome 4504some	/
	CF189	/		Contessa BroBies	/
	Quadsticles	/		The 4 Wodsketeers	/
	CFB Suicide Squad	/		Misters, Blisters and soul Sisters	/
	CrossFit The Stables	/		Mooloolaba Hamma Sandwiches	/
	CF Desire	/		Mixed Mayhem	/
	Misters and Sisters	/		Chalk Dirty To Me	/
	The young and old	/		Fueled by Hops	/
	CFWF Honey Badgers 2.0	/		Johanna	/
	City 4051 CrossFit	/		Hils Angels	/
	Tradies & Ladies	/		North Korean Crossfit Olympic Tear	/
	Crossfit Kova	/		The Black Stars	/
	Crossfit Sunshine Coast °	/		Crossfit Neuro "We Got Your Back"	/
	CFMB Red °	/		Push Jerks and Pop Tarts	/
HEAT 5 8:43am	Crossfit Brisbane Kindy Crew	/	HEAT 6 8:56am	Crossfit Brisbane Swift and Strong	/
	Mother Thrusters	/		CFWF Masters 50+ HoneyBadgers	/
	Released Beast	/		CrossFit Ballina Masters	/
	Bounce	/		The Old and the Breathless	/
	CFBB	/		Gryffindor °	/
	CFL Not Fast....Just Furious	/		25% Core Strength *	/
	CFMB Green	/		The Young & The Breathless *	/
	CFMB Blue	/		CrossFit Release *	/
	Rack it	/		Half strenth *	/
	Victoria thomas	/		Should be in beginner *	/
	CF4504 Black	/		The rack pack *	/
	CF4504 White	/		People against DOMS *	/
	CF4504 Camo	/		CFG Bro's and Pro's *	/
	Team YOLO	/		Peaking Dux *	/
	HEAT 7 9:16am	Release Contessa		/	
Plebb City		/			
Aint nothin but a g-bung		/			
Sana Misfits		/			
Old and the beautiful		/			
Resolve Black		/			
Crossfit Brisbane		/			
Crossfit Resolve VantaBlack		/			
Bar-Belles and Boys (Crossfit Brisb		/			
Flex Appeal Crossfit Brisbane		/			
The Trojans		/			
Team Fearless		/			