



# HEAT SCHEDULE

## EVENT 1: HANG OUT

LANE	TEAM NAME	AFFILIATE	DIVISION	EVENT	HEAT NUMBER	REPORT TO CALL ROOM	HEAT TIME	END TIME
1	Snatch me if you can	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
2	Daddies & Baddies	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
3	Siao Liao Snails		TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
4	Kopi no kosong	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
5	Super Subs	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
6	8am lim kopi	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 1	8:45 am	09:00 AM	9:10 am
1	Rural Throw Up	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
2	Just Here for the Shirt	S30 TANJONG PAGAR	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
3	Team Fugo	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
4	PESky kids	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
5	OnlyFun	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
6	Midlife Masters	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 2	9:00 am	09:12 AM	09:24 AM
1	Chee Cheong Gam	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
2	Hakuna Matata	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
3	MVRCK PEDRO	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
4	SANJUUBA	INNERVATE FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
5	2 Queens 1 Jerk	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
6	Flexual Healing	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 3	9:10 am	09:24 AM	09:36 AM
1	Scaled nobull shit	CROSSFITHUB	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
2	COMBINED AGE OF OVER 100	ACTUALIZE CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
3	Bei Sabo	REVL LOWER PEIRCE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
4	AMPLIFY SO SICK MEH?!	CROSSFIT APFY	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
5	French Fries	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
6	GIDDYAP	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 4	9:25 am	09:36 AM	09:48 AM
1	Team 23	CROSSFIT MOBILUS	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
2	MVRCK STAR	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
3	Team Open Training Rejects	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
4	Team Whack 9 U	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
5	Suck At Deadlifts	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
6	MVRCKTM BLSO	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 5	9:30 am	09:48 AM	10:00 AM
1	BBS	REVL RIVER VALLEY	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
2	MVRCK Moon	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
3	ONE Tan Mee		TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
4	OH BEAST	CROSSFIT UNIT	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
5	Team Bryan do more reps	GRIT NATION	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
6	AL-O-AL	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 1	Heat 6	9:45 am	10:00 AM	10:14 AM
1	Tomato Salad & Eggs	CROSSFIT JOHOR BAHRU	TEAMS RX (F/M/M)	WORKOUT 1	Heat 7	9:55 am	10:14 AM	10:26 am
2	PCW Eating House	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 1	Heat 7	9:55 am	10:14 AM	10:26 am
3	TST Tiny	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 7	9:55 am	10:14 AM	10:26 am
4	Paris Bánh Kut Teh	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 7	9:55 am	10:14 AM	10:26 am
5	Breaking Free		TEAMS RX (F/M/M)	WORKOUT 1	Heat 7	9:55 am	10:14 AM	10:26 am
6	- EMPTY LANE -							
1	Chinese(ish) Pineapples	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
2	Injury Prone 🤖	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
3	TST Bench Warmers	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
4	SUSHI KIDS	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
5	MX One Last Time	METHODX	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
6	Urban Edge Masters	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 1	Heat 8	10:10 am	10:26 AM	10:38 AM
1	REBEL TEAM	CROSSFIT THAO DIEN	TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
2	NoBullshit	CROSSFIT HUB	TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
3	WAO	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
4	WEEKEND OF FITNESS	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
5	Barely Fit Trios		TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
6	Triple Ds	CROSSFIT UNIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 9	10:20 am	10:38 AM	10:50 AM
1	Stupid 3		TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
2	team qtpies	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
3	BACON & BAGUETTES	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
4	Brothers please! 🤖	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
5	RX DELULUS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
6	OOMPA LOOMPAS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 1	Heat 10	10:35 am	10:50 AM	11:02 AM
1	Jiggypuffs	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am
2	TST Beasts	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am
3	TST Beauties	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am
4	Grit Train 🤖	GRIT NATION	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am
5	JAI HO	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am
6	Unfinished Business	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 1	Heat 11	10:45 am	11:02 AM	11:12 am



# EVENT 2: BOWLING ALLEY

LANE	TEAM NAME	AFFILIATE	DIVISON	EVENT	HEAT NUMBER	REPORT TO CALL ROOM	HEAT TIME	END TIME
1	Snatch me if you can	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
2	Daddies & Baddies	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
3	Siao Liao Snails		TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
4	Kopi no kosong	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
5	Super Subs	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
6	8am lim kopi	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 1	12:00	12:15	12:23
1	Rural Throw Up	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
2	Just Here for the Shirt	S30 TANJONG PAGAR	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
3	Team Fugo	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
4	PESky kids	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
5	OnlyFun	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
6	Midlife Masters	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 2	12:15	12:25	12:33
1	Chee Cheong Gam	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
2	Hakuna Matata	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
3	MVRCK PEDRO	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
4	SANJIUBA	INNERVATE FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
5	2 Queens 1 Jerk	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
6	Flexual Healing	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 3	12:25	12:35	12:43
1	Scaled nobull shit	CROSSFITHUB	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
2	COMBINED AGE OF OVER 100	ACTUALIZE CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
3	Bei Sabo	REVL LOWER PEIRCE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
4	AMPLIFY SO SICK MEH?!	CROSSFIT APFY	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
5	French Fries	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
6	GIDDYAP	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 4	12:35	12:45	12:53
1	Team 23	CROSSFIT MOBILUS	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
2	MVRCK STAR	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
3	Team Open Training Rejects	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
4	Team Whack 9 U	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
5	Suck At Deadlifts	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
6	MVRCKTM BLS	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 5	12:45	12:55	13:03
1	BBS	REVL RIVER VALLEY	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
2	MVRCK Moon	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
3	ONE Tan Mee		TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
4	OH BEAST	CROSSFIT UNIT	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
5	Team Bryan do more reps	GRIT NATION	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
6	AL-O-AL	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 2	Heat 6	12:55	13:05	13:13
1	Tomato Salad & Eggs	CROSSFIT JOHOR BAHRU	TEAMS RX (F/M/M)	WORKOUT 2	Heat 7	13:05	13:15	13:23
2	PCW Eating House	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 2	Heat 7	13:05	13:15	13:23
3	TST Tiny	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 7	13:05	13:15	13:23
4	Paris Bánh Kut Teh	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 7	13:05	13:15	13:23
5	Breaking Free		TEAMS RX (F/M/M)	WORKOUT 2	Heat 7	13:05	13:15	13:23
6	- EMPTY LANE -							
1	Chinese(ish) Pineapples	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
2	Injury Prone 🍷	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
3	TST Bench Warmers	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
4	SUSHI KIDS	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
5	MX One Last Time	METHODX	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
6	Urban Edge Masters	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 2	Heat 8	13:15	13:25	13:33
1	REBEL TEAM	CROSSFIT THAO DIEN	TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
2	NoBullshit	CROSSFIT HUB	TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
3	WAO	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
4	WEEKEND OF FITNESS	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
5	Barely Fit Trios		TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
6	Triple Ds	CROSSFIT UNIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 9	13:25	13:35	13:43
1	Stupid 3		TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
2	team qtpies	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
3	BACON & BAGUETTES	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
4	Brothers please! 🍷	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
5	RX DELULUS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
6	OOMPA LOOMPAS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 2	Heat 10	13:35	13:45	13:53
1	Jiggypuffs	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03
2	TST Beasts	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03
3	TST Beauties	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03
4	Grit Train 🍷	GRIT NATION	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03
5	JAI HO	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03
6	Unfinished Business	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 2	Heat 11	13:45	13:55	14:03





# EVENT 3: QUEEN'S GAMBIT

ORDER	TEAM NAME	AFFILIATE	DIVISION	EVENT	HEAT NUMBER	REPORT TO CALL ROOM	HEAT TIME	END TIME
1	Snatch me if you can	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 1	15:00	15:15	15:22
2	Daddies & Baddies	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 2	15:00	15:16	15:23
3	Siao Liao Snails		TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 3	15:00	15:17	15:24
4	Kopi no kosong	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 4	15:00	15:18	15:25
5	Super Subs	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 5	15:00	15:19	15:26
6	8am lim kopi	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 6	15:00	15:20	15:27
7	Rural Throw Up	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 7	15:00	15:21	15:28
8	Just Here for the Shirt	S30 TANJONG PAGAR	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 8	15:00	15:22	15:29
9	Team Fugo	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 9	15:00	15:23	15:30
10	PESky kids	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 10	15:00	15:24	15:31
11	OnlyFun	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 11	15:10	15:25	15:32
12	Midlife Masters	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 12	15:10	15:26	15:33
13	Chee Cheong Gam	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 13	15:10	15:27	15:34
14	Hakuna Matata	CROSSFIT ENDURO	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 14	15:10	15:28	15:35
15	MVRCK PEDRO	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 15	15:10	15:29	15:36
16	SANJIUBA	INNERVATE FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 16	15:10	15:30	15:37
17	2 Queens 1 Jerk	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 17	15:10	15:31	15:38
18	Flexual Healing	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 18	15:10	15:32	15:39
19	Scaled nobull shit	CROSSFITHUB	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 19	15:10	15:33	15:40
20	COMBINED AGE OF OVER 100	ACTUALIZE CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 20	15:20	15:34	15:41
21	Bei Sabo	REVL LOWER PEIRCE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 21	15:20	15:35	15:42
22	AMPLIFY SO SICK MEH?!	CROSSFIT APFY	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 22	15:20	15:36	15:43
23	French Fries	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 23	15:20	15:37	15:44
24	GIDDYAP	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 24	15:20	15:38	15:45
25	Team 23	CROSSFIT MOBILUS	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 25	15:20	15:39	15:46
26	MVRCK STAR	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 26	15:20	15:40	15:47
27	Team Open Training Rejects	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 27	15:20	15:41	15:48
28	Team Whack 9 U	SUPERSONIC CROSSFIT	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 28	15:30	15:42	15:49
29	Suck At Deadlifts	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 29	15:30	15:43	15:50
30	MVRCKTM BLSL	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 30	15:30	15:44	15:51
31	BBS	REVL RIVER VALLEY	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 31	15:30	15:45	15:52
32	MVRCK Moon	MVRCK™	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 32	15:30	15:46	15:53
33	ONE Tan Mee		TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 33	15:30	15:47	15:54
34	OH BEAST	CROSSFIT UNIT	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 34	15:30	15:48	15:55
35	Team Bryan do more reps	GRIT NATION	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 35	15:30	15:49	15:56
36	AL-O-AL	CROSSFIT KAMPUNG	TEAMS SCALE ( F/M/M)	WORKOUT 3	Heat 36	15:30	15:50	15:57

1	Tomato Salad & Eggs	CROSSFIT JOHOR BAHRU	TEAMS RX (F/M/M)	WORKOUT 3	Heat 37	16:10	16:27	16:34
2	PCW Eating House	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 3	Heat 38	16:10	16:28	16:35
3	TST Tiny	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 39	16:10	16:29	16:36
4	Paris Bánh Kut Teh	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 40	16:10	16:30	16:37
5	Breaking Free		TEAMS RX (F/M/M)	WORKOUT 3	Heat 41	16:10	16:31	16:38
6	Chinese(ish) Pineapples	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 42	16:10	16:32	16:39
7	Injury Prone 🤕	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 43	16:10	16:33	16:40
8	TST Bench Warmers	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 44	16:10	16:34	16:41
9	SUSHI KIDS	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 3	Heat 45	16:20	16:35	16:42
10	MX One Last Time	METHODX	TEAMS RX (F/M/M)	WORKOUT 3	Heat 46	16:20	16:36	16:43
11	Urban Edge Masters	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 3	Heat 47	16:20	16:37	16:44
12	REBEL TEAM	CROSSFIT THAO DIEN	TEAMS RX (F/M/M)	WORKOUT 3	Heat 48	16:20	16:38	16:45
13	NoBullshit	CROSSFIT HUB	TEAMS RX (F/M/M)	WORKOUT 3	Heat 49	16:20	16:39	16:46
14	WAO	WAO CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 50	16:20	16:40	16:47
15	WEEKEND OF FITNESS	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 3	Heat 51	16:20	16:41	16:48
16	Barely Fit Trios		TEAMS RX (F/M/M)	WORKOUT 3	Heat 52	16:20	16:42	16:49
17	Triple Ds	CROSSFIT UNIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 53	16:20	16:43	16:50
18	Stupid 3		TEAMS RX (F/M/M)	WORKOUT 3	Heat 54	16:20	16:44	16:51
19	team qtpies	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 55	16:30	16:45	16:52
20	BACON & BAGUETTES	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M)	WORKOUT 3	Heat 56	16:30	16:46	16:53
21	Brothers please! 🤔	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 57	16:30	16:47	16:54
22	RX DELULUS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 58	16:30	16:48	16:55
23	OOMPA LOOMPAS	CROSSFIT KAMPUNG	TEAMS RX (F/M/M)	WORKOUT 3	Heat 59	16:30	16:49	16:56
24	Jiggypuffs	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M)	WORKOUT 3	Heat 60	16:30	16:50	16:57
25	TST Beasts	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 61	16:40	16:51	16:58
26	TST Beauties	SUPERSONIC CROSSFIT	TEAMS RX (F/M/M)	WORKOUT 3	Heat 62	16:40	16:52	16:59
27	Grit Train 🚂	GRIT NATION	TEAMS RX (F/M/M)	WORKOUT 3	Heat 63	16:40	16:53	17:00
28	JAI HO	CROSSFIT MOBILUS	TEAMS RX (F/M/M)	WORKOUT 3	Heat 64	16:40	16:54	17:01
29	Unfinished Business	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M)	WORKOUT 3	Heat 65	16:40	16:55	17:02