

TURF GAMES

DUBAI CITY SERIES 2023

INTERMEDIATE TEAMS

INTERMEDIATE TEAMS

INTERMEDIATE POOL A SATURDAY HEAT TIMES										
LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	FBZ LIFESTYLE	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
2	1	DEN OUT OF TEN	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
3	1	STRONG GEORGE	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
4	1	HEROESWOD	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
5	1	GRAMMAR ENTHUSIASTS	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
6	1	6 OF A KIND	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
7	1	DESERT ICE	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
8	1	4 BARBIES 2 KENS	9.00.	LIFT OFF	11.15	SANDSTORM	13.35	DIVIDE & CONQUER	15.50.	MAD HATTA
1	2	PROJECT DXB	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
2	2	6 PEAS IN A WOD	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
3	2	BUNS & GUNS	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
4	2	7 PEANUTS	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
5	2	ALIOH 4THIRTY	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
6	2	BSK SIX APPEAL	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
7	2	MUSCLE AND HUSTLE #1	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
8	2	NO SHORTCUTS	9.21	LIFT OFF	11.36	SANDSTORM	13.56	DIVIDE & CONQUER	16.11	MAD HATTA
1	3	BARE	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
2	3	BORN PRIMITIVE PRO LEVELUP	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
3	3	COLES FTW	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
4	3	ALIOH ANGELS	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
5	3	INNERFIGHT RED	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
6	3	HOT WODS	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
7	3	QUEENS AND JERKS	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
8	3	ENDANGERED CHEETAHS	9.42	LIFT OFF	11.57	SANDSTORM	14.17	DIVIDE & CONQUER	16.32	MAD HATTA
1	4	GENERATION GAP	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
2	4	GOING GORILLAS	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
3	4	ALIOH DARK CAMELS	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
4	4	JNPT	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
5	4	HAKUNA MASQUATA	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
6	4	6AM DEMOLITION	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
7	4	KHALAS COWBOYS	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
8	4	HOTTER THAN SUMMER	10.03	LIFT OFF	12.18	SANDSTORM	14.38	DIVIDE & CONQUER	16.53	MAD HATTA
1	5	INNERFIGHT TEENS	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
2	5	ADIDAS DXB	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
3	5	GRENADE	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
4	5	NO REPI	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
5	5	TEAM LIFTDEX	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
6	5	THE DEN DXB	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
7	5	LA DOLCE VITA	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
8	5	ALIOH Re-LAKKS	10.24	LIFT OFF	12.39	SANDSTORM	14.59	DIVIDE & CONQUER	17.14	MAD HATTA
1	6	MIGHTY REPUBLIKS	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
2	6	RAPTORS	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
3	6	CHAMPAGNE SNATCHERS	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
4	6	NAVY SWOLEMATES	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
5	6	TEAM MORE FIRE	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
6	6	THE REHAB REBELS	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
7	6	TEAM LFG	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA
8	6	KIPPING IT REAL	10.45	LIFT OFF	13.00.	SANDSTORM	15.20.	DIVIDE & CONQUER	17.35	MAD HATTA



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LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	HEAT #	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	PURE HEALTH	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
2	1	QUADS AND QUESADILLA	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
3	1	BEARDS & BUTTS	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
4	1	QUIET PROFESSIONALS	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
5	1	KRISPY KLEANS	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
6	1	RATHR B ON THE BEACH	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
7	1	RED LINERS	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
8	1	RUN LIKE THE WINDED	9.00.	SANDSTORM	2	11.36	LIFT OFF	13.56	MAD HATTA	16.11	DIVIDE & CONQUER
1	2	SHEIKH THAT	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
2	2	SK REPUBLIC	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
3	2	SWEAT JUNKIES	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
4	2	LAST MINUTE	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
5	2	UNITED POWER	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
6	2	THE NINJA TURTLES	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
7	2	APTIOIRS MISFITS	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
8	2	THE RUNNING JOKES	9.21	SANDSTORM	3	11.57	LIFT OFF	14.17	MAD HATTA	16.32	DIVIDE & CONQUER
1	3	VINTAGE VETS	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
2	3	NO WEIGH	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
3	3	WOD THE HELL	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
4	3	ALL THE WHEY (LVL)UP	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
5	3	YASII	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
6	3	4 THE FUN OF IT	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
7	3	#WEGOAGAIN	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
8	3	ANTI-RUNNING CLUB	9.42	SANDSTORM	4	12.18	LIFT OFF	14.38	MAD HATTA	16.53	DIVIDE & CONQUER
1	4	APTIOR SIX APPEAL	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
2	4	FIT AID	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
3	4	FORTITUDE ELITES	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
4	4	INNERFIGHT ANGELS	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
5	4	BUNS and GUNS	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
6	4	LEGENDS TO BE	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
7	4	SAME BUT DIFFERENT	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
8	4	POD SQUAD	10.03	SANDSTORM	5	12.39	LIFT OFF	14.59	MAD HATTA	17.14	DIVIDE & CONQUER
1	5	POUND STERLING	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
2	5	BORNPRIMITIVE LVL-UP	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
3	5	SANDSTORM	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
4	5	THE SWEAT SQUAD	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
5	5	TEAM THRIVE	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
6	5	REPS GET PHYSICAL	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
7	5	MUSCLE MAVERICKS	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER
8	5	BURPEES WITH BELTERS	10.24	SANDSTORM	6	13.00.	LIFT OFF	15.20.	MAD HATTA	17.35	DIVIDE & CONQUER

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INTERMEDIATE POOL C SATURDAY HEAT TIMES											
LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	HEAT #	ROUND 4	WORKOUT 4
1	3	TRANKILLERS	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
2	3	ALIOTH HEROES	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
3	3	APPLE BOTTOM CLEANS	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
4	3	TEAM LAB	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
5	3	TEARS 2 BAR	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
6	3	RESTORE FITNESS	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
7	3	GIVE ME DEN	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM
8	3	TEAM ENURF SMURFS	9.42	MAD HATTA	11.57	DIVIDE & CONQUER	14.17	LIFT OFF	4	16.53	SANDSTORM

