

TURF GAMES™

2023 GOLD COAST SUMMER FESTIVAL

IT'S LIVE!
in Queensland

INTERMEDIATE SATURDAY - GROUP A

| LANE # | HEAT # | Team Name | ROUND 1 | WORKOUT 1 | ROUND 2 | WORKOUT 2 | LANE # | HEAT # | ROUND 3 | WORKOUT 3 | LANE # | HEAT # | ROUND 4 | WORKOUT 4 |
|--------|--------|----------------------|---------|-----------|---------|-----------|--------|--------|---------|-----------|--------|--------|---------|--------------|
| 1 | 1 | Bros & Barbells | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 1 | 1 | 13.20. | ALCATRAZ | 1 | 1 | 15.40. | MUSCLE BEACH |
| 2 | 1 | ONE80 THICC | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 2 | 1 | 13.20. | ALCATRAZ | 2 | 1 | 15.40. | MUSCLE BEACH |
| 3 | 1 | HYBRDFIT | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 3 | 1 | 13.20. | ALCATRAZ | 3 | 1 | 15.40. | MUSCLE BEACH |
| 4 | 1 | ACTV 3 | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 4 | 1 | 13.20. | ALCATRAZ | 4 | 1 | 15.40. | MUSCLE BEACH |
| 5 | 1 | CREWX | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 5 | 1 | 13.20. | ALCATRAZ | 5 | 1 | 15.40. | MUSCLE BEACH |
| 6 | 1 | #westisbest | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 6 | 1 | 13.20. | ALCATRAZ | 6 | 1 | 15.40. | MUSCLE BEACH |
| 7 | 1 | LORD OF THE RING-INS | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 1 | 2 | 13.35 | ALCATRAZ | 7 | 1 | 15.40. | MUSCLE BEACH |
| 8 | 1 | 98 KENNY N THE JETS | 8.20. | SANDSTORM | 10.40. | LIFT OFF | 2 | 2 | 13.35 | ALCATRAZ | 8 | 1 | 15.40. | MUSCLE BEACH |
| 1 | 2 | ACTV 2 | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 3 | 2 | 13.35 | ALCATRAZ | 1 | 2 | 16.01 | MUSCLE BEACH |
| 2 | 2 | BMF ORANGE | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 4 | 2 | 13.35 | ALCATRAZ | 2 | 2 | 16.01 | MUSCLE BEACH |
| 3 | 2 | All Gas No Brakes | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 5 | 2 | 13.35 | ALCATRAZ | 3 | 2 | 16.01 | MUSCLE BEACH |
| 4 | 2 | Alvin& The Chipmunks | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 6 | 2 | 13.35 | ALCATRAZ | 4 | 2 | 16.01 | MUSCLE BEACH |
| 5 | 2 | BARE ESSENTIALS | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 1 | 3 | 13.50. | ALCATRAZ | 5 | 2 | 16.01 | MUSCLE BEACH |
| 6 | 2 | DO THE MAHI | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 2 | 3 | 13.50. | ALCATRAZ | 6 | 2 | 16.01 | MUSCLE BEACH |
| 7 | 2 | FITSTOP FitStart | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 3 | 3 | 13.50. | ALCATRAZ | 7 | 2 | 16.01 | MUSCLE BEACH |
| 8 | 2 | Exercise to Exorcise | 8.41 | SANDSTORM | 11.01 | LIFT OFF | 4 | 3 | 13.50. | ALCATRAZ | 8 | 2 | 16.01 | MUSCLE BEACH |
| 1 | 3 | #TEAMFREEZER | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 5 | 3 | 13.50. | ALCATRAZ | 1 | 3 | 16.22 | MUSCLE BEACH |
| 2 | 3 | BMF WHITE | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 6 | 3 | 13.50. | ALCATRAZ | 2 | 3 | 16.22 | MUSCLE BEACH |
| 3 | 3 | Body Armour | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 1 | 4 | 14.05 | ALCATRAZ | 3 | 3 | 16.22 | MUSCLE BEACH |
| 4 | 3 | CHANGE RACING 0.4 | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 2 | 4 | 14.05 | ALCATRAZ | 4 | 3 | 16.22 | MUSCLE BEACH |
| 5 | 3 | ELEV8D FITNESS | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 3 | 4 | 14.05 | ALCATRAZ | 5 | 3 | 16.22 | MUSCLE BEACH |
| 6 | 3 | CFC ONYX | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 4 | 4 | 14.05 | ALCATRAZ | 6 | 3 | 16.22 | MUSCLE BEACH |
| 7 | 3 | FITSTOP FROTHERS | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 5 | 4 | 14.05 | ALCATRAZ | 7 | 3 | 16.22 | MUSCLE BEACH |
| 8 | 3 | CHALK DIRTY TO ME | 9.02 | SANDSTORM | 11.22 | LIFT OFF | 6 | 4 | 14.05 | ALCATRAZ | 8 | 3 | 16.22 | MUSCLE BEACH |
| 1 | 4 | CHANGE NORTH LAKES | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 1 | 5 | 14.20. | ALCATRAZ | 1 | 4 | 16.43 | MUSCLE BEACH |
| 2 | 4 | The Notorious F.I.T. | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 2 | 5 | 14.20. | ALCATRAZ | 2 | 4 | 16.43 | MUSCLE BEACH |
| 3 | 4 | Cleaning Crew | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 3 | 5 | 14.20. | ALCATRAZ | 3 | 4 | 16.43 | MUSCLE BEACH |
| 4 | 4 | FITSTOP GUNZ | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 4 | 5 | 14.20. | ALCATRAZ | 4 | 4 | 16.43 | MUSCLE BEACH |
| 5 | 4 | HUNTED FITNESS | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 5 | 5 | 14.20. | ALCATRAZ | 5 | 4 | 16.43 | MUSCLE BEACH |
| 6 | 4 | CREWzers | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 6 | 5 | 14.20. | ALCATRAZ | 6 | 4 | 16.43 | MUSCLE BEACH |
| 7 | 4 | CROSSFIT CALDER | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 1 | 6 | 14.35 | ALCATRAZ | 7 | 4 | 16.43 | MUSCLE BEACH |
| 8 | 4 | RACKS N SACKS | 9.23 | SANDSTORM | 11.43 | LIFT OFF | 2 | 6 | 14.35 | ALCATRAZ | 8 | 4 | 16.43 | MUSCLE BEACH |
| 1 | 5 | Cube6 | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 3 | 6 | 14.35 | ALCATRAZ | 1 | 5 | 17.04 | MUSCLE BEACH |
| 2 | 5 | CUNNING STUNTS | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 4 | 6 | 14.35 | ALCATRAZ | 2 | 5 | 17.04 | MUSCLE BEACH |
| 3 | 5 | MG Harvester ofswole | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 5 | 6 | 14.35 | ALCATRAZ | 3 | 5 | 17.04 | MUSCLE BEACH |
| 4 | 5 | DROP IT LIKE ITS HOT | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 6 | 6 | 14.35 | ALCATRAZ | 4 | 5 | 17.04 | MUSCLE BEACH |
| 5 | 5 | Dysfunctionals | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 1 | 7 | 14.50. | ALCATRAZ | 5 | 5 | 17.04 | MUSCLE BEACH |
| 6 | 5 | Chafing the Dream | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 2 | 7 | 14.50. | ALCATRAZ | 6 | 5 | 17.04 | MUSCLE BEACH |
| 7 | 5 | FITSTOP 4053 | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 3 | 7 | 14.50. | ALCATRAZ | 7 | 5 | 17.04 | MUSCLE BEACH |
| 8 | 5 | ENOUGH TO MAKE YOU 6 | 9.44 | SANDSTORM | 12.04 | LIFT OFF | 4 | 7 | 14.50. | ALCATRAZ | 8 | 5 | 17.04 | MUSCLE BEACH |
| 1 | 6 | ELEVATE | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 5 | 7 | 14.50. | ALCATRAZ | 1 | 6 | 17.25 | MUSCLE BEACH |
| 2 | 6 | JUST SEND IT | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 6 | 7 | 14.50. | ALCATRAZ | 2 | 6 | 17.25 | MUSCLE BEACH |
| 3 | 6 | GYMS Mowing | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 1 | 8 | 15.05 | ALCATRAZ | 3 | 6 | 17.25 | MUSCLE BEACH |
| 4 | 6 | Hustle & Muscle | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 2 | 8 | 15.05 | ALCATRAZ | 4 | 6 | 17.25 | MUSCLE BEACH |
| 5 | 6 | MG Mstr of PopSquats | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 3 | 8 | 15.05 | ALCATRAZ | 5 | 6 | 17.25 | MUSCLE BEACH |
| 6 | 6 | OUT OF OUR WHEY | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 4 | 8 | 15.05 | ALCATRAZ | 6 | 6 | 17.25 | MUSCLE BEACH |
| 7 | 6 | SUBURBAN BRONX | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 5 | 8 | 15.05 | ALCATRAZ | 7 | 6 | 17.25 | MUSCLE BEACH |
| 8 | 6 | Fitstop Sore AF! | 10.05 | SANDSTORM | 12.25 | LIFT OFF | 6 | 8 | 15.05 | ALCATRAZ | 8 | 6 | 17.25 | MUSCLE BEACH |

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INTERMEDIATE SATURDAY - GROUP B

| LANE # | HEAT # | Team Name | ROUND 1 | WORKOUT 1 | ROUND 2 | WORKOUT 2 | ROUND 3 | WORKOUT 3 | LANE # | HEAT # | ROUND 4 | WORKOUT 4 |
|--------|--------|-----------------------|---------|-----------|---------|-----------|---------|--------------|--------|--------|---------|-----------|
| 1 | 1 | VFH TEAM | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 1 | 1 | 15.40. | ALCATRAZ |
| 2 | 1 | FITWONTSTOP | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 2 | 1 | 15.40. | ALCATRAZ |
| 3 | 1 | FLAVA X 98 | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 3 | 1 | 15.40. | ALCATRAZ |
| 4 | 1 | LA NATION BLACK | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 4 | 1 | 15.40. | ALCATRAZ |
| 5 | 1 | BURLEIGH NEIGHBOURS | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 5 | 1 | 15.40. | ALCATRAZ |
| 6 | 1 | GRIP IT AND RIP IT | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 6 | 1 | 15.40. | ALCATRAZ |
| 7 | 1 | GYM BOD | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 1 | 2 | 15.55 | ALCATRAZ |
| 8 | 1 | BEE'S BITCHES | 8.20. | LIFT OFF | 10.40. | SANDSTORM | 13.20. | MUSCLE BEACH | 2 | 2 | 15.55 | ALCATRAZ |
| 1 | 2 | LA NATION | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 3 | 2 | 15.55 | ALCATRAZ |
| 2 | 2 | HUNTED FITNESS BLUE | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 4 | 2 | 15.55 | ALCATRAZ |
| 3 | 2 | Paw Form Patrol | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 5 | 2 | 15.55 | ALCATRAZ |
| 4 | 2 | NEVER QUIT | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 6 | 2 | 15.55 | ALCATRAZ |
| 5 | 2 | Hustlers | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 1 | 3 | 16.10. | ALCATRAZ |
| 6 | 2 | IncREWdibles | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 2 | 3 | 16.10. | ALCATRAZ |
| 7 | 2 | JAYS ANGELS | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 3 | 3 | 16.10. | ALCATRAZ |
| 8 | 2 | Fitstop ChiliPeppers | 8.41 | LIFT OFF | 11.01 | SANDSTORM | 13.41 | MUSCLE BEACH | 4 | 3 | 16.10. | ALCATRAZ |
| 1 | 3 | FITSTOP SALISBURY | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 5 | 3 | 16.10. | ALCATRAZ |
| 2 | 3 | NQ THE TURF | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 6 | 3 | 16.10. | ALCATRAZ |
| 3 | 3 | CF TEMPERED BLACK | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 1 | 4 | 16.25 | ALCATRAZ |
| 4 | 3 | 3 Jerks, 3 Snatches | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 2 | 4 | 16.25 | ALCATRAZ |
| 5 | 3 | REVL | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 3 | 4 | 16.25 | ALCATRAZ |
| 6 | 3 | WELL FED | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 4 | 4 | 16.25 | ALCATRAZ |
| 7 | 3 | Flexual Healing | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 5 | 4 | 16.25 | ALCATRAZ |
| 8 | 3 | MG THE RUN-FORGIVEN | 9.02 | LIFT OFF | 11.22 | SANDSTORM | 14.02 | MUSCLE BEACH | 6 | 4 | 16.25 | ALCATRAZ |
| 1 | 4 | Masters of none | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 1 | 5 | 16.40. | ALCATRAZ |
| 2 | 4 | NOOSA BIN CHICKENS | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 2 | 5 | 16.40. | ALCATRAZ |
| 3 | 4 | NotFast JustFurious | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 3 | 5 | 16.40. | ALCATRAZ |
| 4 | 4 | WILSON ATHLETIC | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 4 | 5 | 16.40. | ALCATRAZ |
| 5 | 4 | FITSTOP HUSL N MUSL | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 5 | 5 | 16.40. | ALCATRAZ |
| 6 | 4 | PALS | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 6 | 5 | 16.40. | ALCATRAZ |
| 7 | 4 | LA NATION RED | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 1 | 6 | 16.55 | ALCATRAZ |
| 8 | 4 | Peaky Bilinders | 9.23 | LIFT OFF | 11.43 | SANDSTORM | 14.23 | MUSCLE BEACH | 2 | 6 | 16.55 | ALCATRAZ |
| 1 | 5 | PRJCT 2.0 | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 3 | 6 | 16.55 | ALCATRAZ |
| 2 | 5 | Project Reform | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 4 | 6 | 16.55 | ALCATRAZ |
| 3 | 5 | RACK IT UP | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 5 | 6 | 16.55 | ALCATRAZ |
| 4 | 5 | THE ISLAND NUTZ | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 6 | 6 | 16.55 | ALCATRAZ |
| 5 | 5 | SUBURBAN HEAT | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 1 | 7 | 17.10. | ALCATRAZ |
| 6 | 5 | TEAM ACHIEVE | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 2 | 7 | 17.10. | ALCATRAZ |
| 7 | 5 | REVL TRAINING BLACK | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 3 | 7 | 17.10. | ALCATRAZ |
| 8 | 5 | Ride the Light-weight | 9.44 | LIFT OFF | 12.04 | SANDSTORM | 14.44 | MUSCLE BEACH | 4 | 7 | 17.10. | ALCATRAZ |
| 1 | 6 | SIX ON THE BEACH | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 5 | 7 | 17.10. | ALCATRAZ |
| 2 | 6 | SNATCH ME IF YOU CAN | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 6 | 7 | 17.10. | ALCATRAZ |
| 3 | 6 | STRUGGLERS | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 1 | 8 | 17.25 | ALCATRAZ |
| 4 | 6 | Hustle Squad | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 2 | 8 | 17.25 | ALCATRAZ |
| 5 | 6 | TMBP 05 | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 3 | 8 | 17.25 | ALCATRAZ |
| 6 | 6 | SUBURBAN SEND | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 4 | 8 | 17.25 | ALCATRAZ |
| 7 | 6 | SURF N TURF | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 5 | 8 | 17.25 | ALCATRAZ |
| 8 | 6 | Spicy Mergs | 10.05 | LIFT OFF | 12.25 | SANDSTORM | 15.05 | MUSCLE BEACH | 6 | 8 | 17.25 | ALCATRAZ |

INTERMEDIATE - SATURDAY

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INTERMEDIATE SATURDAY - GROUP C

| LANE # | HEAT # | Team Name | ROUND 1 | WORKOUT 1 | LANE # | HEAT # | ROUND 2 | WORKOUT 2 | ROUND 3 | WORKOUT 3 | ROUND 4 | WORKOUT 4 |
|--------|--------|----------------------|---------|-----------|--------|--------|---------|--------------|---------|-----------|---------|-----------|
| 1 | 1 | TEAM 98 BRIS | 8.20. | ALCATRAZ | 1 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 2 | 1 | BEND... & SNATCH | 8.20. | ALCATRAZ | 2 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 3 | 1 | TEAM TEMPERED | 8.20. | ALCATRAZ | 3 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 4 | 1 | TEMPERED WEAPONS | 8.20. | ALCATRAZ | 4 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 5 | 1 | THE ELECTRICIANS | 8.20. | ALCATRAZ | 5 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 6 | 1 | TMBP 3 | 8.20. | ALCATRAZ | 6 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 1 | 2 | THE KIDS OF BD | 8.35 | ALCATRAZ | 7 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 2 | 2 | THE MOVEMENT | 8.35 | ALCATRAZ | 8 | 1 | 10.40. | MUSCLE BEACH | 13.20. | SANDSTORM | 15.40. | LIFT OFF |
| 3 | 2 | BOOTIES N DA BEASTS | 8.35 | ALCATRAZ | 1 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 4 | 2 | WG SPRINGFIELD | 8.35 | ALCATRAZ | 2 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 5 | 2 | 50 SHADES OF SLAY | 8.35 | ALCATRAZ | 3 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 6 | 2 | TMBP 7 | 8.35 | ALCATRAZ | 4 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 1 | 3 | TURF'S UP | 8.50. | ALCATRAZ | 5 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 2 | 3 | The Fungi's | 8.50. | ALCATRAZ | 6 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 3 | 3 | #FSSTRONG | 8.50. | ALCATRAZ | 7 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 4 | 3 | The Raw Cartel | 8.50. | ALCATRAZ | 8 | 2 | 11.01 | MUSCLE BEACH | 13.41 | SANDSTORM | 16.01 | LIFT OFF |
| 5 | 3 | VRTUS BONDI | 8.50. | ALCATRAZ | 1 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 6 | 3 | WG Ipswich | 8.50. | ALCATRAZ | 2 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 1 | 4 | BMF BLUE | 9.05 | ALCATRAZ | 3 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 2 | 4 | FITSTOP - DON'T STOP | 9.05 | ALCATRAZ | 4 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 3 | 4 | WOD WARRIORS | 9.05 | ALCATRAZ | 5 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 4 | 4 | 98 PROBLEMS | 9.05 | ALCATRAZ | 6 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 5 | 4 | ACTV | 9.05 | ALCATRAZ | 7 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 6 | 4 | BMF BLACK | 9.05 | ALCATRAZ | 8 | 3 | 11.22 | MUSCLE BEACH | 14.02 | SANDSTORM | 16.22 | LIFT OFF |
| 1 | 5 | TMBP 6 | 9.20. | ALCATRAZ | 1 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 2 | 5 | CHANGE BROADBEACH | 9.20. | ALCATRAZ | 2 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 3 | 5 | CHANGE BURLEIGH WEST | 9.20. | ALCATRAZ | 3 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 4 | 5 | CROWN HEIGHTS | 9.20. | ALCATRAZ | 4 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 5 | 5 | CTP | 9.20. | ALCATRAZ | 5 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 6 | 5 | FIT180 | 9.20. | ALCATRAZ | 6 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 1 | 6 | CROSSFIT MIGHT | 9.35 | ALCATRAZ | 7 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 2 | 6 | FITSTOP TURFABLES | 9.35 | ALCATRAZ | 8 | 4 | 11.43 | MUSCLE BEACH | 14.23 | SANDSTORM | 16.43 | LIFT OFF |
| 3 | 6 | The Average Avengers | 9.35 | ALCATRAZ | 1 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 4 | 6 | NO CLUE | 9.35 | ALCATRAZ | 2 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 5 | 6 | Howie Dewitt | 9.35 | ALCATRAZ | 3 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 6 | 6 | KG & CO | 9.35 | ALCATRAZ | 4 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 1 | 7 | LA GOLD | 9.50. | ALCATRAZ | 5 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 2 | 7 | Misfits | 9.50. | ALCATRAZ | 6 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 3 | 7 | NEIGHBOURHOOD | 9.50. | ALCATRAZ | 7 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 4 | 7 | PERSIST OG | 9.50. | ALCATRAZ | 8 | 5 | 12.04 | MUSCLE BEACH | 14.44 | SANDSTORM | 17.04 | LIFT OFF |
| 5 | 7 | VIKASATI | 9.50. | ALCATRAZ | 1 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 6 | 7 | RIGHT CLICKER - CREW | 9.50. | ALCATRAZ | 2 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 1 | 8 | SAVAGELY AVERAGE | 10.05 | ALCATRAZ | 3 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 2 | 8 | Squad | 10.05 | ALCATRAZ | 4 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 3 | 8 | Sunday Sleep Ins | 10.05 | ALCATRAZ | 5 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 4 | 8 | THEFITLAB1 | 10.05 | ALCATRAZ | 6 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 5 | 8 | TMBP 04 | 10.05 | ALCATRAZ | 7 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |
| 6 | 8 | UNIT SYDNEY WEAPONS | 10.05 | ALCATRAZ | 8 | 6 | 12.25 | MUSCLE BEACH | 15.05 | SANDSTORM | 17.25 | LIFT OFF |

INTERMEDIATE - SATURDAY

INTERMEDIATE - SATURDAY

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