

TURFGAMES

SYDNEY FITC '24

Saturday

| LANE # | EVERYDAY WOMEN | | | EVERYDAY WOMEN | | | EVERYDAY WOMEN | | | EVERYDAY MEN | | |
|--------|----------------|--------|-------------------|----------------|--------|----------------------|----------------|--------|-------------------------|--------------|--------|----------------------|
| | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME |
| 1 | 8:00 AM | 1 | YGIG WAG | 8:25 AM | 2 | DAWN PATROLLERS | 8:50 AM | 3 | PROJECT REFORM 13 | 9:15 AM | 4 | SAM FELLAS |
| 2 | 8:00 AM | 1 | ASS TO GRASS | 8:25 AM | 2 | TEMPERAMENTAL | 8:50 AM | 3 | BUNKER HQ TBCM | 9:15 AM | 4 | BE ATHLETIC CITY |
| 3 | 8:00 AM | 1 | BUNKER HQ LIME | 8:25 AM | 2 | BUNKER HQ GIRL SQUAD | 8:50 AM | 3 | PARC SAMERS | 9:15 AM | 4 | BFT CREW |
| 4 | 8:00 AM | 1 | EMP-TY TANKS | 8:25 AM | 2 | FARLEYS ANGELS | 8:50 AM | 3 | QUAD SQUAD | 9:15 AM | 4 | BUNKER HQ TITANS |
| 5 | 8:00 AM | 1 | GFC LEAA | 8:25 AM | 2 | GCFING FUN | 8:50 AM | 3 | QUEENS OF ADAPT-ABILITY | 9:15 AM | 4 | CUBE MAROON |
| 6 | 8:00 AM | 1 | BUNKER HQ- IPE | 8:25 AM | 2 | CHALK DIRTY TO ME | 8:50 AM | 3 | REVL DEVILS | 9:15 AM | 4 | DADBODZ |
| 7 | 8:00 AM | 1 | CARDI(N)O | 8:25 AM | 2 | HANGRY BIRDS | 8:50 AM | 3 | SWOLE SISTERS | 9:15 AM | 4 | DULLI DEMONS |
| 8 | 8:00 AM | 1 | OUT OF MY WHEY! | 8:25 AM | 2 | MEAN GIRLS | 8:50 AM | 3 | TEAM DEFINITION | 9:15 AM | 4 | CODE5 DADS CLUB |
| 9 | 8:00 AM | 1 | COMMANDO WARRIORS | 8:25 AM | 2 | NOT HERE TO EMPRESS | 8:50 AM | 3 | THE C.A.T.S | 9:15 AM | 4 | WEIGHTS BEFORE DATES |
| 10 | 8:00 AM | 1 | CREW T&P | 8:25 AM | 2 | PROJECT REFORM 15 | 8:50 AM | 3 | VIVA ADAPT | 9:15 AM | 4 | POWERPUFF BOYS |

| LANE # | INTERMEDIATE MEN | | | INTERMEDIATE MEN | | | INTERMEDIATE MEN | | | INTERMEDIATE MEN | | |
|--------|------------------|--------|----------------------|------------------|--------|-------------------|------------------|--------|----------------------|------------------|--------|---------------------|
| | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME |
| 1 | 9:40 AM | 5 | 168BOYS | 10:05 AM | 6 | F45 GOLDEN GIRLS | 10:30 AM | 7 | DAVID SANDWICH | 10:55 AM | 8 | HIGH FLEX APPEAL |
| 2 | 9:40 AM | 5 | BEATHLETIC INTER | 10:05 AM | 6 | SHAMWOW | 10:30 AM | 7 | ROY & THE BEANSTALKS | 10:55 AM | 8 | ACHIEVE GREEN |
| 3 | 9:40 AM | 5 | A2 | 10:05 AM | 6 | BEEF CAKE FACTORY | 10:30 AM | 7 | THE BRAVEHEARTS | 10:55 AM | 8 | JIMMY'S REDEMPTION |
| 4 | 9:40 AM | 5 | CUBE BLUE | 10:05 AM | 6 | CREATURE | 10:30 AM | 7 | F45-MOOLOO CREW | 10:55 AM | 8 | TEAM REVL |
| 5 | 9:40 AM | 5 | ACHIEVE RED | 10:05 AM | 6 | TPC6 | 10:30 AM | 7 | FITSTOP HUSLNMUSL | 10:55 AM | 8 | LA NATION X CRES |
| 6 | 9:40 AM | 5 | PROJECT REFORM 4 | 10:05 AM | 6 | Ninja Turtles | 10:30 AM | 7 | FOURSKINS | 10:55 AM | 8 | WEIGHTS AND MATES |
| 7 | 9:40 AM | 5 | AGGRESSIVELY AVERAGE | 10:05 AM | 6 | GET COMMANDO FIT | 10:30 AM | 7 | JUST WINGING IT | 10:55 AM | 8 | LOCALS 2 |
| 8 | 9:40 AM | 5 | Palmó Manly | 10:05 AM | 6 | CREW MEN | 10:30 AM | 7 | GCF BENCHWARMERS | 10:55 AM | 8 | THE 4 NINJA TURFLES |
| 9 | 9:40 AM | 5 | BA METCON & BEERS | 10:05 AM | 6 | PROJECT REFORM 2 | 10:30 AM | 7 | TEAM O.G | 10:55 AM | 8 | THE PART TIMERS |
| 10 | 9:40 AM | 5 | LOCALS | 10:05 AM | 6 | NYFGUYS | 10:30 AM | 7 | GOT THAT DOG IN ME | 10:55 AM | 8 | IRL4 |

TURFGAMES

SYDNEY FITC '24

Saturday

| LANE # | INTERMEDIATE MEN | | |
|--------|------------------|--------|-----------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 11:20 AM | 9 | MB UN-ATHLETICS |
| 2 | 11:20 AM | 9 | NICK-TODD-MYLES&BILLY |
| 3 | 11:20 AM | 9 | NO TEARS ONLY BEERS |
| 4 | 11:20 AM | 9 | GASSED |
| 5 | 11:20 AM | 9 | BOYS THAT BANTER |
| 6 | 11:20 AM | 9 | PROJECT REFORM 7 |
| 7 | 11:20 AM | 9 | RATTLING BOGMEN |
| 8 | 11:20 AM | 9 | BE ATHLETIC BOYZ |
| 9 | 11:20 AM | 9 | ADAPT GOLDEN J TIME |
| 10 | 11:20 AM | 9 | SIX PM |

| LANE # | INTERMEDIATE MEN | | |
|--------|------------------|--------|--------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 11:45 AM | 10 | STEPUP SQUAD |
| 2 | 11:45 AM | 10 | 50 SHADES OF WHITE |
| 3 | 11:45 AM | 10 | ATHLETE THEORY |
| 4 | 11:45 AM | 10 | MAROUBRA 2035I |
| 5 | 11:45 AM | 10 | TEAM TESGO |
| 6 | 11:45 AM | 10 | TESGO 2.0 |
| 7 | 11:45 AM | 10 | THE 4 HORSEMEN |
| 8 | 11:45 AM | 10 | TPC 3 |
| 9 | 11:45 AM | 10 | ZINGER BOX JUMPS |
| 10 | 11:45 AM | 10 | BE ATHLETIC BLACK |

| LANE # | INTERMEDIATE MEN | | |
|--------|------------------|--------|-----------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 12:10 PM | 11 | THE DILFS |
| 2 | 12:10 PM | 11 | HMRB |
| 3 | 12:10 PM | 11 | THE 4 PACKS |
| 4 | 12:10 PM | 11 | BUNKER HQ LADS |
| 5 | 12:10 PM | 11 | TRIBE ONE |
| 6 | 12:10 PM | 11 | UNFIT 180 |
| 7 | 12:10 PM | 11 | VILLAGE IDIOTS |
| 8 | 12:10 PM | 11 | 1AYRI |
| 9 | 12:10 PM | 11 | WOODEN SPOONERS |
| 10 | 12:10 PM | 11 | GIRTH GAINS |

HEAT 12
12.35pm
HEAT BREAK

| LANE # | INTERMEDIATE WOMEN | | |
|--------|--------------------|--------|-------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 1:00 PM | 13 | 168 GALS |
| 2 | 1:00 PM | 13 | CF GIRLIES |
| 3 | 1:00 PM | 13 | FIT180 GIRLS |
| 4 | 1:00 PM | 13 | ACHIEVE- PURPLE |
| 5 | 1:00 PM | 13 | TPC 4 |
| 6 | 1:00 PM | 13 | SQUAT GIRL SUMMER |
| 7 | 1:00 PM | 13 | HEARTEIGHT |
| 8 | 1:00 PM | 13 | ADAPT'S ANGELS |
| 9 | 1:00 PM | 13 | ROWDY ROUSEYS |
| 10 | 1:00 PM | 13 | AMATEURS |

| LANE # | INTERMEDIATE WOMEN | | |
|--------|--------------------|--------|--------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 1:25 PM | 14 | APEROL SPRINTS |
| 2 | 1:25 PM | 14 | AVO-CARDIO |
| 3 | 1:25 PM | 14 | F45 DICKSON LADIES |
| 4 | 1:25 PM | 14 | REVL NB GIRLS |
| 5 | 1:25 PM | 14 | CA MAXAIR60 GIRLS |
| 6 | 1:25 PM | 14 | 3000 CAL CLUB |
| 7 | 1:25 PM | 14 | TROUBLE UNDERS |
| 8 | 1:25 PM | 14 | CHUNKY MONKEYS |
| 9 | 1:25 PM | 14 | PROJECT REFORM 5 |
| 10 | 1:25 PM | 14 | LLKD FORTITUDE |

| LANE # | INTERMEDIATE WOMEN | | |
|--------|--------------------|--------|----------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 1:50 PM | 15 | RECFIT GIRLS |
| 2 | 1:50 PM | 15 | 98 PROBLEMS |
| 3 | 1:50 PM | 15 | EXPEKT THE UNEXPEKTD |
| 4 | 1:50 PM | 15 | CLEAN AND TWERK |
| 5 | 1:50 PM | 15 | F45 MOOLOO GIRLS |
| 6 | 1:50 PM | 15 | LSKD |
| 7 | 1:50 PM | 15 | YEH THE GIRLS (YTG) |
| 8 | 1:50 PM | 15 | LAWN LEGENDS |
| 9 | 1:50 PM | 15 | FLEX APPEAL |
| 10 | 1:50 PM | 15 | GCF FIT MAMAS |

| LANE # | INTERMEDIATE WOMEN | | |
|--------|--------------------|--------|---------------------|
| | TIME | HEAT # | TEAM NAME |
| 1 | 2:15 PM | 16 | GCF GIRLS |
| 2 | 2:15 PM | 16 | GOSPORTS! |
| 3 | 2:15 PM | 16 | TPC GIRLS 2 |
| 4 | 2:15 PM | 16 | JAPA |
| 5 | 2:15 PM | 16 | ACHIEVE BLUE |
| 6 | 2:15 PM | 16 | LIFT LIKE A GIRL |
| 7 | 2:15 PM | 16 | LOCALSGALS |
| 8 | 2:15 PM | 16 | BARBELL BADDIES |
| 9 | 2:15 PM | 16 | WOD now, Wine later |
| 10 | 2:15 PM | 16 | THENYFGALS |

TURFGAMES

SYDNEY FITC '24

Saturday

| LANE # | INTERMEDIATE WOMEN | | | INTERMEDIATE WOMEN | | | INTERMEDIATE WOMEN | | | ELITE WOMEN | | |
|--------|--------------------|--------|-------------------|--------------------|--------|--------------------|--------------------|--------|----------------------|-------------|--------|-------------------|
| | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME |
| 1 | 2:40 PM | 17 | OH MY QUAD | 3:05 PM | 18 | SCRIPT WHITE | 3:30 PM | 19 | TRIBE H-QUTIES | 3:55 PM | 20 | BE ATHLETIC GIRLS |
| 2 | 2:40 PM | 17 | 4 PEAS IN A WOD | 3:05 PM | 18 | SMAK THAT | 3:30 PM | 19 | CFC CHICKS | 3:55 PM | 20 | CROSSFIT BONDI |
| 3 | 2:40 PM | 17 | FITSTOP JOONDALUP | 3:05 PM | 18 | WHERE IS THE WINE? | 3:30 PM | 19 | X 168 | 3:55 PM | 20 | GIRL GANG |
| 4 | 2:40 PM | 17 | ACHIEVE RAINBOW | 3:05 PM | 18 | SCRIPT GOLD | 3:30 PM | 19 | WEDNESDAY WARRIORS | 3:55 PM | 20 | NO REP ALL DAY |
| 5 | 2:40 PM | 17 | QUEENS OF CREW | 3:05 PM | 18 | TCG PURPLE | 3:30 PM | 19 | FIT180 BALL CRUSHERS | 3:55 PM | 20 | PLAY123 |
| 6 | 2:40 PM | 17 | TCG PINK LADIES | 3:05 PM | 18 | TEAM TBC | 3:30 PM | 19 | ALL SNATCH NO JERK | 3:55 PM | 20 | UK UNITE |
| 7 | 2:40 PM | 17 | REVL SC | 3:05 PM | 18 | TEAM TWO SIX SIX | 3:30 PM | 19 | WOOLLOOMOOLOO CREW | 3:55 PM | 20 | TRIBE HQ AFLETES |
| 8 | 2:40 PM | 17 | ROOKIES | 3:05 PM | 18 | THE JUICY BOOTIES | 3:30 PM | 19 | BE ATHLETIC | 3:55 PM | 20 | POWER BUFF GIRLS |
| 9 | 2:40 PM | 17 | WOD SQUAD | 3:05 PM | 18 | CREW TP | 3:30 PM | 19 | YOUNG AND BREATHLESS | 3:55 PM | 20 | THE MOTHERSHIP |
| 10 | 2:40 PM | 17 | SCRIPT BLUE | 3:05 PM | 18 | ACHIEVE WHITE | 3:30 PM | 19 | ZERO WHITE | 3:55 PM | 20 | TPC GALS |

| LANE # | ELITE MEN | | | ELITE MEN | | | ELITE MEN | | |
|--------|-----------|--------|-------------------|-----------|--------|---------------------|-----------|--------|------------------|
| | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME | TIME | HEAT # | TEAM NAME |
| 1 | 4:20 PM | 21 | YOUNGBUCKS | 4:45 PM | 22 | DAMUYP | 5:10 PM | 23 | ENGINE TOWN |
| 2 | 4:20 PM | 21 | ADAPT CUCARACHAS | 4:45 PM | 22 | ELEV8ED FITNESS | 5:10 PM | 23 | RNC DADI |
| 3 | 4:20 PM | 21 | F45 WOOLLOOMOOLOO | 4:45 PM | 22 | REC GEN BA | 5:10 PM | 23 | TCBROS |
| 4 | 4:20 PM | 21 | BD BROS | 4:45 PM | 22 | TPC5 | 5:10 PM | 23 | HYPERION + |
| 5 | 4:20 PM | 21 | GIRTH AND TURF | 4:45 PM | 22 | FROPRO | 5:10 PM | 23 | COOKED CALAMARIS |
| 6 | 4:20 PM | 21 | BRAUS | 4:45 PM | 22 | GAWK PATROL | 5:10 PM | 23 | TEAM ONE80 |
| 7 | 4:20 PM | 21 | CFH OG'S | 4:45 PM | 22 | BE ATHLETIC CITY #1 | 5:10 PM | 23 | TPC TEAM |
| 8 | 4:20 PM | 21 | TCG | 4:45 PM | 22 | TEAM COMMANDO | 5:10 PM | 23 | Frog Grips |
| 9 | 4:20 PM | 21 | CTP | 4:45 PM | 22 | ONE80 DAWGS | 5:10 PM | 23 | VRTUS ELITE |
| 10 | 4:20 PM | 21 | CUBE FLEX | 4:45 PM | 22 | PARC FITNESS | 5:10 PM | 23 | ACHIEVE BLACK |

DAY 1
SYDNEY FITC
COMPLETE