

SUN MORNING - INSIDE

HEAT 1 0800-0820

- 21. 4 Peas in a WOD
- 11. Big girls
- 46. Carlie King
- 16. Cavedottirs
- 48. CFAM Babes
- 34. Chalkin Dirty

HEAT 2 0820-0840

- 25. Deadlift Divas
- 20. Drop It Like a Squat
- 4. Dunder Achievers
- 18. Flexual Healing
- 6. Hf (Q)
- 10. HF Angels

HEAT 3 0840-0900

- 26. Hijacked She-Unit
- 60. YTG@2795
- 67. Razy Snazzies
- 65. 3nimble1bimble
- 23. AM Athletes
- 32.ADBS

HEAT 4 0900-0920

- 47. BXSC
- 49. CFAM - Shark Tank
- 7. CrossFit Hijacked
- 51. Don't h8 us cuz u anus
- 8. Encircle Rowdies 4M
- 61. YTB@2795

HEAT 5 0920-0940

- 42. The cave dwellers
- 3. The Old Deck Hands
- 22. Tom palermo
- 15. Triple A + M
- 28. Yeah The Boys
- 19. GEO Master Class
- 2. Held together by Tape V.2

HEAT 6 1000-1020

- 30. 21, 15, FINE
- 1. Blood, Sweat N Beers
- 31. Car Ramwod
- 41. Cave Cavalry (Mixed)
- 24. CFAM
- 52. Emma Davies
- 33. F'wits

HEAT 7 1020-1040

- 57. HFCF Fighter Command
- 53. Hustle and Muscle
- 35. Dynamite Cave Monkeys
- 56. Snatch for snacks
- 5. WOD Squad - mixed
- 54. Adam Wilkinson
- 66. Amanda Brickwood

HEAT 8 1040-1100

- 62. Beards and babes
- 39. Beers then burpies
- 37. #Heldbackkrew
- 40. Built by Benton
- 64. Chunder Struck
- 58. Crossfit Dubbo Boys
- 63. Drive 4 Fun

HEAT 9 1100-1120

- 59. Bend & Snatch
- 44. Hanne Opsahl
- 43. I'm Hungover
- 55. Kat Cheney
- 50. Kate Wright
- 12. Nick hedger
- 17. Salt and pepa

HEAT 10 1120-1140

- 36. Scott Lipman
- 38. Scotty Lipman
- 14. Team Brad
- 45. Terry poole
- 27. The Random Collection
- 29. Window lickers

SUN MORNING - OUTSIDE

HEAT 1 0800-0824

- 30. 21, 15, FINE
- 1. Blood, Sweat N Beers
- 31. Car Ramwod
- 41. Cave Cavalry (Mixed)
- 24. CFAM
- 52. Emma Davies
- 33. F'wits

HEAT 2 0824-0848

- 57. HFCF Fighter Command
- 53. Hustle and Muscle
- 35. Dynamite Cave Monkeys
- 56. Snatch for snacks
- 5. WOD Squad - mixed
- 54. Adam Wilkinson
- 66. Amanda Brickwood

HEAT 3 0848-0912

- 62. Beards and babes
- 39. Beers then burpies
- 37. #Heldbackkrew
- 40. Built by Benton
- 64. Chunder Struck
- 58. Crossfit Dubbo Boys
- 63. Drive 4 Fun

HEAT 4 0912-0936

- 59. Bend & Snatch
- 44. Hanne Opsahl
- 43. I'm Hungover
- 55. Kat Cheney
- 50. Kate Wright
- 12. Nick hedger
- 17. Salt and pepa

HEAT 5 0936-1000

- 36. Scott Lipman
- 38. Scotty Lipman
- 14. Team Brad
- 45. Terry poole
- 27. The Random Collection
- 29. Window lickers

HEAT 6 1000-1024

- 21. 4 Peas in a WOD
- 11. Big girls
- 46. Carlie King
- 16. Cavedottirs
- 48. CFAM Babes
- 34. Chalkin Dirty

HEAT 7 1024-1048

- 25. Deadlift Divas
- 20. Drop It Like a Squat
- 4. Dunder Achievers
- 18. Flexual Healing
- 6. Hf (Q)
- 10. HF Angels

HEAT 8 1048-1112

- 26. Hijacked She-Unit
- 60. YTG@2795
- 67. Razy Snazzies
- 65. 3nimble1bimble
- 23. AM Athletes
- 32.ADBS

HEAT 9 1112-1136

- 47. BXSC
- 49. CFAM - Shark Tank
- 7. CrossFit Hijacked
- 51. Don't h8 us cuz u anus
- 8. Encircle Rowdies 4M
- 61. YTB@2795

HEAT 10 1136-1200

- 42. The cave dwellers
- 3. The Old Deck Hands
- 22. Tom palermo
- 15. Triple A + M
- 28. Yeah The Boys
- 19. GEO Master Class
- 2. Held together by Tape V.2

SUN ARVO-INSIDE

HEAT 1 1250-1305

- 21. 4 Peas in a WOD
- 11. Big girls
- 46. Carlie King
- 16. Cavedottirs
- 48. CFAM Babes
- 34. Chalkin Dirty
- 25. Deadlift Divas

HEAT 2 1305-1320

- 20. Drop It Like a Squat
- 4. Dunder Achievers
- 18. Flexual Healing
- 6. Hf (Q)
- 10. HF Angels
- 26. Hijacked She-Unit
- 60. YTG@2795
- 67. Razy Snazzies

HEAT 3 1320-1335

- 65. 3nimble1bimble
- 23. AM Athletes
- 32.ADBS
- 47. BXSC
- 49. CFAM - Shark Tank
- 7. CrossFit Hijacked
- 51. Don't h8 us cuz u anus

HEAT 4 1335-1350

- 8. Encircle Rowdies 4M
- 61. YTB@2795
- 13. PR'd our Pants (4M)
- 42. The cave dwellers
- 3. The Old Deck Hands
- 22. Tom palermo
- 15. Triple A + M
- 28. Yeah The Boys

HEAT 5 1350-1405

- 19. GEO Master Class
- 2. Held together by Tape V.2
- 30. 21, 15, FINE
- 1. Blood, Sweat N Beers
- 31. Car Ramwod
- 41. Cave Cavalry (Mixed)
- 24. CFAM

HEAT 6 1405-1420

- 52. Emma Davies
- 33. F'wits
- 57. HFCE Fighter Command
- 53. Hustle and Muscle
- 35. Dynamite Cave Monkeys
- 56. Snatch for snacks
- 5. WOD Squad - mixed

HEAT 7 1420-1435

- 54. Adam Wilkinson
- 66. Amanda Brickwood
- 62. Beards and babes
- 39. Beers then burpies
- 37. #Heldbackkrew
- 40. Built by Benton
- 64. Chunder Struck
- 58. Crossfit Dubbo Boys

HEAT 8 1435-1450

- 63. Drive 4 Fun
- 59. Bend & Snatch
- 44. Hanne Opsahl
- 43. I'm Hungover
- 55. Kat Cheney
- 50. Kate Wright
- 12. Nick hedger

HEAT 9 1450-1505

- 17. Salt and pepa
- 36. Scott Lipman
- 38. Scotty Lipman
- 14. Team Brad
- 45. Terry poole
- 27. The Random Collection
- 29. Window lickers