













# Urban Throwdown | Heat Summary (Macro View)

Total heats: 28 | Total competitors: 108

Location	Workout	Heat	Divisions in this heat	Occupied Lanes	Start Time	End Time	Transition
Area A	Event 1 FRAN3	Heat 1	• TEAMS SCALE ( F/M/M)	4 of 4	09:00 AM	09:17 AM	
Area A	Event 1 FRAN3	Heat 2	• TEAMS SCALE ( F/M/M)	4 of 4	09:20 AM	09:37 AM	00:03:00
Area A	Event 1 FRAN3	Heat 3	• TEAMS SCALE ( F/M/M)	4 of 4	09:40 AM	09:57 AM	00:03:00
Area A	Event 1 FRAN3	Heat 4	• TEAMS SCALE ( F/M/M)	4 of 4	10:00 AM	10:17 AM	00:03:00
Area A	Event 1 FRAN3	Heat 5	• TEAMS RX (F/M/M )	3 of 4	10:20 AM	10:37 AM	00:03:00
Area A	Event 1 FRAN3	Heat 6	• TEAMS RX (F/M/M )	4 of 4	10:40 AM	10:57 AM	00:03:00
Area A	Event 1 FRAN3	Heat 7	• TEAMS RX (F/M/M )	4 of 4	11:00 AM	11:17 AM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 1	• TEAMS SCALE ( F/M/M)	4 of 4	12:00 PM	12:11 PM	
Area B	Event 2 CARRY ME TO HELL	Heat 2	• TEAMS SCALE ( F/M/M)	4 of 4	12:14 PM	12:25 PM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 3	• TEAMS SCALE ( F/M/M)	4 of 4	12:28 PM	12:39 PM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 4	• TEAMS SCALE ( F/M/M)	4 of 4	12:42 PM	12:53 PM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 5	• TEAMS RX (F/M/M )	3 of 4	12:56 PM	01:07 PM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 6	• TEAMS RX (F/M/M )	4 of 4	01:10 PM	01:21 PM	00:03:00
Area B	Event 2 CARRY ME TO HELL	Heat 7	• TEAMS RX (F/M/M )	4 of 4	01:24 PM	01:35 PM	00:03:00
Area C	Event 3 LOAD & REPEAT A	Heat 1	• TEAMS SCALE ( F/M/M)	4 of 4	02:15 PM	02:30 PM	
Area C	Event 3 LOAD & REPEAT B	Heat 1	• TEAMS SCALE ( F/M/M)	4 of 4	02:15 PM	02:30 PM	00:15:00

PLEASE INFORM SCORING OF ANY COMPETITORS THAT HAVE WITHDRAWN OR DID NOT SHOW

Location	Workout	Heat		Divisions in this heat	Occupied Lanes	Start Time	End Time	Transition
Area C	Event 3 LOAD & REPEAT A	Heat 2		• TEAMS SCALE ( F/M/M)	4 of 4	02:33 PM	02:48 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 2		• TEAMS SCALE ( F/M/M)	4 of 4	02:33 PM	02:48 PM	00:15:00
Area C	Event 3 LOAD & REPEAT A	Heat 3		• TEAMS SCALE ( F/M/M)	4 of 4	02:51 PM	03:06 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 3		• TEAMS SCALE ( F/M/M)	4 of 4	02:51 PM	03:06 PM	00:15:00
Area C	Event 3 LOAD & REPEAT A	Heat 4		• TEAMS SCALE ( F/M/M)	4 of 4	03:09 PM	03:24 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 4		• TEAMS SCALE ( F/M/M)	4 of 4	03:09 PM	03:24 PM	00:15:00
Area C	Event 3 LOAD & REPEAT A	Heat 5		• TEAMS RX (F/M/M )	3 of 4	03:27 PM	03:42 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 5		• TEAMS RX (F/M/M )	3 of 4	03:27 PM	03:42 PM	00:15:00
Area C	Event 3 LOAD & REPEAT A	Heat 6		• TEAMS RX (F/M/M )	4 of 4	03:45 PM	04:00 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 6		• TEAMS RX (F/M/M )	4 of 4	03:45 PM	04:00 PM	00:15:00
Area C	Event 3 LOAD & REPEAT A	Heat 7		• TEAMS RX (F/M/M )	4 of 4	04:03 PM	04:18 PM	00:03:00
Area C	Event 3 LOAD & REPEAT B	Heat 7		• TEAMS RX (F/M/M )	4 of 4	04:03 PM	04:18 PM	00:15:00

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Urban Throwdown  
Heat 1 from 09:00 AM to 09:17 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	REP RIPPERS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
2	VICTORIOUS SECRETS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
3	CERBERUS	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	Singapore
4	SQUID INK	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore

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Urban Throwdown  
Heat 2 from 09:20 AM to 09:37 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	THE GUMMIES	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore
2	TOUGHENING SPACE	INDEPENDENT	TEAMS SCALE ( F/M/M)	Taiwan
3	SAURON'S DOMINANCE	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	CASHERRY	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore

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Urban Throwdown  
Heat 3 from 09:40 AM to 09:57 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	RED JAC RENEGADES	RED DOT FITNESS	TEAMS SCALE ( F/MM)	Singapore
2	RETROFIT	CROSSFIT APFY	TEAMS SCALE ( F/MM)	Singapore
3	1 QUEEN 2 JERKS	RED DOT FITNESS	TEAMS SCALE ( F/MM)	Singapore
4	BOOTY AND THE BEASTS	WAO CROSSFIT	TEAMS SCALE ( F/MM)	Singapore

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Urban Throwdown  
Heat 4 from 10:00 AM to 10:17 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	WUHU	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
2	TEAM JNR	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore
3	SUZUKIMSAR!	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	TEAM LAST MINUTE	CROSSFIT PAHLAWAN	TEAMS SCALE ( F/M/M)	Malaysia

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Urban Throwdown  
Heat 5 from 10:20 AM to 10:37 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	TRACKASS	INDEPENDENT	TEAMS RX (F/MM)	Singapore
2	CURRY MEE	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/MM)	Singapore
3	RX DELULU	CROSSFIT KAMPUNG	TEAMS RX (F/MM)	Singapore
4	- EMPTY LANE -			

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Urban Throwdown  
Heat 6 from 10:40 AM to 10:57 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	DNJ	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M )	Singapore
2	WEFITNESS X JABAR JUARA	INDEPENDENT	TEAMS RX (F/M/M )	Indonesia
3	AMPLIFY PUPPERINOS	INNERVATE CROSSFIT	TEAMS RX (F/M/M )	Singapore
4	TOES TOO FAR	WAO CROSSFIT	TEAMS RX (F/M/M )	Singapore

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Urban Throwdown  
Heat 7 from 11:00 AM to 11:17 AM

Event 1 FRAN3 on Area A

Lane	Athlete	Affiliate	Division	Nation
1	THE GRINDRX	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore
2	ACCESSORY WORK	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore
3	SUSHI KIDS	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/MM )	Singapore
4	MOBZILLA	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/MM )	Singapore

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Urban Throwdown  
Heat 1 from 12:00 PM to 12:11 PM

Event 2 CARRY ME TO HELL on Area B

Lane	Athlete	Affiliate	Division	Nation
1	RED JAC RENEGADES	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
2	SAURON'S DOMINANCE	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
3	REP RIPPERS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	VICTORIOUS SECRETS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore

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Lane	Athlete	Affiliate	Division	Nation
1	CERBERUS	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	Singapore
2	THE GUMMIES	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore
3	RETROFIT	CROSSFIT APFY	TEAMS SCALE ( F/M/M)	Singapore
4	TEAM LAST MINUTE	CROSSFIT PAHLAWAN	TEAMS SCALE ( F/M/M)	Malaysia

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Urban Throwdown  
Heat 3 from 12:28 PM to 12:39 PM

Event 2 CARRY ME TO HELL on Area B

Lane	Athlete	Affiliate	Division	Nation
1	SQUID INK	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
2	1 QUEEN 2 JERKS	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
3	SUZUKIMSARI	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	TOUGHENING SPACE	INDEPENDENT	TEAMS SCALE ( F/M/M)	Taiwan

PLEASE INFORM SCORING OF ANY COMPETITORS THAT HAVE WITHDRAWN OR DID NOT SHOW

Urban Throwdown  
Heat 4 from 12:42 PM to 12:53 PM

Event 2 CARRY ME TO HELL on Area B

Lane	Athlete	Affiliate	Division	Nation
1	TEAM JNR	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore
2	WUHU	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
3	BOOTY AND THE BEASTS	WAO CROSSFIT	TEAMS SCALE ( F/M/M)	Singapore
4	CASHERRY	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore

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Lane	Athlete	Affiliate	Division	Nation
1	AMPLIFY PUPPERINOS	INNERVATE CROSSFIT	TEAMS RX (F/M/M )	Singapore
2	RX DELULU	CROSSFIT KAMPUNG	TEAMS RX (F/M/M )	Singapore
3	TRACKASS	INDEPENDENT	TEAMS RX (F/M/M )	Singapore
4	- EMPTY LANE -			

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Urban Throwdown  
Heat 6 from 01:10 PM to 01:21 PM

Event 2 CARRY ME TO HELL on Area B

Lane	Athlete	Affiliate	Division	Nation
1	TOES TOO FAR	WAO CROSSFIT	TEAMS RX (F/MM )	Singapore
2	DNJ	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore
3	MOBZILLA	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/MM )	Singapore
4	ACCESSORY WORK	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore

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Urban Throwdown  
Heat 7 from 01:24 PM to 01:35 PM

Event 2 CARRY ME TO HELL on Area B

Lane	Athlete	Affiliate	Division	Nation
1	THE GRINDRX	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M )	Singapore
2	CURRY MEE	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/M/M )	Singapore
3	WEFITNESS X JABAR JUARA	INDEPENDENT	TEAMS RX (F/M/M )	Indonesia
4	SUSHI KIDS	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/M/M )	Singapore

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Urban Throwdown  
Heat 1 from 02:15 PM to 02:30 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	BOOTY AND THE BEASTS	WAO CROSSFIT	TEAMS SCALE ( F/M/M)	Singapore
2	SQUID INK	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
3	REP RIPPERS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	CASHERRY	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore

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Urban Throwdown  
Heat 2 from 02:33 PM to 02:48 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	1 QUEEN 2 JERKS	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
2	WUHU	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
3	RED JAC RENEGADES	RED DOT FITNESS	TEAMS SCALE ( F/M/M)	Singapore
4	THE GUMMIES	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore

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Urban Throwdown  
Heat 3 from 02:51 PM to 03:06 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	RETROFIT	CROSSFIT APFY	TEAMS SCALE ( F/M/M)	Singapore
2	CERBERUS	CROSSFIT UNIT SINGAPORE	TEAMS SCALE ( F/M/M)	Singapore
3	VICTORIOUS SECRETS	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	TOUGHENING SPACE	INDEPENDENT	TEAMS SCALE ( F/M/M)	Taiwan

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Urban Throwdown  
Heat 4 from 03:09 PM to 03:24 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	TEAM JNR	CROSSFIT MOBILUS CHINATOWN	TEAMS SCALE ( F/M/M)	Singapore
2	SAURON'S DOMINANCE	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
3	SUZUKIMSAR!	CROSSFIT URBAN EDGE	TEAMS SCALE ( F/M/M)	Singapore
4	TEAM LAST MINUTE	CROSSFIT PAHLAWAN	TEAMS SCALE ( F/M/M)	Malaysia

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Urban Throwdown  
Heat 5 from 03:27 PM to 03:42 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	WEFITNESS X JABAR JUARA	INDEPENDENT	TEAMS RX (F/MM )	Indonesia
2	CURRY MEE	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/MM )	Singapore
3	AMPLIFY PUPPERINOS	INNERVATE CROSSFIT	TEAMS RX (F/MM )	Singapore
4	- EMPTY LANE -			

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Urban Throwdown  
Heat 6 from 03:45 PM to 04:00 PM

Event 3 LOAD & REPEAT A on Area C

Lane	Athlete	Affiliate	Division	Nation
1	MOBZILLA	CROSSFIT MOBILUS CHINATOWN	TEAMS RX (F/MM )	Singapore
2	ACCESSORY WORK	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore
3	THE GRINDRX	CROSSFIT URBAN EDGE	TEAMS RX (F/MM )	Singapore
4	SUSHI KIDS	CROSSFIT MOBILUS CLARKE QUAY	TEAMS RX (F/MM )	Singapore

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Lane	Athlete	Affiliate	Division	Nation
1	TOES TOO FAR	WAO CROSSFIT	TEAMS RX (F/M/M )	Singapore
2	RX DELULU	CROSSFIT KAMPUNG	TEAMS RX (F/M/M )	Singapore
3	TRACKASS	INDEPENDENT	TEAMS RX (F/M/M )	Singapore
4	DNJ	CROSSFIT URBAN EDGE	TEAMS RX (F/M/M )	Singapore

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