

Raise the Bar Invitational 2026

October 10, 2026 – Raise the Bar Fitness – 699 St George Blvd, Moncton, NB E1E 2C2, Canada

Row, Rack & Roll

Time	Lane 1	Lane 2	Lane 3	Lane 4
9:30 am - 9:40 am Heat 1	Level Up Open	The Embarrasser & The Embarrassed Open	Bro Reps Aren't No Reps Open	Hot Mess and Hotter Mess Open
9:45 am - 9:55 am Heat 2	Blackstone Girlz Open	Super Friends Open	One Neumann, Two Newbies Open	ChupaCu Open
10:00 am - 10:10 am Heat 3	Turkey Club Open	Victorious Secret Open	Iron mom and Iron Son Open	—

The Jerk Store Called

Time	Lane 1	Lane 2	Lane 3	Lane 4
10:30 am - 10:40 am Heat 1	Level Up Open	The Embarrasser & The Embarrassed Open	Bro Reps Aren't No Reps Open	Hot Mess and Hotter Mess Open
10:45 am - 10:55 am Heat 2	Blackstone Girlz Open	Super Friends Open	One Neumann, Two Newbies Open	ChupaCu Open
11:00 am - 11:10 am Heat 3	Turkey Club Open	Victorious Secret Open	Iron mom and Iron Son Open	—

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Double Trouble

Time	Lane 1	Lane 2	Lane 3	Lane 4
11:30 am - 11:40 am Heat 1	Level Up Open	The Embarrasser & The Embarrassed Open	Bro Reps Aren't No Reps Open	Hot Mess and Hotter Mess Open
11:45 am - 11:55 am Heat 2	Blackstone Girlz Open	Super Friends Open	One Neumann, Two Newbies Open	ChupaCu Open
12:00 pm - 12:10 pm Heat 3	Turkey Club Open	Victorious Secret Open	Iron mom and Iron Son Open	—

Balls to the Wall

Time	Lane 1	Lane 2	Lane 3	Lane 4
2:30 pm - 2:40 pm Heat 1	—	—	—	—
2:45 pm - 2:55 pm Heat 2	—	—	—	—
3:00 pm - 3:10 pm Heat 3	—	—	—	—
3:15 pm - 3:25 pm Heat 4	—	—	—	—