
 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: \_\_RX\_\_\_\_\_ Heat:\_\_\_\_\_

 WOD EVENT #1:

 **6 min. AMRAP of**

6 Handstand Pushups

18 Double Unders

6 Pistols

**Scored total reps**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: SCALED Heat:\_\_\_\_\_

 WOD EVENT #1:

 **6 min. AMRAP of**

3 Wall Climbs

30 Singles

12 Air Squats

**Scored total reps**

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 Division: \_\_RX\_\_\_\_\_ Heat:\_\_\_\_\_

 WOD EVENT #2 SKILL:

 Max Handstand Walk for Distance \_\_\_\_\_\_\_\_\_\_

Max Broad Jump for Distance \_\_\_\_\_\_\_\_\_\_

Max Pullups \_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: SCALED Heat:\_\_\_\_\_

 WOD EVENT #2 SKILL:

 Max Handstand Hold (max 2min.) \_\_\_\_\_\_\_\_\_\_

Max Broad Jump for Distance \_\_\_\_\_\_\_\_\_\_

Max Pullups \_\_\_\_\_\_\_\_\_\_

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 Athlete Signature Judge Signature


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 Division: \_\_RX\_\_\_\_\_ Heat:\_\_\_\_\_

 WOD EVENT #3:

 **8 min AMRAP of**

25 Hang Squat Cleans #165/105

25 Bar Facing Burpees

Amrap Wallball #30/20 with time remaining

**Scored total reps**

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 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: SCALED Heat:\_\_\_\_\_

 WOD EVENT #3:

 **8 min. AMRAP of**

25 Hang Squat Cleans #115/75

25 Bar Facing Burpees

Amrap Wallball #20/10 with time remaining

**Scored total reps**

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 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: \_\_RX\_\_\_\_\_ Heat:\_\_\_\_\_

 WOD EVENT #4:

**7 min. AMRAP of**

5 Thrusters #135/95

10 Kettlebell Swings #70/55

15 Pullups

**then without resting 90 second AMRAP of**

Toes 2 Bar

**Scored total: Add reps from 7 min AMRAP & reps of T2B**

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 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: SCALED Heat:\_\_\_\_\_

 WOD EVENT #4:

 **7 min. AMRAP of**

5 Thrusters #95/65

10 Kettlebell Swings #55/35

15 Pullups

**then without resting 90 second AMRAP of**

Abmat Situps

**Scored total: Add reps from 7 min AMRAP & reps of Abmat Situps**

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 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: \_\_RX\_\_\_\_\_ Heat:\_\_\_\_\_

 WOD EVENT #5 FINAL:

 **4 Rds for time of**

5 Muscle ups

10 Burpee over the Box Jumps 24/20

Heavy sled push down/back (roughly 15m/15m)

**then without resting 3 min Amrap of**:

#185/100 Snatch

**Scored for time / total Snatch reps**

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 Athlete Signature Judge Signature


 Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

 Division: SCALED Heat:\_\_\_\_\_

 WOD EVENT #5 FINAL:

 **4 rds for time of**

10 Ring Pushups

15 Box Jumps 24/20

Sled push down/back

**then without resting 3 min AMRAP of**

#115/75 Snatch

**Scored for time/total Snatch reps**

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