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

 Division: \_\_MASTERS \_\_\_\_\_

 WOD EVENT #1:

 **3 rds for total reps - 9 min cap**

* Farmer walk 150m. #55
* 2 min AMRAP wallball. #20

**Scored total reps of Wallballs**

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

 Division: MASTERS

 WOD EVENT #2:

 **Total reps - 7 min cap**

* 25 squat cleans. #95
* 25 lateral burpees over barbell
* AMRAP kettlebell swings with time remaining. #55

**Scored total reps**

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

 Division: \_\_ MASTERS \_\_\_\_\_

 WOD EVENT #3:

 **4 rds for total time**

* 5 pull ups
* 10 ring push ups
* 15 box jumps. 24” box

**Then without rest**

* Complete 20 snatches (power or squat). #95

**Scored total time**

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