  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #1:

**Total time with an 8 minute cap.**

One Athlete holds a #155 barbell for each of the three movements in the workout.   Men hold the barbell in the front rack position and the woman holds the barbell behind the neck.  **NOTE:** The men must help the woman establish her barbell. Athlete #1 is responsible to hold the barbell for the duration of the movement until Athlete’s #2 & #3 have completed their respective reps. Each Athlete must hold the barbell for the duration of one complete movement.

**Example:** Athlete #1 holds the barbell until Athlete’s #2 & #3 complete Double Under's (Only one Athlete performing DU’s at a time).  If Athlete #1 drops the barbell, Athlete’s #2 & #3 must stop. Athlete’s #2 & #3 can only continue when Athlete #1 repositions the barbell in the front rack (Men)/behind neck (Woman).  Once Athlete’s #2 & #3 complete the movement. Athlete #1 drops the barbell, switches with a different Athlete, and moves on to the next movement.

* Two Athletes must complete 150 Double Under's. (25 reps/Athlete at a time)
* Two Athletes must complete 100 Kettlebell Swings #70/55. (10 reps/Athlete at a time)
* Two Athletes must complete 50 Pistols. (5 reps/Athlete at a time)

**Scored for time or reps completed in 8 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #2:

**Total reps with a 9 minute cap.**

* Male Athlete #1 Firemen carries the female Athlete down the parking lot and back while male Athlete #2 completes

a 2 minute AMRAP of Wallball #30/20.

* Once the Fireman carry returns. The male Athlete’s #1 & #2 switch. Male Athlete #2 Firemen carries the female Athlete down the parking lot and back while male Athlete #1 completes a 2 minute AMRAP of Wallball #30/20.
* Once the 2nd Fireman carry is complete. Female Athlete completes a 3 min AMRAP of Wallball #30/20.

**Scored for total reps completed in 9 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #3:

**Total reps.  10 minute AMRAP of**

Alternating rounds of DT in any Athlete order. **NOTE:** One Athlete must complete a full round before the next Athlete can start.  Male Athlete’s share one barbell and female Athlete has her own barbell.

**Each round is:**

* 12 Deadlifts #155/105
* 9 Hang Power cleans
* 6 Push Jerks

**Scored total reps completed in 10 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #4:

**Total Team clean weight plus total chipper reps**

* 10 minutes total to establish the combined Team’s heaviest clean total (Any style. Power or Squat Clean). **NOTE:** Total is the combination of both male Athlete’s individual highest clean weight and the female Athlete’s highest clean weight.  Male Athlete’s share one barbell and female Athlete has her own barbell.

Athlete #1 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete #2 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete #3 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TOTAL Team clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Then without rest: 10 minutes to complete the following chipper.

1. Team run around Ohio Street.

(All Team members must finish the run together before starting the next movement.)

1. 150 Toes to Bar (10 reps/Athlete at a time. All Team members must rotate)
2. AMRAP handstand pushups (strict or kipping) with the remaining time. (3 reps/Athlete at a time. All Team members must rotate)

**Scored total weight & reps**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

Division: \_\_SCALED \_\_\_ Heat:\_\_\_\_\_

TEAM WOD EVENT #1:

**Total time with an 8 minute cap.**

One Athlete holds a #115 barbell for each of the three movements in the workout.   Men hold the barbell in the front rack position and the woman holds the barbell behind the neck.  **NOTE:** The men must help the woman establish her barbell. Athlete #1 is responsible to hold the barbell for the duration of the movement until Athlete’s #2 & #3 have completed their respective reps. Each Athlete must hold the barbell for the duration of one complete movement.

**Example:** Athlete #1 holds the barbell until Athlete’s #2 & #3 complete Double Under's (Only one Athlete performing DU’s at a time).  If Athlete #1 drops the barbell, Athlete’s #2 & #3 must stop. Athlete’s #2 & #3 can only continue when Athlete #1 repositions the barbell in the front rack (Men)/behind neck (Woman).  Once Athlete’s #2 & #3 complete the movement. Athlete #1 drops the barbell, switches with a different Athlete, and moves on to the next movement.

* Two Athletes must complete 200 Single Jump Ropes. (25 reps/Athlete at a time)
* Two Athletes must complete 100 Kettlebell Swings #55/35. (10 reps/Athlete at a time)
* Two Athletes must complete 100 Air Squats. (5 reps/Athlete at a time)

**Scored for time or reps completed in 8 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

Division: \_\_SCALED \_\_\_ Heat:\_\_\_\_\_

TEAM WOD EVENT #2:

**Total reps with a 9 minute cap.**

* Male Athlete #1 Piggy Back carries the female Athlete down the parking lot and back while male Athlete #2 completes a 2 minute AMRAP of Wallball #30/20.
* Once the Piggy Back carry returns. The male Athlete’s #1 & #2 switch. Male Athlete #2 Piggy Back carries the female Athlete down the parking lot and back while male Athlete #1 completes a 2 minute AMRAP of Wallball #30/20.
* Once the 2nd Piggy Back carry is complete. Female Athlete completes a 3 min AMRAP of Wallball #30/20.

**Scored for total reps completed in 9 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #3:

**Total reps.  10 minute AMRAP of**

Alternating rounds of DT in any Athlete order. **NOTE:** One Athlete must complete a full round before the next Athlete can start.  Male Athlete’s share one barbell and female Athlete has her own barbell.

**Each round is:**

* 12 Deadlifts #115/65
* 9 Hang Power cleans
* 6 Push Jerks

**Scored total reps completed in 10 mins.**

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

Team Captain Signature Judge Signature

  
 TEAM Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score:\_\_\_\_\_

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

TEAM WOD EVENT #4:

**Total Team clean weight plus total chipper reps**

* 10 minutes total to establish the combined Team’s heaviest clean total (Any style. Power or Squat Clean). **NOTE:** Total is the combination of both male Athlete’s individual highest clean weight and the female Athlete’s highest clean weight.  Male Athlete’s share one barbell and female Athlete has her own barbell.

Athlete #1 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete #2 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete #3 clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TOTAL Team clean weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Then without rest: 10 minutes to complete the following chipper.

1. Team run around Ohio Street.

(All Team members must finish the run together before starting the next movement.)

1. 150 Situps. (10 reps/Athlete at a time. All Team members must rotate)

1. AMRAP Wall Climbs with the remaining time.

(3 reps/Athlete at a time. All Team members must rotate)

**Scored total weight & reps**

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

Team Captain Signature Judge Signature