

trodo open 12.2016, ground to row-verhead

scores must be submitted by 12pm on monday, december 5th.

key details

- **view the workout:** www.trodo.org/open
- **date:** saturday, december 3rd; dates may vary
- **location:** your box
- **who should participate:** the trodo open is for all athletes, across all skill levels. it's all about community!
- **team structure:** teams must have two females and two males to be classified as cat1, cat2, or masters 40+. if teams do not have 2 males and 2 females they will be classified as cat3/just for fun.

score submission: www.trodo.org/open

- **deadline:** coaches must submit all scores by **12pm on monday, december 5th**
- **games teams:** coaches recommend teams for early trodo games registration when submitting open scores.
- **the open is not a qualifier for the games:** any cat1, cat2/masters 40+ or cat3/just for fun teams can be recommended...even if they did not complete the open or did not participate on the same team.

trodo games registration: www.trodo.org/boxleague/teamregistration/

- save the date: trodo games, **saturday, january 21st @crossfit illumine**
- team structure: cat1, cat2 or masters 40+ teams must have 2 males and 2 females. cat3 / just for fun teams can have any mix of athletes.
- early registration opens on **wednesday, december 7th** and opens for all trodo athletes on **wednesday, december 14th**.



trodo open | box scorecard

team #	team captain (first and last name)	email address	cat (1,2,3, masters 40+)	score (total reps: row + reps)
1				
2				
3				
4				
5				
6				
7				
8				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

trodo open box scorecard (cont.)				
team #	captain (first and last name)	email address	cat (1,2,3, masters 40+)	score (total reps)
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				

trodo games recommendation for early registration (1)	
cat (1,2,3 or masters 40+):	score (total reps):
name (first and last name)	email address
team captain:	
athlete 2:	
athlete 3:	
athlete 4:	

trodo games recommendation for early registration (2)	
cat (1,2,3 or masters 40+):	score (total reps):
name (first and last name)	email address
team captain:	
athlete 2:	
athlete 3:	
athlete 4:	

trodo games recommendation for early registration (3)	
cat (1,2,3 or masters 40+):	score (total reps):
name (first and last name)	email address
team captain:	
athlete 2:	
athlete 3:	
athlete 4:	

trodo games recommendation for early registration (4)	
cat (1,2,3 or masters 40+):	score (total reps):
name (first and last name)	email address
team captain:	
athlete 2:	
athlete 3:	
athlete 4:	