

TEAM: _____



EVENT: WOD 1
 DIVISION: ALL
 TIME CAP: 16 MINUTES

PART A : 7 MINUTES

PART B

ROUND
1
2
3
4
5
6
7
8
9
10
11

Wall Balls (24 REPS)
24
60
96
132
168
204
240
276
312
348
384

C2B PULL UPS (12 REPS)
36
72
108
144
180
216
252
288
324
360
396

R
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S
T

1
M
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E

1500 METER ROW
MM:SS

FINAL SCORE:

TOTAL REPS COMPLETED

TIME ON RUNNING CLOCK

DRAFT

FAQ: WORKOUT DETAILS AND SUBMIT SCORES, VISIT: <http://icompete.cc/submitscores>

TEAM: _____



EVENT: WOD 2
DIVISION: ALL
TIME CAP: 10 MINUTE

ROUND
1
2
3
4
5

SYNCHRONIZED OHS (10 REPS)	
10	
30	
50	
70	
90	

BAR FACING BURPEES OVER THE BAR (10 REPS)	
20	
40	
60	
80	
100	

FINAL SCORE:

MM:SS

DRAFT

IF TIME CAPPED, ADD 1 SECOND FOR EVERY INCOMPLETE REPETITION

TEAM: _____



EVENT: WOD 3
DIVISION: ALL
TIME CAP: 4 MINUTES

BUDDY 1

TOUCH AND GO
GROUND TO OVERHEAD

BUDDY 2

TOUCH AND GO
GROUND TO OVERHEAD

CHOOSE WEIGHT
(KG)

X

REP

+

CHOOSE WEIGHT
(KG)

X

REP

DRAFT

FINAL SCORE:

BUDDY 1 + BUDDY 2