



WOD 1

FINALS: MAY 2-3, 2015

FOR TIME (NO TIE BREAKER) / TIME CAP: 20MIN

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
80 WALL BALLS MALE: 9KG / 3M or 20LB / 10FT FEMALE: 6KG / 2,75M or 14LB / 9FT		80
60 PULL UPS SCALED - FEMALE: JUMPING PULL UPS		140
40 FRONT SQUATS ELITE / MASTERS 35+ - MALE: 50KG FEMALE: 40KG SCALED - MALE: 40KG FEMALE: 30KG		180
20 FACING BURPEES OVER BAR		200

YOUR FINAL SCORE:
TOTAL TIME

SCORE IS DETERMINED BY TOTAL TIME

If athlete does not complete all of the reps before the time cap, then the reps not completed will be added as seconds to the time cap.

DIVISION

Elite Scaled Masters 35 - 39 Masters 40 - 44 Masters 45+

GENDER

Male Female

ATHLETE NAME

X

ATHLETE SIGNATURE

X

JUDGE INITIALS