



# W O D 1

**AMRAP 20 MIN**

**BUY-IN MOVEMENT**

**COMPLETED**

100 OVER THE ROWER BURPEES

YES

NO

**MOVEMENT**

**METERS ROWED**

ROW AS FAR AS POSSIBLE

**YOUR FINAL SCORE:  
TOTAL METERS**

SCORE IS TIME TOTAL METERS ROWED IN 20MIN

In 20 minutes complete 100 over rower burpees then, in the remaining time, row as far as possible.

DIVISION

Comp. Individuals

Comp. Masters 35 - 39

Comp. Masters 40 - 44

Comp. Masters 45+

Online Only Scaled Individuals

Online Only Scaled Masters 35 - 39

Online Only Scaled Masters 40 - 44

Online Only Scaled Masters 45+

ATHLETE NAME

X

GENDER

Male  Female

ATHLETE SIGNATURE

X

JUDGE  
INITIALS