



WoD – Helena

Athlete _____ Heat _____

Division: Rx Scaled Beginner Masters Rx 30 40 50 60+ Masters Sc 30 40 50 60+

Youth (7-9) Youth (10-12) Teen (13-15) Teen (16-18)

Gender: M / F

12' time cap

- Rx** 3 rounds – 21 kbs 1.5pood /1.0pood, 12 pull ups, 100 double-unders
- Scaled** 2 rounds – 21 kbs 1.5pood/1.0pood, 12 jumping pull-ups, 200 single-unders
- Beginner** 1 round - 21 kbs 1.0pood/0.5pood, 12 jumping pull ups, 100 air squats
- Master Rx 30** 3 rounds – 21 kbs 1.5pood /1.0pood, 12 pull ups, 100 double-unders
- Master Rx 40** 3 rounds – 21 kbs 1.5pood /1.0pood, 12 pull ups, 100 double-unders
- Master Rx 50/60** 3 rounds – 21 kbs 1.5pood /1.0pood, 12 pull ups, 50 double-unders
- Master Sc 30** 2 rounds - 21 kbs 1.5pood/1.0pood, 12 jumping pull ups, 200 single-unders
- Master Sc 40** 2 rounds - 21 kbs 1.5pood/1.0pood, 12 jumping pull ups, 200 single-unders
- Master Sc 50/60** 2 rounds - 21 kbs 1.5pood/1.0pood, 12 jumping pull ups, 100 single-unders
- Youth (7-9)** 2 rounds – 21 kettlebell deadlifts 0.5pood, 12 burpees to 45# plate, 50 single-unders
- Youth (10-12)** 3 rounds – 21 kettlebell deadlifts 1.0pood, 12 burpees to 45# plate, 50 single-unders
- Teen (13-15)** 3 rounds – 21 kbs 1pood/.5pood, 12 pull-ups or 36 jumping pull-ups, 50 double-unders or 100 single-unders (enter score in pull-up and double under equivalents)
- Teen (16-18)** 3 rounds – 21 kbs 1.5pood/1.0pood, 12 pull-ups or 36 jumping pull-ups, 50 double-unders or 100 single-unders (enter score in pull-up and double under equivalents)

Rx, Masters Rx			
	1	2	3
21 kettlebell swings			
12 pull-ups			
50 or 100 double-unders			
points			

Beginner (1 round only), Scaled, Masters Sc			
	1	2	
21 kettlebell swings			
12 pull-ups			
100 or 200 single-unders/100 air squats			
points			

Youth (7-9) (2 rounds only), Youth (10-12)			
	1	2	3
21 kettlebell deadlifts			
12 burpees to plate			
50 single-unders			
points			

Teen			
	1	2	3
21 kettlebell swings			
12 pull-ups/36 jumping p/u*			
50 double-unders/100 single-unders*			
points			

*Points for scaled teen athletes must be converted to pull-up 3:1 and double-under 2:1 equivalents. Example if athlete does 30 jumping pull-ups then $30/3 = 10$ pull-up equivalents. 50 single-unders = 25 double-unders $50/2 = 25$

Time to complete

Total reps (points) in case of time cap

Athlete signature _____

Judge's name (print) _____



WoD – Karena

Athlete _____ Heat _____

Division: Rx Scaled Beginner Masters Rx 30 40 50 60+ Masters Sc 30 40 50 60+
Youth (7-9) Youth (10-12) Teen (13-15) Teen (16-18) Gender: M / F

5' time cap

Buy In: 60 sit-ups

AMRAP: All divisions except youth throw wall ball shots. Youth divisions will do dumbbell thrusters. Athletes choose their own weight (wall ball or thrusters). Males throw to the 10 foot mark and females to the 9 foot mark. Score is the number of successful wall ball shots (or thrusters) x the weight. Weight may not be changed out once the workout has begun.

60 Sit-Up Buy In: _____

Time Buy In Done: _____

Wall Ball Weight: _____

Dumbbell Weight: _____

of Wall Ball Shots _____

of Thrusters: _____

Score # of good wall ball shots (or thrusters) x weight = _____

Athlete signature _____

Judge's name (print) _____



WoD – Grace

Athlete _____ Heat _____

Division: Rx Scaled Beginner Masters Rx 30 40 50 60+ Masters Sc 30 40 50 60+
Youth (7-9) Youth (10-12) Teen (13-15) Teen (16-18) Gender: M / F

6' time cap

Grace – 30 clean & jerks

- Rx 135#/95#
- Scaled 95#/65#
- Beginner 65#/45#
- Masters Rx 30 135#/95#
- Masters Rx 4 135#/95#
- Masters Rx 50 115#/75#
- Masters Rx 60 95#/65#
- Masters Sc 30 95#/65#
- Masters Sc 40 95#/65#
- Masters Sc 50 75#/45#
- Masters Sc 60 65#/45#

Youth (7-9) 15 air squats, 15 push-ups, 10 air squats, 10 push-ups, 5 air squats, 5 push-ups

Youth (10-12) 30 hang cleans and jerks with 15# bar. Clean starts with a clearly visible dip (bar slides down the thigh) and finishes on shoulder in the front rack position with knees and hips extended and elbows in front of the bar. The second movement is from shoulder to overhead in any manner such that movement ends with the bar over athlete's mid line and arms fully locked out. The athlete may not do a snatch. It must be two distinct movements with a stop at the front rack before going overhead.

Teen (13-15) 55#/45#

Teen (16-18) 75#/65#

Circle reps completed below.

Youth (7-9)	15 air squats	15 push-ups	10 air squats	10 push-ups	5 air squats	5 push-ups
Youth (10-12)	5 hang c&j	10 hang c&j	15 hang c&j	20 hang c&j	25 hang c&j	30 hang c&j
All other divisions	5 c&j	10 c&j	15 c&j	20 c&j	25 c&j	30 c&j

Time to complete

Total reps (points) in case of time cap

Athlete signature _____

Judge's name (print) _____