

WoD – Frantastic Four

Athlete _____ Heat _____

Division: Beginner Masters Rx Scaled Youth Teen Age Group: _____ Gender: M / F

16' time cap - (3) 4' AMRAPs with 2 minute rest in between each one

Scaled: Thruster weight: (55#/45#, 75#/55#, 95#/65#), knees to elbows, jumping pull-ups (**standard**-6 inches from bar to top of head), jumping chest to bar pull-ups (**standard**-6 inches from bar to top of head)

Beginner: Thruster weight: (25#/15#, 35#/25#, 45#/35#) knee raises, ring rows (**standard**-rings must be set at nipple line when athlete is standing flat footed. Heels must be touching ground, but cannot be flat footed when performing rows. Body must be in tight plank position with rings reaching chest to complete rep) , Jumping pull-ups

RX, Masters 30 RX and 40 RX: Thrusters weight: (75#/55#, 95#/75#, 115#/95#)

Masters 50/60 RX: Thrusters weight: (55#/45#, 75#/55#, 95#/65#) Bar movements are the same as Rx.

Masters 30 Sc: Thrusters weight (45#/35#, 55#/45#, 75#/55#), knee raises, jumping pull-ups, jumping chest to bar pull-ups

Masters 40 Sc: Thrusters weight (45#/35#, 55#/45#, 75#/55#), knee raises, ring rows, jumping pull-ups

Masters 50/60 Sc: Thrusters weight: (25#/15#, 35#/25#, 45#/35#), knee raises, ring rows, jumping pull-ups

Youth (7-9): dumbbell thrusters 5#, knee raises

Youth (10-12): dumbbell thrusters 10#, knee raises

Teen (13-15): thrusters weight: (35#/25#, 45#/35#, 55#/45#), knee raises, jumping pull-ups, jumping chest to bar

Teen (16-18): thrusters weight: (55#/45#, 65#/55#, 75#/65#), toes to bar, pull-ups, jumping chest to bar

	1	2	3	4	5	6	7	8	Total
12 thrusters									
9 toes-2-bar									
6 push-ups									
Accum. Reps	27	54	81	108	135	162	189	216	

Rest 2 minutes

	1	2	3	4	5	6	7	8	Total
12 thrusters									
9 pull-ups									
6 burpees									
Accum. Reps	27	54	81	108	135	162	189	216	

Rest 2 minutes

	1	2	3	4	5	6	7	8	Total
12 thrusters									
9 C2B									
6 bar facing burpees									
Accum. Reps	27	54	81	108	135	162	189	216	

Total Reps

Athlete sign _____

Judge _____



WoD – Annie Get Your Oar

Athlete _____ Heat _____

Division: Beginner Masters Rx Scaled Youth Teen Age Group: _____ Gender: M / F

15' time cap - Reps for Time

Scaled: 3x single-unders

Beginner: 2x single-unders

Masters 30-39, 40-49, 50-59 and 60+ RX WoD as prescribed (Rx)

Masters 30-39, 40-49 Scaled: 3x single-unders

Masters 50+ Scaled: 2x single-unders

Youth (7-9): Start at 40 calorie row and divide calories in half (ex. 40 is 20, 30 is 15, 20 is 10, 10 is 5), 1x single-unders

Youth (10-12): 2x single-unders

Teen (13-15) and (16-18): WoD as prescribed (Rx) but may substitute 3x single-unders

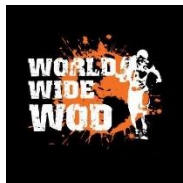
Movement	Max allowable points	Athlete points	Accumulated points
50 cal row	50		50
50 double-unders	50		100
40 cal row	40 20 youth (7-9)		140 20 youth (7-9)
40 double-unders	40		180 60
30 cal row	30 15 youth (7-9)		210 75
30 double-unders	30		240 105
20 cal row	20 10 youth (7-9)		260 115
20 double-unders	20		280 135
10 cal row	10 5 youth (7-9)		290 140
10 double-unders	10		300 150
Abmat sit-ups	1 per sit-up		
		Total Athlete Points	

Note: Single-unders are converted to double-under equivalents. 1x = 1, 2x = 1 and 3x = 1. No rounding up.

Ex. Masters scaled does 25 single-unders at 3x scale. $25/3 = 8.3333$ Athlete gets 8 double-under points.

Athlete sign _____

Judge _____



WoD – Clean Up on Aisle 3

Athlete _____ Heat _____

Division: Beginner Masters Rx Scaled Teen Age Group: _____ Gender: M / F

10' time cap – E2MOM (5) 2' lift attempts

10 minutes to hit 5 progressive cleans. Two (2) minutes allowed per lift cycle. Weight must increase each cycle. Athlete cannot take weight off once it has been loaded. Athlete may attempt as many times at same weight within the 2 minute cycle. Failure to achieve a successful lift in the 2 minute cycle results in a score of zero for that cycle. Athlete can re-attempt a failed lift in the next cycle without adding weight. If athlete lift is successful, the total weight is entered for that cycle.

	Lift	Weight Attempted	Success/Fail	Weight Score
1	0:00 – 2:00	_____	Success / Fail	_____
2	2:00 – 4:00	_____	Success / Fail	_____
3	4:00 – 6:00	_____	Success / Fail	_____
4	6:00 – 8:00	_____	Success / Fail	_____
5	8:00 – 10:00	_____	Success / Fail	_____
Total Load of Successful Lifts				_____

Athlete sign _____

Judge _____



WoD – Clean Up on Aisle 3

Athlete _____ Heat _____

Division: Beginner Masters Rx Scaled Teen Age Group: _____ Gender: M / F

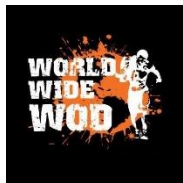
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2	2:00 – 4:00	_____	Success / Fail	_____
3	4:00 – 6:00	_____	Success / Fail	_____
4	6:00 – 8:00	_____	Success / Fail	_____
5	8:00 – 10:00	_____	Success / Fail	_____
Total Load of Successful Lifts				_____

Athlete sign _____

Judge _____



WoD – Hot Lava

Athlete _____ Heat _____

Division: Youth (7-9) Youth (10-12) Gender: M / F

8' time cap – complete 60ft plate relay for time

Field is 30 feet long with a clearly delineated start and turnaround line. This is the hot lava area. Athletes that fall in or touch it will get burned and have to do burpees. Athlete starts with two plates behind the start line. Athlete places one plate in front (in the direction of the 30ft turnaround line) and stands on it while reaching behind to pick up the second plate. The second plate is then placed in front of the athlete and athlete moves to the forward plate without falling in or touching the hot lava. At the turn around line, the athlete must completely cross the line with both plates before turning back and heading to the finish. At no time can the athlete's feet or hands touch the floor (hot lava) between the lines. If he or she does, then athlete must stop and do 3 burpees in the hot lava before continuing from the plate where the violation occurred. The score is the total time to complete one 60 foot relay. Have fun kids!

Time completed: _____ Distance (in feet) completed if time cap _____

Athlete sign _____

Judge _____



WoD – Hot Lava

Athlete _____ Heat _____

Division: Youth (7-9) Youth (10-12) Gender: M / F

8' time cap – complete 60ft plate relay for time

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Time completed: _____ Distance (in feet) completed if time cap _____

Athlete sign _____

Judge _____



WoD – Up the Creek With a Paddle (Floater WoD)

Athlete _____ Heat _____

Division: Beginner Masters Rx Scaled Youth Teen Age Group: _____ Gender: M / F

2' time cap – upward ladder 1,2,3,4,5... bar muscle ups and deadlifts

Beginner: jumping pull-up (**standard**-6 inches from bar to top of head), deadlift 95#/65#

Masters 30-39, 40-49 Rx: As prescribed for RX.

Masters 50+ RX: chest to bar pull-up, deadlift 185#/135#

Scaled and Masters all ages Scaled: pull-up, deadlift 135#/95#

Youth (7-9): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, kettlebell deadlift 0.5 pood or 18#

Youth (10-12): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, kettlebell deadlift 1.0 pood or 36#

Teen (13-15): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, deadlift 95#/75#

Teen (16-18): 1 pull-up in lieu of 1 bar muscle up, deadlift 135#/105#

	1	2	3	4	5	6	7	8	9
Bar muscle up									
Deadlift									
Accum. Reps	2	6	12	20	30	42	56	72	90
Total Reps									

Athlete sign _____

Judge _____



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Youth (7-9): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, kettlebell deadlift 0.5 pood or 18#

Youth (10-12): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, kettlebell deadlift 1.0 pood or 36#

Teen (13-15): 1 ring row and 1 hand release push-up in lieu of 1 bar muscle up, deadlift 95#/75#

Teen (16-18): 1 pull-up in lieu of 1 bar muscle up, deadlift 135#/105#

	1	2	3	4	5	6	7	8	9
Bar muscle up									
Deadlift									
Accum. Reps	2	6	12	20	30	42	56	72	90
Total Reps									

Athlete sign _____

Judge _____