



**SCORE SHEET 1**

Team Name	
Judge Name	

Division			
Rx		Scaled	

**Workout 1: The Unknown**  
**Timecap: 24min**

**For Time:**

- **400 Wall Balls**

Notes:

- All athletes to run the first 400m.
- Wall ball sets have to be unbroken. As soon as the athlete breaks, rests or drops the wall ball they need to go on their penalty run.
- Time is taken when 400 reps has been completed and all 4 team athletes have returned from their run and standing at their wall ball station.

100	200	300	400	TIME OR REPS

<b>Athlete Signature</b>	<b>Judge Signature</b>



**SCORE SHEET 2**

Team Name	
Judge Name	

Division			
Rx		Scaled	

**Workout 2: The Hardship**  
**Timecap: 20min**

**For Time:**

- **20 rounds: 5 synchronised deadlifts and 10 synchronised bar facing burpees**

Notes:

- Each pair MM, FF or FM must perform 10 rounds each.
- Pairs have to remain the same for the duration of the workout.

Round 1		Round 11	
Round 2		Round 12	
Round 3		Round 13	
Round 4		Round 14	
Round 5		Round 15	
Round 6		Round 16	
Round 7		Round 17	
Round 8		Round 18	
Round 9		Round 19	
Round 10		Round 20	
Time or Reps			

Athlete Signature	Judge Signature



**SCORE SHEET 3**

Team Name	
Judge Name	

Division			
Rx		Scaled	

**Workout 3: The Victory**

**Timecap: 22min**

**For Time:**

- **Fran (21-15-9 of Thrusters & Pull Ups)**
- **Grace (30 Clean & Jerks)**
- **Cindy (5 Pull Ups, 10 Push Ups, 15 Air Squats)**
- **Annie (50-40-30-20-10 of Double Unders & Sit Ups)**

Notes:

- Athletes will nominate which workout each athlete will be doing.
- Athletes have to finish their nominated workout i.e. the workload cannot be shared between team members.
- Each athlete needs to complete their workout before they can tag the next athlete.
- Workouts have to be completed in the below order.

Time or Reps	
<b>Fran</b> (note indiv time/reps)	
<b>Grace</b> (note indiv time/reps)	
<b>Cindy (5 rounds only)</b> (note indiv time/reps)	
<b>Annie</b> (note indiv time/reps)	
<b>Time or Reps</b>	

<b>Athlete Signature</b>	<b>Judge Signature</b>