



Team Name:

Division Mark with "x" RX Scale

**TEAM EVENT 1
STAGE 1 - "THE UNKNOWN"**

FOR TIME:	CAP 24Min		
BUY-IN: Whole team runs 400m		RX M/F	Scale/M/F
		All	All
THEN:			
150 CTB Pull Ups		CTB Pull Ups	Pull Ups
150 Hand-Stand Push Ups		Hand Stand Push Ups	Hand Release Push Ups
150 Synchronised Air Squats		Sync. Air Squats	Sync. Air Squats
BUY-OUT: Whole team runs 400m		All	All

"THE UNKNOWN" SCORE SHEET

	RX	Scale
BUY-IN: Whole team runs 400m	<input type="text"/>	<input type="text"/>
150 CTB Pull Ups	<input type="text"/>	<input type="text"/> 150
150 Hand-Stand Push Ups	<input type="text"/>	<input type="text"/> 300
150 Synchronised Air Squats	<input type="text"/>	<input type="text"/> 450
BUY-OUT: Whole team runs 400m	<input type="text"/>	<input type="text"/>
Total time or reps	<input type="text"/>	<input type="text"/>

"THE UNKNOWN" Total Scoring

RX	SCALE
ELAPSE TIME	ELAPSE TIME
<input type="text"/>	<input type="text"/>

Your score will be total ELAPSE TIME to complete all reps.
Each uncomplete rep will be = 1 sec added to the 24 min time cap

Team Captain Signature