



Team Name:

Division Mark with "x" RX Scale

**TEAM EVENT 3
STAGE 3 - "THE VICTORY"**

FOR TIME:	CAP 24Min		
FOR TIME - ONE ATHLETE PERFORMS ONE STATION:		RX M/F	Scale/M/F
		Sprint Style Format	
Athlete A: ISABEL		61/43Kg	40/25Kg
Athlete B: KAREN (HALF)		20/14lbs 10/9 feet	20/14lbs 9/8 feet
Athlete C: ANNIE		DU Skips/AB-Mat Sit-ups	Single Skips/Sit-ups
Athlete D: GRACE		61/43Kg	40/25Kg

"THE VICTORY" SCORE SHEET

RX	Scale
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Athlete A: ISABEL			Reps
			30
Athlete B: KAREN (HALF)			75

Athlete C: ANNIE					
SKIP	50				100
SIT UP	50				50
SKIP	40				80
SIT UP	40				40
SKIP	30				60
SIT UP	30				30
SKIP	20				40
SIT UP	20				20
SKIP	10				20
SIT UP	10				10

Athlete D: GRACE			30
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Total time or reps		
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RX ELAPSE TIME	SCALE ELAPSE TIME
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"THE VICTORY" Total Scoring	
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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