



EVENT 17.2

TIME CAP: 18 MINUTES

1000m Row					
MOVEMENTS	1	2	3	4	5
20 Wall Balls MALE: 20lbs FEMALE: 14lbs					
15 Toe to Bar					
POSSIBLE REPS	35	70	105	140	175

ALL DIVISION USE THE SAME WEIGHT - SCALED IS A DIFFERENT SCORESHEET

EVENT FINISHED

YOUR FINAL SCORE:
FOR TIME THEN REPS

CAPPED

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS
OR REPS COMPLETED AT THE TIME CAP

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

JUDGE SIGNATURE