



# W O D 3

FRIDAY 29 SEPT - 8 OCT

## FOR TIME / TIME CAP: 18MIN RUNNING CLOCK

| MOVEMENTS - TIME CAP: 7MIN  | REPS COMPLETED | POSSIBLE |
|---|----------------|----------|
| 40 DEADLIFTS<br>RX / MAS. - 100KG / 70KG SC. / TEEN - 70KG / 50KG |                | 40       |
| 40 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN               |                | 80       |
| MOVEMENTS - TIME CAP: 12MIN                                       | REPS COMPLETED | POSSIBLE |
| 30 DEADLIFTS<br>RX / MAS. - 100KG / 70KG SC. / TEEN - 70KG / 50KG |                | 110      |
| 30 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN               |                | 140      |
| MOVEMENTS - TIME CAP: 16MIN                                       | REPS COMPLETED | POSSIBLE |
| 20 DEADLIFTS<br>RX / MAS. - 100KG / 70KG SC. / TEEN - 70KG / 50KG |                | 160      |
| 20 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN               |                | 180      |
| MOVEMENTS - TIME CAP: 18MIN                                       | REPS COMPLETED | POSSIBLE |
| 10 DEADLIFTS<br>RX / MAS. - 100KG / 70KG SC. / TEEN - 70KG / 50KG |                | 190      |
| 10 BURPEE BOX JUMP OVERS<br>MALE: 24IN FEMALE: 20IN               |                | 200      |

### YOUR WOD 3 SCORE:

## FOR TIME

**1 MISSED REP = 1 SECOND PENALTY**

### SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED

At 12 min i needed to do 2 more burpees + i missed the 20/20 and 10/10 because i didn't end the 30/30 round in 12 minutes.

The penalty is 2 burpee reps + 20/20 + 10/10 = 62 seconds

18 min is the hard timecap + 62 seconds = 19.02min

SCALED / TEEN - Male: 70kg Female: 50kg

|                            |                              |                                     |                              |                            |                                  |   |
|----------------------------|------------------------------|-------------------------------------|------------------------------|----------------------------|----------------------------------|---|
| GENDER                     |                              | DIVISION                            |                              |                            |                                  |   |
| <input type="radio"/> Male | <input type="radio"/> Female | <input type="radio"/> Elite 18 - 39 | <input type="radio"/> Scaled | <input type="radio"/> Teen | <input type="radio"/> Master 40+ | <input type="radio"/> Team (3 Male - 1 Female, 18+) |
| ATHLETE NAME               |                              |                                     | ATHLETE SIGNATURE            |                            | JUDGE INT.                       |   |
| X                          |                              |                                     | X                            |                            |                                  |   |