



EMT18.1-18.2q

Old Dirty Bastard Scaled

Part 1. (00:00-07:00), FOR TIME

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
30 BURPEE OVER THE ERG		10
		20
		30
30 CAL ROW		60
30 S20H		70
		80
		90

**YOUR FINAL SCORE
TIME OR REPS**

Then 7 minute mark , Part 2. (07:00-14:00), For Time:

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
30 S20H		10
		20
		30
30 CAL ROW		60
30 BURPEE OVER THE ERG		70
		80
		90

**YOUR FINAL SCORE
TIME OR REPS**

WEIGHTS:

Male S20H: (45)(40)(35)

Female S20H: (30)(25)(20)

GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	DIVISION
	<input type="checkbox"/> 35-39 <input type="checkbox"/> 40-44 <input type="checkbox"/> 45-49 <input type="checkbox"/> 50-54 <input type="checkbox"/> 55-59 <input type="checkbox"/> 60+

ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INITIALS