## **SCORE SHEETS 2025**

Athlete's Name:	Judge Name:				
25Q1A	Number of Reps Total				
AMRAP 8 min: 3-6-9-12-15-18	3	3	6		
Burpee Box Jump Over	6	6	18		
KB Hang Snatch	9	9	36		
RX 55+ and Scaled:	12	12	60		
Burpee Box Step Over	15	15	90		
AGE of 30-44:	18	18	126		
24/16 kg in RX, 20/12 kg in scaled <b>AGE of 45-54:</b>	21	21	168		
20/12 kg in RX, 18/10 kg in scaled <b>AGE of 55+:</b>	24	24	216		
16/8 kg in RX, 16/8 kg in scaled	27	27	270		
	30	30	330		
Total reps of 25Q1A:	Athlete's Signature:				
	1st attempt:				
25Q1B	2nd attempt:				
AMRAP 5 min: Find your Complex MAX: 1 Clean 1 FSQ 1 STOH	3rd attempt:				
	4th attempt:				
1 BSQ 1 STOH	5th attempt:				
Max weight of 25Q1B:	Athlete's Signature:				

Athlete's Name:	Judge Name:			
		Number of	Reps	
		1st Round	2nd Round	3rd Round
	20 TTB			
25Q2 RX 30-44 FOR TIME 12 min: 3 Rounds of	15 Thruster			
20 Toes to bar 15 Double Dumbbell Thruster	10 C2B/PU			
10 Chest to Bar (female: Pull Up) 10 Double Dumbbell Devil Press 5 Bar Muscle Up (female: Chest to Bar)	10 Devil P.			
Weights 22.5/15 kg	5 BMU/C2B			
	Total	60	120	180
	Athlete's Signat	ture:		
Total reps of 25Q2:				

20 TTB 15 Thruster 10 C2B/PU	Number of  1st  Round	Reps 2nd Round	3rd Round
15 Thruster 10 C2B/PU	1st	2nd	
15 Thruster 10 C2B/PU			
15 Thruster 10 C2B/PU			
10 C2B/PU			
	Ц		
10 Devil P.			
3 BMU/C2B			
Total	58	116	174
hlete's Signa	iture:		
ŀ		nlete's Signature:	

Number of Reps    1st   2nd   3rd   Round   Ro	Athlete's Name:	Judge Name:			
25Q2 RX 55- FOR TIME 12 min: 3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster 10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up) Weights 17.5/10 kg			Number of Reps		
25Q2 RX 55- FOR TIME 12 min: 3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster 10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up)  Weights 17.5/10 kg					3rd Round
FOR TIME 12 min: 3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster 10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up)  Weights 17.5/10 kg		20 TTB			
20 Toes to bar 15 Double Dumbbell Thruster 10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up)  Weights 17.5/10 kg	FOR TIME 12 min:	15 Thruster			
10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up)  Weights 17.5/10 kg	20 Toes to bar	10 PU/JPU			
Weights 17.5/10 kg 5 C2B/PU	10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press	10 Devil P.			
Total 60 120 180		5 C2B/PU			
		Total	60	120	180
Athlete's Signature:		Athlete's Signat	ure:		
Total reps of 25Q2:	Total reps of 25Q2:				

Athlete's Name:	Judge Name:				
	Number of Reps				
	76	1st Round	2nd Round	3rd Round	
	20 TTB				
25Q2 Scaled 30-44 FOR TIME 12 min:	15 Thruster				
3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster	10 PU/JPU				
10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press 5 Chest to Bar (female: Pull Up)	10 Devil P.				
Weights 20/12.5 kg	5 C2B/PU				
	Total	60	120	180	
	Athlete's Signa	ture:			
Total reps of 25Q2:					

Athlete's Name:	Judge Name:			
		Number of		
		1st Round	2nd Round	3rd Round
	20 TTB			
25Q2 Scaled 45-54 FOR TIME 12 min:	15 Thruster			
3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster	10 PU/JPU			
10 Pull Up (female: Jumping Pull Up) 10 Double Dumbbell Devil Press	10 Devil P.			
3 Chest to Bar (female: Pull Up) Weights 17.5/10 kg	3 C2B/PU			
	Total	58	116	174
	Athlete's Signat	ure:		
Total reps of 25Q2:				

Athlete's Name:	Judge Name:			
		Number of	Reps	
		1st Round	2nd Round	3rd Round
	20 TTB			
25Q2 Scaled 55- FOR TIME 12 min:	15 Thruster			
3 Rounds of 20 Knee Raises 15 Double Dumbbell Thruster	10/7 JPU			
10/7 Jumping Pull Up 10 Double Dumbbell Devil Press	10 Devil P.			
5/3 Pull Up Weights 15/7.5 kg	5/3 PU			
	Total	60/55	120/110	180/165
	Athlete's Signa	ture:		
Total reps of 25Q2:				