

SCORE SHEETS 2025

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

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

Athlete's Name:	Judge Name:			
25Q2 RX 45-54 FOR TIME 12 min: 3 Rounds of 20 Toes to bar 15 Double Dumbbell Thruster 10 Chest to Bar (female: Pull Up) 10 Double Dumbbell Devil Press 3 Bar Muscle Up (female: Chest to Bar) Weights 20/12.5 kg	Number of Reps			
		1st Round	2nd Round	3rd Round
	20 TTB			
	15 Thruster			
	10 C2B/PU			
	10 Devil P.			
	3 BMU/C2B			
	Total	58	116	174
	Athlete's Signature:			
Total reps of 25Q2:				

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			
		1st Round	2nd Round	3rd Round
	20 TTB			
	15 Thruster			
	10 PU/JPU			
	10 Devil P.			
	5 C2B/PU			
	Total	60	120	180
	Athlete's Signature:			
Total reps of 25Q2:				

Athlete's Name:	Judge Name:			
25Q2 Scaled 30-44 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 20/12.5 kg	Number of Reps			
		1st Round	2nd Round	3rd Round
	20 TTB			
	15 Thruster			
	10 PU/JPU			
	10 Devil P.			
	5 C2B/PU			
	Total	60	120	180
	Athlete's Signature:			
Total reps of 25Q2:				

Athlete's Name:	Judge Name:			
25Q2 Scaled 45-54 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 3 Chest to Bar (female: Pull Up) Weights 17.5/10 kg	Number of Reps			
		1st Round	2nd Round	3rd Round
	20 TTB			
	15 Thruster			
	10 PU/JPU			
	10 Devil P.			
	3 C2B/PU			
	Total	58	116	174
	Athlete's Signature:			
	Total reps of 25Q2:			

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