



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Pro, RX, Intermediate, Rookie,
All Masters, All Teens, All Teams

Male Scorecard 20 MINUTE AMRAP

Row Calories		Wall Balls		Double Unders	
15	15	15	30	10	40
15	55	15	70	20	90
15	105	15	120	30	150
15	165	15	180	40	220
15	235	15	250	50	300
15	315	15	330	60	390
15	405	15	420	70	490
15	505	15	520	80	600
15	615	15	630	90	720
15	735	15	750	100	850

Total Reps: _____

Athlete Signature: _____ **Judge:** _____



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Pro, RX, Intermediate, Rookie,
All Masters, All Teens, All Teams

Female Scorecard 20 MINUTE AMRAP

Row Calories		Wall Balls		Double Unders	
11	11	15	26	10	36
11	47	15	62	20	82
11	93	15	108	30	138
11	149	15	164	40	204
11	215	15	230	50	280
11	291	15	306	60	366
11	377	15	392	70	462
11	473	15	488	80	568
11	579	15	594	90	684
11	695	15	710	100	810

Total Reps: _____

Athlete Signature: _____ **Judge:** _____



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Community Division

Male Scorecard 20 MINUTE AMRAP

Row Calories		Wall Balls		Single Unders	
15	15	15	30	10	40
15	55	15	70	20	90
15	105	15	120	30	150
15	165	15	180	40	220
15	235	15	250	50	300
15	315	15	330	60	390
15	405	15	420	70	490
15	505	15	520	80	600
15	615	15	630	90	720
15	735	15	750	100	850

Total Reps: _____

Athlete Signature: _____ **Judge:** _____



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Community Division

Female Scorecard 20 MINUTE AMRAP

Row Calories		Wall Balls		Single Unders	
11	11	15	26	10	36
11	47	15	62	20	82
11	93	15	108	30	138
11	149	15	164	40	204
11	215	15	230	50	280
11	291	15	306	60	366
11	377	15	392	70	462
11	473	15	488	80	568
11	579	15	594	90	684
11	695	15	710	100	810

Total Reps: _____

Athlete Signature: _____ **Judge:** _____



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Under 8 Kids, Kids 8-11 Division

20 MINUTE AMRAP

Row Calories		Goblet Squats		Single Unders	
10	10	15	25	10	35
10	45	15	60	20	80
10	90	15	105	30	135
10	145	15	160	40	200
10	210	15	225	50	275
10	285	15	300	60	360
10	370	15	385	70	455
10	465	15	480	80	560
10	570	15	585	90	675
10	685	15	700	100	800

Total Reps: _____

Athlete Signature: _____ **Judge:** _____



Week 1- 25.2
9.25 7PM CT - 10.1 8PM CT
Kids 11-13 Division

20 MINUTE AMRAP

Row Calories		Wall Balls		Single Unders	
10	10	15	25	10	35
10	45	15	60	20	80
10	90	15	105	30	135
10	145	15	160	40	200
10	210	15	225	50	275
10	285	15	300	60	360
10	370	15	385	70	455
10	465	15	480	80	560
10	570	15	585	90	675
10	685	15	700	100	800

Total Reps: _____

Athlete Signature: _____ **Judge:** _____