

Solidarity CrossFit Team Series
Week 3, Events 5, 6, 7 Scorecard

Team Name: _____ Team Number: _____ Judge: _____

Event 5

4x400 Relay Time: _____

Event 6

4 Sets: 1 min. max squat cleans / :30 transition time

Athlete 1 Name: _____ Athlete 1 Weight: _____

Athlete 1 Reps: _____ Athlete 2 total (weight * reps): _____

Athlete 2 Name: _____ Athlete 2 Weight: _____

Athlete 2 Reps: _____ Athlete 2 total (weight * reps): _____

Athlete 3 Name: _____ Athlete 3 Weight: _____

Athlete 3 Reps: _____ Athlete 3 total (weight * reps): _____

Athlete 4 Name: _____ Athlete 4 Weight: _____

Athlete 4 Reps: _____ Athlete 4 total (weight * reps): _____

Event 4 Team Total : _____

Event 7

12:00 AMRAP:

- Partner 1: 12 Burpee Pull Ups
- 8 Synchro Hi-Five Burpees (entire team)
- Partner 2: 24 Box Jump Overs (24/20)
- 8 Synchro Hi-Five Burpees (entire team)
- Partner 3: 24 Kettlebell Snatch (44/26)
- 8 Synchro Hi-Five Burpees (entire team)
- Partner 4: 8 Wall Walks
- 8 Synchro Hi-Five Burpees (entire team)

Event 7, Complete Rounds + Spare Reps: _____

Event 7, Total Reps (Rounds * 100 + Spare Reps) : _____