

Solidarity Team Series Event 3 & 4 Scorecard

Team Name: _____ Team Number: ____

Judge Name: _____

- Judge must first read ALL movement and workout out standards at www.solidaritycrossfit.com/teamseries and be clear about standards to uphold

Event 3:

Athlete Name: _____ Best Hang Snatch: _____

Athlete Name: _____ Best Hang Snatch: _____

Athlete Name: _____ Best Hang Snatch: _____

Athlete Name: _____ Best Hang Snatch: _____

Total pounds: _____

Event 4:

- Start main gym clock **Counting Up** to 14:00
- Hold red reset button on Assault Bike until it beeps. The next screen with screensaver is the screen that athletes start from. Do not press any buttons to begin, just begin peddling.
- Ensure athletes are rotating in predetermined order (they decide) on assault bike. Any turn on assault bike must include at least two calories gained.

Judge Note Space for Event 4:

200 Calories on Assault Bike _____

30 Synchro Dumbbell Snatches:

30 Arms Interlaced SitUps:

30 Synchro Dumbbell Snatches:

Time: _____ Reps Remaining (if not finished): _____ Time with penalty: _____