

**FOR TIME - 20 MINUTE TIME CAP**

30 Wall Balls (30/20#)	_____	30
25 Deadlifts (225/155#)	_____	55
20 Bar Facing Burpees	_____	75
	Tiebreak Time: _____	MM:SS
15 Ring Muscle Ups	_____	90
20 Bar Facing Burpees	_____	110
25 Deadlifts (225/155#)	_____	135
30 Wall Balls (30/20#)	_____	165

Completion Time: \_\_\_\_\_ OR Completed Reps: \_\_\_\_\_  
 MM:SS REPS

**SUBMISSION + VALIDATION NOTES:**

- **SCORES DUE BEFORE : Monday, January 13th at 8:00PM EST**
- Score submission help?, visit <http://icompete.cc/submitscores>
- An Affiliate manager is **REQUIRED** to verify your scores for **SCALED and RX DIVISIONS**..
- An Affiliate manager is **encouraged** to verify your scores for **ELITE DIVISIONS**..
- A video submission is **REQUIRED** to enter scores for **ELITE DIVISIONS**, you must video your workout submissions.

ATHLETE SIGNATURE :

x

JUDGE SIGNATURE :

x