

**FOR TIME - 30 MINUTE TIME CAP**

<b>1 ROUND</b>	150 Double Unders	R1 150
	30 Thrusters	180
	30 Chest to Bar Pull Ups	210

Directly into: \_\_\_\_\_

<b>2 ROUNDS</b>	75 Double Unders	R1 285	R2 390	Tiebreaker: _____ MM:SS
	15 Thrusters	300	405	
	15 Chest to Bar Pull Ups	315	420	

Directly into: \_\_\_\_\_

<b>3 ROUNDS</b>	50 Double Unders	R1 470	R2 540	R3 610
	10 Thrusters	480	550	620
	10 Chest to Bar Pull Ups	490	560	630

Completion Time: _____ MM:SS	OR	Completed Reps: _____ REPS
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**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