



## EVENT 1 – BALLS THROUGH THE WALLS

Each team will have a selection of balls of various weights to be distributed at their (or the captains) discretion.

Each team member will perform 20 wallballs followed immediately by a run (distance to be show on the day of the event) carrying that same ball.

One team member at a time, relay style. 16min AMRAP

Teams must maintain their relay order throughout the duration of the AMRAP

2 Heats of 2 Teams

WallBalls (1 Team Member Selects 1 Ball)

30#

25#

20#

16#

14#

8#



## **EVENT 2 – LOVE IT & LIFT IT**

Each of the following lifts will be completed by two team members on each team:

2A) 1 Unbroken “DT” Set (12 Deadlifts, 9 Hang Cleans, 6 S2O) for Max Weight

2B) 3RM Hang Snatch (Squat or Power, Athlete Choice) for Max Weight

2C) 5RM Bench Press for Max Weight

Each lift will be given a 5min running clock to complete as many attempts as the athlete chooses.

The heaviest successful attempt will be that athlete’s score.

2A, 2B and 2C will be scored separately as the combined weight of each lift from the two team members.



## EVENT 3 – MOVE IT, DON'T LOSE IT!

Each of the following AMRAP's will be completed by two team members on each team:

3A) 5min AMRAP Bar Muscle-Ups

3B) 5min AMRAP Assault Bike (Calories)

3C) 5min AMRAP Burpee Over the Bar

The amount of reps/calories completed will be the athlete's score.

3A, 3B and 3C will be scored separately as the combined rep total from the two team members.



## EVENT 4 – AGENTS OF CHAOS

20min AMRAP

50 Power Cleans (135/95)

50 Toes to Bar

100 Air Squats

50 Shoulder to Overhead (135/95)

50 Pull-Ups

During which time the team must also complete Max 25ft Sled Pushes (25#)  
AND Max Calorie Row.

One athlete may be working on a Rower, one athlete may be working on a Sled Push, and one athlete may be working on the barbell/pull-up bar AMRAP at the same time.

Three Different Scores for this Event:

- 1) Reps in AMRAP
- 2) Completed Full Lengths of Sled Push
- 3) Calories Rowed



## EVENT 5 – CF GIRLS SHOWDOWNS

A set of showdowns between teams of set Partner WODs. Each team will assign 2 people to each WOD. 1 Partner working at a time

### 5A) – Annie/Cindy

On a 12min Running Clock...

50-40-30-20-10

Double Unders

Sit-Ups

In the remaining time, AMRAP...

5 Pull-Ups

10 Push-Ups (Hand Release)

15 Air Squats

### 5B) Diane/Karen

21-15-9

Deadlift (205/125)

HSPU (Flat Mat)

Immediately into...

150 Wallballs (20/14)

\*12min Timecap

### 5C) Amanda/Grace

9-7-5

Ring Muscle-Ups

Snatch (135/95)

Immediately into...

30 Clean & Jerks (135/95)

\*12min Timecap