



FOR TIME - 8 MINUTE TIME CAP

	MEN	WOMEN
20 BAR MUSCLE UPS	<input type="text" value="20"/>	<input type="text" value="20"/>
40 / 30 ASSAULT BIKE CALORIES	<input type="text" value="40"/>	<input type="text" value="30"/>
20 BAR MUSCLE UPS	<input type="text" value="20"/>	<input type="text" value="20"/>

FINAL SCORE

TIME: :

IF TIME CAPPED, ADD .01 FOR EVERY MISSED REP

Submission Instructions:

- 1) Log into www.competitioncorner.net
- 2) Select 'Submit Scores' on the left panel
- 3) Key in final score and add video link

ATHLETE NAME

X

GENDER

Male

Female

JUDGE NAME

X