

# WOD 3A/3B/3C

## SCORECARD

### ALL DIVISIONS



ATHLETE  
NAME

JUDGE NAME

## 3 PART WOD

### 17MIN CAP

#### WOD

#### 3A.

**Start - 05:00mins**

30 Snatch  
30 Burpee Over Bar  
**1 Round For Time**

#### 3B.

**@06:00 - 11:00mins**

15 Power Clean  
15 Burpee Over Bar  
**2 Rounds For Time**

#### 3C.

**@12:00 - 17:00mins**

10 Thrusters  
10 Burpee Over Bar  
**3 Rounds For Time**

#### DIVISION STANDARDS

##### Snatch / G2O

- Beginners & Masters 50+ ONLY can do Ground 2 Overhead
- Full lockout at top

##### Burpee Over Bar

- Two-feet take-off & landing. Beginners & Masters 50+ may step over.
- Chest to ground

##### Thruster

- Must break parallel in squat
- Full lockout at top

#### SCORECARD

#### **3A:** Start - 05:00min Cap

3A	R1	R2	R3
30 Snatch		X	X
30 Burpee Over Bar		X	X

#### **1min Rest**

#### **3B:** @ 06:00 - 11:00min Cap

3B	R1	R2	R3
15 Power Clean			X
15 Burpee Over Bar			X

#### **1min Rest**

#### **3C:** @ 12:00 - 17:00min Cap

3C	R1	R2	R3
10 Thrusters			
10 Burpee Over Bar			

3A TIME

3B TIME

3C TIME

SIGNATURE