

Worm DT - Rx/Advanced

Scorecard		
Round 1	Score	Running Total
27 x Bike Calories	27	54
12 x Deadlift	12	
9 x Hang Clean	9	
6 x StOH	6	
		Tiebreaker Time
Total Reps:	54	

Round: 54 Total: 54

Round 2	Score	Running Total
27 x Bike Calories	27	108
12 x Deadlift	12	
9 x Hang Clean	9	
6 x StOH	6	
		Tiebreaker Time
Total Reps:	54	

Round: 54 Total: 108

Round 3	Score	Running Total
27 x Bike Calories	27	162
12 x Deadlift	12	
9 x Hang Clean	9	
6 x StOH	6	
		Tiebreaker Time
Total Reps:	54	

Round: 54 Total: 162

Round 4	Score	Running Total
27 x Bike Calories	27	216
12 x Deadlift	12	
9 x Hang Clean	9	
6 x StOH	6	
		Tiebreaker Time
Total Reps:	54	

Round: 54 Total: 216

Round 5	Score	Running Total
27 x Bike Calories	27	270
12 x Deadlift	12	
9 x Hang Clean	9	
6 x StOH	6	
		Final Time
Total Reps:	54	

Round: 54 Total: 270

Judge:

Heat	1/2/3/4/5/6	
	7/8/9/10/11/12	
Team No.		
Team Name		
Division:	W/Rx	M/Rx
Time/Reps:		
Tiebreaker		

Tiebreaker Rules:
<p>The tiebreaker in the workout will be taken from when the team completes each of the 5 rounds and crosses fully into the next section (including the bike member).</p> <p>The first tiebreaker will be the time recorded from completing the fourth round worm movement. In the event a tie between times on this round, the previous round time will be taken, and so on if required.</p> <p>Final placements will be set by the event scoring team.</p>

Team Signature:

Worm DT - Scaled/Intermediate

Scorecard		
Round 1	Score	Running Total
18 x Bike Calories	18	36
9 x Deadlift	9	
6 x Hang Clean	6	
3 x StOH	3	Tiebreaker Time
Total Reps:	36	

Round: 36 Total: 36

Round 2	Score	Running Total
18 x Bike Calories	18	72
9 x Deadlift	9	
6 x Hang Clean	6	
3 x StOH	3	Tiebreaker Time
Total Reps:	36	

Round: 36 Total: 72

Round 3	Score	Running Total
18 x Bike Calories	18	108
9 x Deadlift	9	
6 x Hang Clean	6	
3 x StOH	3	Tiebreaker Time
Total Reps:	36	

Round: 36 Total: 108

Round 4	Score	Running Total
18 x Bike Calories	18	144
9 x Deadlift	9	
6 x Hang Clean	6	
3 x StOH	3	Tiebreaker Time
Total Reps:	36	

Round: 36 Total: 144

Round 5	Score	Running Total
18 x Bike Calories	18	180
9 x Deadlift	9	
6 x Hang Clean	6	
3 x StOH	3	Final Time
Total Reps:	36	

Round: 36 Total: 180

Judge:

Heat	1/2/3/4/5/6		
	7/8/9/10/11/12		
Team No.			
Team Name			
Division:	W/Sc	M/Sc	Mix
Time/Reps:			
Tiebreaker			

Tiebreaker Rules:

The tiebreaker in the workout will be taken from when the team completes each of the 5 rounds and crosses fully into the next section (including the bike member).

The first tiebreaker will be the time recorded from completing the fourth round worm movement. In the event a tie between times on this round, the previous round time will be taken, and so on if required.

Final placements will be set by the event scoring team.

Note: team may lift the worm as a three if required but will need to cover the worm and the bike during the workout.

Team Signature: