

ALL DIVISIONS

SCORE CARDS

NOV 10-11, 2018



WOD 1

“ DRAGON SLAYER ”

ATHLETE NAME

X

MALE

FEMALE

OPEN

SCALED

MASTERS 39+

MASTERS 50+

KIDS 11-14

TEEN 15-17

FOR TOTAL REPS / 45 SECONDS ON 15 SECONDS TRANSITION

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED AT TIME CAP

Athletes enter a 18 Level circuit WOD, conga-line style. Amass as many repetitions as possible in each movement. 45 seconds of work, with 15 seconds of rest/transition time to the next element. Athletes enter and exit through the same athlete chute (PR Portal). This is the largest Dragon yet, an 18 minute total WOD. Score in max reps.

MOVEMENTS	REPS COMPLETED	MOVEMENTS	REPS COMPLETED
ASSAULT BIKE FOR CALORIES ROUND DOWN ONLY / NO FRACTIONS		SIT UPS	
PULL UPS RING ROW OPTIONAL (WILL NOT SCORE HIGHER THAN PU)	RING ROW <input type="checkbox"/>	WALL BALL SHOTS OPEN / M. 39+ / 50+ - M: 20LB / F: 14LB SCALED / TEENS / 50+ - M: 14LB / F: 10LB KIDS- M: 8LB / F: 6LB OPEN / 39+ / SCALED MALE - 10FT TARGET ALL OTHER DIVISIONS - 9 FT TARGET	
BOX JUMPS SCALED / KIDS - STEP UPS OPTIONAL M. 50+ / TEENS - STEP UPS OPTIONAL OPEN / M. 39+ - M: 24IN / F: 20IN SC. / KIDS / TEENS / 50+ - M: 20IN / F: 16IN		REST	
SANDBAG CLEANS OPEN / M. 39+ - M: 95LB / F: 65LB SCALED / TEENS / 50+ - M: 65LB / F: 45LB KIDS - M: 45LB / F: 25LB		FRONT SQUATS OPEN / M. 39+ - M: 95LB / F: 65LB SCALED / TEENS - M: 75LB / F: 45LB 50+ - M: 75LB F: 35LB KIDS - M: 35LB / F: 15LB	KNEE UPS <input type="checkbox"/>
JINGLE JANGLE 12 FOOT A-B = 1 REP A-B-A = DOWN AND BACK		TOES TO BAR KNEE UPS OPTIONAL (WILL NOT SCORE HIGHER THAN T2B)	<input type="checkbox"/>
ERG FOR CALS		SNATCH OPEN / M. 39+ - M: 75LB / F: 55LB SC. / TEENS / 50+ - M: 65LB / F: 45LB KIDS - M: 35LB / F: 15LB	
SHOULDER TO OH. OPEN / M. 39+ - M: 95LB / F: 65LB SCALED / TEENS - M: 75LB / F: 45LB 50+ - M: 75LB F: 35LB KIDS - M: 35LB / F: 15LB		DOUBLE UNDERS SINGLE UNDERS UPS OPTIONAL (WILL NOT SCORE HIGHER THAN DOUBLES)	SINGLES <input type="checkbox"/>
KNEES-UP PARALLETES FOR TOTAL SECONDS		KB SWINGS OPEN / M. 39+ - M: 55LB / F: 35LB SCALED / TEENS - M: 35LB / F: 25LB 50+ - M: 55LB F: 25LB KIDS - M: 25LB / F: 15LB	
DB HANG SQ. CLEANS OPEN / M. 39+ - M: 50LB / F: 35LB SC. / TEENS / 50+ - M: 35LB / F: 25LB KIDS - M: 25LB / F: 15LB		BURPEES	

**YOUR WOD 1 SCORE:
FOR TOTAL REPS**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



BODY WEIGHT

THRUSTER WEIGHT

WOD 2

“ A CLOCKWORK ORANGE ”

ATHLETE NAME

X

MALE

OPEN

MASTERS 39+

KIDS 11-14

FEMALE

SCALED

MASTERS 50+

TEEN 15-17

FOR TIME THEN REPS / 7 MIN TIME CAP

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED

If the athlete reaches the time cap, the workout will be scored for reps. This Workout is worth 2 scores. Total Sled Drag time is the first score (2.1) Total elapsed time to complete the workout, or as many reps as possible before the time cap is the second score (2.2) Both scores will be worth 100% and valued as individual workouts.

Athlete must weigh in at the judges table at least 2 heat prior to their starting heat. Athlete must enter competition floor during heat change and hold measuring stick under their respective ring target until the target has been adjusted by our staff. (Demo will be provided on event day) Athlete will then move outside to the starting line and stand behind starting line. Sled straps stay off athlete and behind starting line. Upon hearing 3-2-1 GO athlete may strap up however they like, but must face forward and pull sled 175m to the finish line. Upon finish athlete will immediately enter the competition floor and load their barbell with their individual prescribed weight based off of weigh in. Athlete begins to complete 15-12-9 repetition of Thruster & Target Burpees.

MOVEMENT - 2A

TIME COMPLETED

175M SLED PULL

FORWARD FACING

OPEN / M 39+ - MALE: 135LB FEMALE: 90LB

SCALED - MALE: 90LB FEMALE: 70LB

KIDS / TEEN / 50+ - MALE: 100LB FEMALE: 70LB

MOVEMENTS - 2B

15

12

9

THRUSTERS

WEIGHT

OPEN / M 39+ - 50% BODY WEIGHT THRUSTER

SC / TEEN / KIDS / 50+ - 40% BODY WEIGHT THRUSTER

TARGET BURPEES

6" TARGET

POSSIBLE REPS

30

54

72

**YOUR WOD 2A SCORE:
FOR TIME**

**YOUR WOD 2B SCORE:
FOR TIME THEN REPS**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 3

“ DAZED AND CONFUSED ”

ATHLETE NAME

X

MALE

FEMALE

OPEN

SCALED

MASTERS 39+

MASTERS 50+

KIDS 11-14

TEEN 15-17

FOR MAX TOTAL WEIGHT / TIME CAP: 4MIN

SCORE IS DETERMINED BY THE MAX TOTAL WEIGHT COMPLETED

You must perform a Snatch. The Snatch may be performed with an unloaded barbell, and the weight of the barbell will count towards your score. If you need lighter bars let us know ahead! For the Snatch, there will be no de-loading, so if you miss your Snatch attempt you may not go down in weight. Athletes will load their own bar for the Snatch, with collars we provide. Once you touch the bar to perform the Snatch, you may not go back to the Rope.

MOVEMENT

REPS COMPLETED

ROPE CLIMBS FOR EXTRA WEIGHT

STANDARD ROPE CLIMBS 15FT - 10LBS EACH
 LEGLESS ROPE CLIMBS - 15LBS EACH

LEGLESS ROPE CLIMBS

REGULAR ROPE CLIMBS

MOVEMENT

ATTEMPTS

1 RM SNATCH

X = UNSUCCESSFUL LIFT
 = SUCCESSFUL LIFT

1

2

3

4

5

6

YOUR WOD 3 SCORE: FOR TOTAL MAX WEIGHT

ROPE CLIMB WEIGHT TOTAL

SUCCESSFUL MAX SNATCH

TOTAL SCORE

+

=

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 5

“ RAGING BULL ”

ATHLETE NAME

X

MALE

FEMALE

OPEN

SCALED

MASTERS 39+

MASTERS 50+

KIDS 11-14

TEEN 15-17

FOR MAX TOTA REPS ACHIEVED / TIME CAP: 90 SECONDS

SCORE IS DETERMINED BY THE MAX TOTAL WEIGHT COMPLETED

Athletes are given 90 seconds to complete as many reps as possible on the Deadlift Ladder (in the required sequence at each weight.) The score will be for reps with time as a tie-breaker. The ladder will have 2 lanes and 2 athletes will begin at the same time.

On 3,2,1 Go, athletes will travel from starting box to the first bar and complete 6 Deadlifts before moving on to the next bar in front of them (must step over bar, not allowed to go around), to perform 5-4-3-2-1 at each respective weight. Athletes must perform the required reps at the given load in order to move on to the next bar and up the ladder. Athlete may decide at any point along the ladder to stop doing Deadlifts. At that point they will need to run to the end of the ladder, and jump onto the finish platform to stop the clock. The highest score will be rewarded to the athlete who completes the most reps, they will be ranked according to finish as a tie-breaker.

ALL ATHLETES MUST GET TO THE FINISH BOX UNDER 90 SECONDS OR THEY WILL RECEIVE A SCORE OF ZERO (0) FOR THE ENTIRE WORKOUT.

MOVEMENT	6 - 135LB	5 - 185LB	4 - 225LB	3 - 275LB	2 - 315LB	1 - 365LB
DEADLIFT WEIGHTS MALE OPEN / 39+						
MOVEMENT	6 - 95LB	5 - 135LB	4 - 165LB	3 - 200LB	2 - 225LB	1 - 275LB
DEADLIFT WEIGHTS FEMALE OPEN / 39+						
MOVEMENT	6 - 95LB	5 - 135LB	4 - 185LB	3 - 225LB	2 - 275LB	1 - 315LB
DEADLIFT WEIGHTS MALE SCALED / 50+						
MOVEMENT	6 - 65LB	5 - 95LB	4 - 135LB	3 - 165LB	2 - 200LB	1 - 255LB
DEADLIFT WEIGHTS FEMALE SCALED / TEEN M/F / 50+						
MOVEMENT	6 - 45LB	5 - 65LB	4 - 85LB	3 - 105LB	2 - 125LB	1 - 155LB
DEADLIFT WEIGHTS MALE / FEMALE KIDS						

TIE BREAK TIME

TIME LADDER IS COMPLETED

**YOUR WOD 5 SCORE:
FOR TOTAL REPS**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



EXTERIOR SKILL TEST # 1

“THE EXORCIST”

ATHLETE NAME

X

MALE

FEMALE

OPEN

SCALED

MASTERS 39+

MASTERS 50+

KIDS 11-14

TEEN 15-17

FOR TOTAL DISTANCE - PERFORMED BETWEEN - TBD

SCORE IS DETERMINED BY TOTAL DISTANCE COVERED IN 1 ATTEMPT

Athlete will visit The Exorcist tent and anytime on Day 1, Saturday, between 8am to 11am to perform this event. When it is the athlete's turn, they have one chance at a maximum distance Farmers Carry. The athletes will have 30 foot area to travel back and forth on (must turn around cone. If the Dumbbells touch the ground at any time, or if the Dumbbells are rested on the body at any time, the attempt will be over and the distance measured down to the last completed foot (measurements will not be taken in inches.)

ATHLETES ARE ONLY ALLOWED 1 ATTEMPT. NO RE-ATTEMPTS ALLOWED.

NO RESTING DUMBBELLS ON THIGHS

DUMBBELLS MUST BE CARRIED AT YOUR SIDES. WEIGHTS ARE GIVEN FOR A PAIR OF DUMBBELLS.

DROPPING DUMBBELLS DISQUALIFIES YOU AND RESULTS IN A ZERO SCORE. SET DUMBBELLS DOWN.

MOVEMENT

TOTAL DISTANCE COMPLETED

DB FARMERS CARRY

OPEN / M. 39+ - MALE: 70LB FEMALE: 50LB
SCALED / TEEN - MALE: 50LB FEMALE: 35LB
MASTERS 50+ - MALE: 50LB FEMALE: 25LB
TEENS - MALE: 25LB FEMALE: 15LB

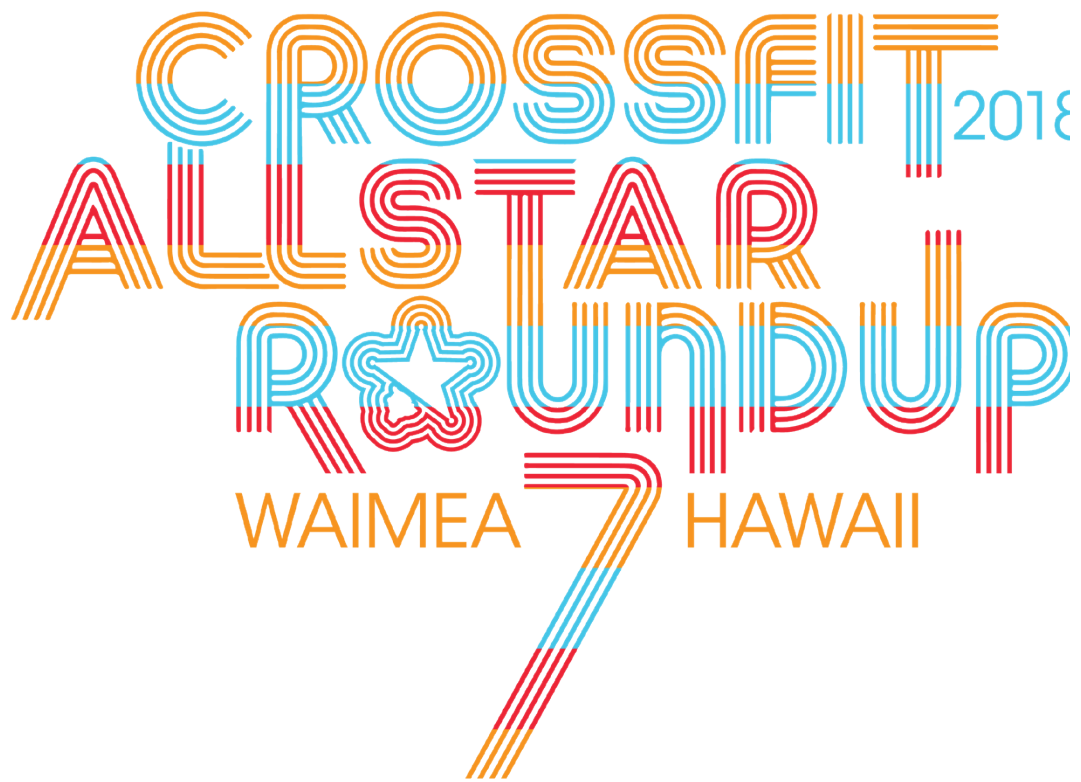
**YOUR SKILL TEST # 1 SCORE:
FOR TOTAL DISTANCE**

ATHLETE SIGNATURE

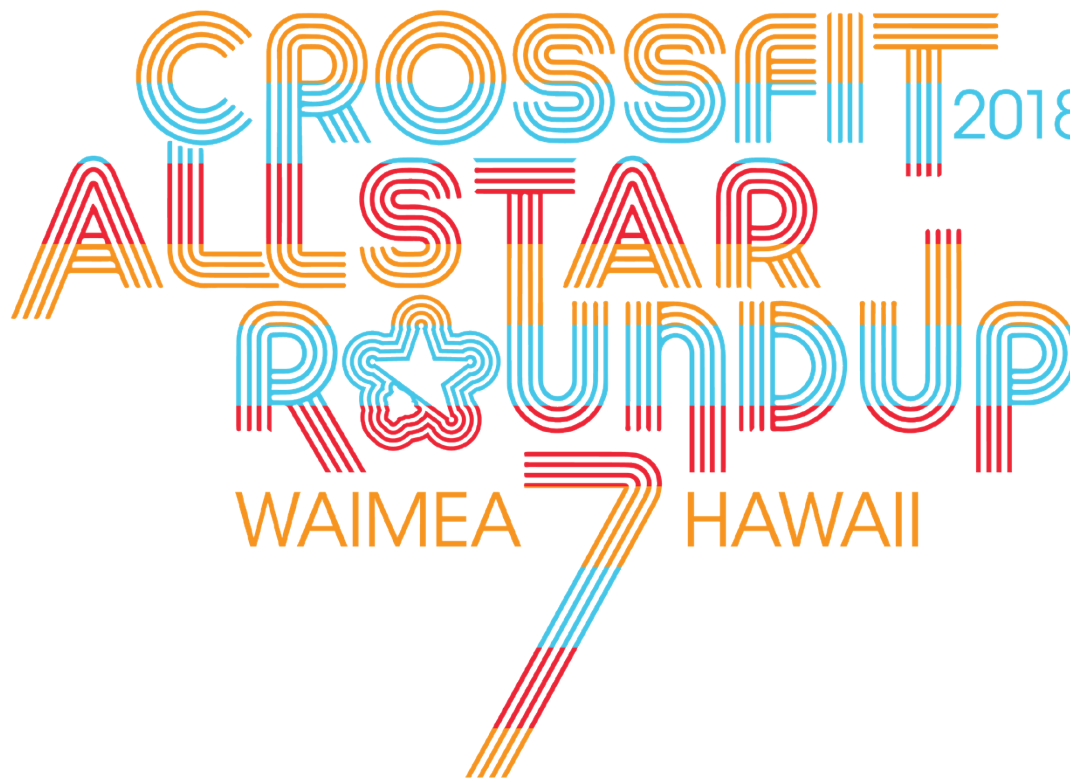
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JUDGE INITIALS

X

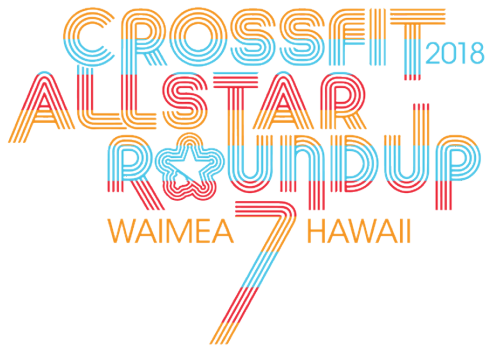


EVENT SIGNAGE



**VIEW THE LIVE
LEADERBOARDS
ON YOUR PHONES**

ALLSTAR2018.WODCAST.COM



HOW IS YOUR OVERALL RANK CALCULATED?

THE RANK YOU ACHIEVE FOR EACH WOD IN THIS COMPETITION WILL CORRESPOND TO POINTS

AT THE END OF THE COMPETITION, YOUR FINAL OVERALL RANK WILL BE DETERMINED BY THE SUM OF YOUR POINTS FROM EACH WOD. LOWEST POINTS WINS.

EXAMPLE

