



CG4.2 ALL DIVISIONS

ATHLETE NAME: _____

JUDGES NAME: _____

RX

SCALED

LION CUB	BEAR CUB	FOX CUB
FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)	FOR TIME (16 MIN TIME CAP)
BUY IN 500M ROW (record tie break time)	BUY IN 250m ROW (record tie break time)	BUY IN 200M ROW (record tie break time)
Then	Then	Then
10 Rounds for Time:	10 Rounds for Time:	10 Rounds for Time:
5 Chest to Bar (scaled Jumping Chest to Bar)	5 Pull Ups (scaled Jumping Pull Ups)	5 Ring Rows
6 Deadlifts (Rx 35kg/30kg) (Scaled 30kg/25kg)	6 Deadlifts (18kg for both divisions boys & girls – e.g. 8kg bar with 5kg plates if possible)	6 Kettlebell Deadlifts (Rx 12kg boys & girls) (Scaled 8kg boys & girls)
7 Shoulder to Overhead (Rx 25kg/20kg) (Scaled 20kg/15kg)	7 Shoulder to Overhead (Rx 15kg bar boys & girls) (Scaled 8kg bar boys & girls)	7 Shoulder to Overhead (Rx 3kg x 2 boys & girls) (Scaled 2kg x 2 boys & girls)
35kg = 75lb	30kg = 65lbs	25kg = 55lbs
20kg = 45lbs	18kg = 40lbs	15kg = 35lbs
12kg = 26lbs	8kg = 18lbs	3kg = 6lbs
2kg = 5lbs		

TIME TAKEN TO COMPLETE THE ROW: _____

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10
5 Chest to Bar/Pull Up/Ring Rows										
6 Deadlifts										
7 Shoulder to Overhead										
Total Reps	18	36	54	72	90	108	126	144	162	180

TOTAL TIME TAKEN _____

OR IF UNFINISHED

TOTAL COMPLETED REPS _____
(The row does not count for reps. That is just a buy in.
Total reps are for the rounds only)