



BCROSS WINTER GAMES 2024

SCORECARD

COUPLE TEAM

[M+F / F+F / M+M]

PART ONE [00:00 – 05:00]

- 1000 m Row [Athlet A]

PART TWO [05:00 – 17:00] – 12' AMRAP I GO / YOU GO

- 10 Squat Clean Thruster [40/30kg]
- 10 Chest to bar [Elite] Pull Up [Advanced + Sport]
- 10 Lateral Burpee over Barbell

1' REST [17:00 – 18:00]

PART THREE [18:00 – 23:00]

- 1000 m Row [Athlet B]

PART FOUR [23:00 – 28:00]

- 3 RM Back Squat [from rack]

ATHLET A [♀]

_____ KG _____ KG _____ KG _____ KG

ATHLET B [♂]

_____ KG _____ KG _____ KG _____ KG

PART ONE	PART TWO	PART THREE	PART FOUR
Time:	Reps:	Time:	Max KG: