



BCROSS WINTER GAMES 2024

# SCORECARD

## QUATTRO TEAM [F+F / M+M]

### PART ONE [00:00 – 05:00]

- 1000 m Row [M1 + F1]

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

- 10 Synchro Squat Clean Thruster [40/30kg]
- 20 Pull Up
- 10 Synchro Lateral Burpee over Barbell

### 1' REST [17:00 – 18:00]

### PART THREE [18:00 – 23:00]

- 1000 m Row [M2 + F2]

### PART FOUR [23:00 – 30:00]

- 3 RM Back Squat [from rack]

**M1**

\_\_\_\_\_ KG \_\_\_\_\_ KG

\_\_\_\_\_ KG \_\_\_\_\_ KG

**M2**

\_\_\_\_\_ KG \_\_\_\_\_ KG

\_\_\_\_\_ KG \_\_\_\_\_ KG

**F1**

\_\_\_\_\_ KG \_\_\_\_\_ KG

\_\_\_\_\_ KG \_\_\_\_\_ KG

**F2**

\_\_\_\_\_ KG \_\_\_\_\_ KG

\_\_\_\_\_ KG \_\_\_\_\_ KG

#### PART ONE

Time M1:      Time F1:

#### PART TWO

Reps:

#### PART THREE

Time M2:      Time F2:

#### PART FOUR

Max KG: