



IN HONOUR OF CORPORAL MATHEW HOPKINS PAID THE ULTIMATE PRICE FOR THEIR COUNTRY ON 16 MARCH 2009

CARRY A HERO HOME THE ROUTE AND THE RESERVE A

Rxd Men 60kg Rxd Women 40kg Rxd Men 24inch Women 20inch Scale Men 40kg Women 20kg Scale 24inch Women 20inch

Athlete Name _		
Scorekeeper Nam	ne	
Affiliate		

Reps

Round I

	Lateral Bar Burpee	21								
M 24 / F 20 inch	Box Jumps or Step Ups	16								
M 60 / F 40kg	Front Rack / Forward Lunges	8								
M 60 / F 40kg	Gound to Overhead	3								Final Score
			48	96	144	192	240	288	336	

Round 2

Round 3

Round 4

Round 5

Round 6

Round 7

Athlete Sign	
Scorekeeper Sign	

Male / Female

Movement