

LEADING FROM **THE FRONT**

# BAIRD

Rxd Men 90kg Rxd Women 70kg

Athlete Name \_\_\_\_\_

Scorekeeper Name \_\_\_\_\_

Affiliate \_\_\_\_\_

Male / Female	Movement	Reps	Round 1	Round 2	Round 3
	600m Run By in	2mins / 3 min cap		---	---
AMRepsAP	Pull Up	Max Effort in 1 minute			
M 90 / F 70kg	Deadlift	Max Effort in 1 minute			
AMRepsAP	Lateral Bar Burpee	Max Effort in 1 minute			
	REST Round 1 and 2 only				---
Scaled? YES NO Please circle Total Reps:					

Athlete Sign \_\_\_\_\_

Scorekeeper Sign \_\_\_\_\_