

IN HONOUR OF CORPORAL CAMERON BAIRD VC MG PAID THE ULTIMATE PRICE FOR HIS COUNTRY ON 22 JUNE 2013

LEADING FROM THE FRONT

BAIRD

Rxd Men 90kg Rxd Women 70kg

Athlete Name	
Scorekeeper Name	
Affiliate	

Male / Female	Movement	Reps	Round I	Round 2	Round 3
	600m Run By in	2mins / 3 min cap			
AMRepsAP	Pull Up	Max Effort in I minute			
M 90 / F 70kg	Deadlift	Max Effort in I minute			
AMRepsAP	Lateral Bar Burpee	Max Effort in I minute			
	REST Round I and 2 only				

Scaled? YES NO Pleasecircle
Total Reps:

Athlete Sign	
Scorekeeper Sign	