

**2 MATES, 2 HEROES 2 ROUNDS, 1 WOD**

# MCDONALD & GALAGHER

Rxd Men 24kg Rxd Women 16kg

Rxd Men 50kg Rxd Women 30kg

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

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

Affiliate \_\_\_\_\_

Male / Female	Movement	Reps	Round 1	Round 2
M 24 / F 16 Kg	Run	200m		
	KBS	16		
M 50 / F 30 Kg	Pull ups	16		
	Front Squat	16		
M 24 / F 16 Kg	Run	200m		
	KBS	14		
M 50 / F 30 Kg	Pull ups	14		
	Front Squat	14		
M 24 / F 16 Kg	Run	200m		
	KBS	12		
M 50 / F 30 Kg	Pull ups	12		
	Front Squat	12		

Scaled? YES NO Please circle

Total Time:

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

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