



# QUALIFIERS 25.2 + 25.3 FULL METAL BARBELL

Presented by **DRACONES**



10 A.M. TUESDAY, SEPT 22, THROUGH 11:59 P.M., TUESDAY, SEPT 30

## ELITE SCORE CARD

### 25.2 & 25.3

*with a running clock*

from 0' to 4' perform 25.2:

21 snatch @70/50kg

from 4' to 19' perform 25.3

9 clean (any style) @85/60kg

21 pull ups

36 crossover single under

7 clean (any style) @85/60kg

18 chest to bar pull ups

36 crossover single under

5 clean (any style) @85/60kg

9 bar muscle up

36 crossover single under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

WITH A RUNNING CLOCK		
25.2 FROM 0' TO 4'		
7 SNATCH (ANY STYLE)	7	score 1 time:
7 SNATCH (ANY STYLE)	14	
7 SNATCH (ANY STYLE)	21	score 2 time
25.3 FROM 4' TO 19'		
9 CLEAN (ANY STYLE)		
21 PULL UP		
36 CROSSOVER SINGLE UNDER		
7 CLEAN (ANY STYLE)		
18 CHEST TO BAR		
36 CROSSOVER SINGLE UNDER		
5 CLEAN (ANY STYLE)		
9 BAR MUSCLE UP		score 3 time of 25.3
36 CROSSOVER SINGLE UNDER		

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

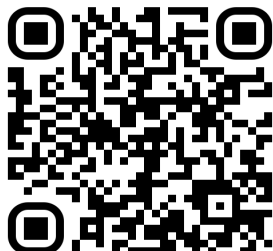
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

ATHLETE'S NAME

SUBMIT SCORE



WORKOUT DIVISION

JUDGE'S NAME

JUDGE SIGNATURE





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10 A.M. TUESDAY, SEPT 22, THROUGH 11:59 P.M., TUESDAY, SEPT 30

**RX - M35 - M40 - M45  
SCORE CARD**

## 25.2 & 25.3

*with a running clock*

from 0' to 4' perform 25.2:

21 snatch @60/40kg

from 4' to 19' perform 25.3

9 clean (any style) @70/50kg

21 pull ups

27 double under

7 clean (any style) @70/50kg

18 chest to bar pull ups

27 double under

5 clean (any style) @70/50kg

9 bar muscle up (W M45 CHEST TO BAR)

27 double under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

WITH A RUNNING CLOCK			
25.2 FROM 0' TO 4'			
7 SNATCH (ANY STYLE)	7	score 1 time:	
7 SNATCH (ANY STYLE)	14		
7 SNATCH (ANY STYLE)	21	score 2 time	
25.3 FROM 4' TO 19'			
9 CLEAN (ANY STYLE)			
21 PULL UP			
27 DOUBLE UNDER			
7 CLEAN (ANY STYLE)			
18 CHEST TO BAR			
27 DOUBLE UNDER			
5 CLEAN (ANY STYLE)			
9 BAR MUSCLE UP (W M45 CHEST TO BAR)			score 3 time of 25.3
27 DOUBLE UNDER			

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

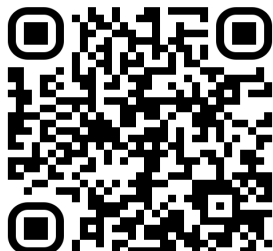
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

ATHLETE'S NAME

SUBMIT SCORE



WORKOUT DIVISION

JUDGE'S NAME

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10 A.M. TUESDAY, SEPT 22, THROUGH 11:59 P.M., TUESDAY, SEPT 30

## MASTER 50 SCORE CARD

### 25.2 & 25.3

*with a running clock*  
from 0' to 4' perform 25.2:

21 snatch @50kg

from 4' to 19' perform 25.3

9 clean (any style) @60kg

21 pull ups

27 double under

7 clean (any style) @60kg

18 chest to bar pull ups

27 double under

5 clean (any style) @60kg

9 chest to bar

27 double under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

### WITH A RUNNING CLOCK

#### 25.2 FROM 0' TO 4'

7 SNATCH (ANY STYLE)

7

7 SNATCH (ANY STYLE)

14

7 SNATCH (ANY STYLE)

21

#### 25.3 FROM 4' TO 19'

9 CLEAN (ANY STYLE)

21 PULL UP

27 DOUBLE UNDER

7 CLEAN (ANY STYLE)

18 CHEST TO BAR

27 DOUBLE UNDER

5 CLEAN (ANY STYLE)

9 CHEST TO BAR

27 DOUBLE UNDER

score 1 time:

score 2 time

score 3 time of 25.3

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

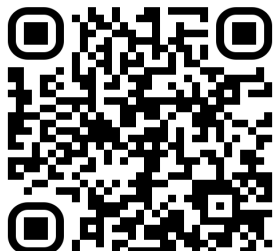
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

ATHLETE'S NAME

SUBMIT SCORE



WORKOUT DIVISION

JUDGE'S NAME

JUDGE SIGNATURE





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## INTERMEDIATE SCORE CARD

### 25.2 & 25.3

*with a running clock*  
from 0' to 4' perform 25.2:

21 snatch @50/35kg

from 4' to 19' perform 25.3

9 clean (any style) @60/40kg

21 pull ups

27 double under

7 clean (any style) @60/40kg

18 chest to bar pull ups

27 double under

5 clean (any style) @60/40kg

9 bar muscle up

27 double under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

WITH A RUNNING CLOCK		
25.2 FROM 0' TO 4'		
7 SNATCH (ANY STYLE)		7
7 SNATCH (ANY STYLE)		14
7 SNATCH (ANY STYLE)		21
25.3 FROM 4' TO 19'		
9 CLEAN (ANY STYLE)		
21 PULL UP		
27 DOUBLE UNDER		
7 CLEAN (ANY STYLE)		
18 CHEST TO BAR		
27 DOUBLE UNDER		
5 CLEAN (ANY STYLE)		
9 BAR MUSCLE UP		score 3 time of 25.3
27 DOUBLE UNDER		

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

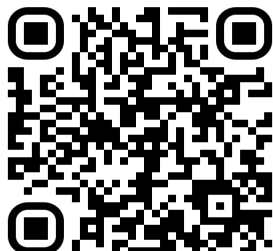
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

ATHLETE'S NAME

SUBMIT SCORE



WORKOUT DIVISION

JUDGE'S NAME

JUDGE SIGNATURE





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10 A.M. TUESDAY, SEPT 22, THROUGH 11:59 P.M., TUESDAY, SEPT 30

## EXPERIENCE SCORE CARD

### 25.2 & 25.3

*with a running clock*  
from 0' to 4' perform 25.2:

21 snatch @45/30kg

from 4' to 19' perform 25.3

9 clean (any style) @55/35kg

21 pull ups

36 single under

7 clean (any style) @55/35kg

18 pull up

36 single under

5 clean (any style) @55/35kg

9 chest to bar (W 9 pull up)

36 single under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

WITH A RUNNING CLOCK		
25.2 FROM 0' TO 4'		
7 SNATCH (ANY STYLE)	7	score 1 time:
7 SNATCH (ANY STYLE)	14	
7 SNATCH (ANY STYLE)	21	score 2 time
25.3 FROM 4' TO 19'		
9 CLEAN (ANY STYLE)		
21 PULL UP		
36 SINGLE UNDER		
7 CLEAN (ANY STYLE)		
18 PULL UP		
36 SINGLE UNDER		
5 CLEAN (ANY STYLE)		
9 CHEST TO BAR (W 9 PULL UP)		
36 SINGLE UNDER		

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

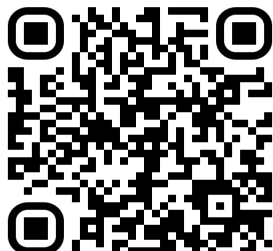
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

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## OPDET SCORE CARD

### 25.2 & 25.3

*with a running clock*  
from 0' to 4' perform 25.2:  
21 snatch @30/20\*kg (\*hang)  
from 4' to 19' perform 25.3

9 clean (any style) @40/25kg  
21 jumping pull ups  
36 single under  
7 clean (any style) @40/25kg  
18 knee raises  
36 single under  
5 clean (any style) @40/25kg  
9 pull up (**W 9 knee raises**)  
36 single under

JUDGE \_\_\_\_\_

ATHLETE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_

SCORE 1 \_\_\_\_\_ SCORE 2 \_\_\_\_\_

SCORE 3 \_\_\_\_\_

WITH A RUNNING CLOCK		
25.2 FROM 0' TO 4'		
7 SNATCH (ANY STYLE)		7
7 SNATCH (ANY STYLE)		14
7 SNATCH (ANY STYLE)		21
25.3 FROM 4' TO 19'		
9 CLEAN (ANY STYLE)		
21 JUMPING PULL UP		
36 SINGLE UNDER		
7 CLEAN (ANY STYLE)		
18 KNEE RAISES		
36 SINGLE UNDER		
5 CLEAN (ANY STYLE)		
9 PULL UP (W 9 KNEE RAISES)		score 3 time of 25.3
36 SINGLE UNDER		

Athlete copy

QUALIFIER WODs 25.2 & 25.3

\*if not finish, time cap + missed reps  
in seconds (1 missed rep = 2")

SCORE 1 - TIME AFTER 14 SNATCHES \_\_\_\_\_

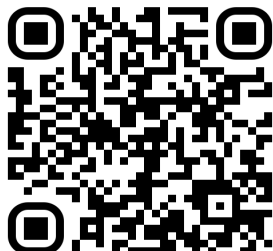
SCORE 2 - TIME AFTER 21 SNATCHES \_\_\_\_\_

SCORE 3 - 25.3 TIME\* \_\_\_\_\_

DISCOVER DRACONES

ATHLETE'S NAME

SUBMIT SCORE



WORKOUT DIVISION

JUDGE'S NAME

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