

Presented by **DRACONES**

Boost Your Talent!



QUALIFIERS 25.2 + 25.3

FULL METAL BARBELL

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 _____

Athlete copy

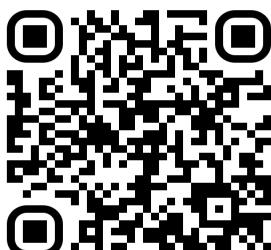
QUALIFIER WODs 25.2 & 25.3

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

DISCOVER DRACONES

ATHLETE'S NAME _____

SUBMIT SCORE _____



WORKOUT DIVISION _____

JUDGE'S NAME _____

JUDGE SIGNATURE _____

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	
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	

SCORE 1 - TIME AFTER 14 SNATCHES _____

SCORE 2 - TIME AFTER 21 SNATCHES _____

SCORE 3 - 25.3 TIME* _____

SUBMIT SCORE _____



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QUALIFIERS 25.2 + 25.3

FULL METAL BARBELL

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

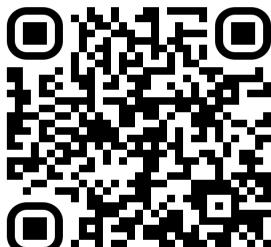
5 clean (any style) @70/50kg

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
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 (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** _____**JUDGE SIGNATURE** _____

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FULL METAL BARBELL

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	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 _____

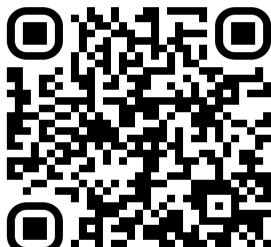
SCORE 2 - TIME AFTER 21 SNATCHES _____

SCORE 3 - 25.3 TIME* _____

DISCOVER DRACONES

ATHLETE'S NAME _____

SUBMIT SCORE _____



WORKOUT DIVISION _____

JUDGE'S NAME _____

JUDGE SIGNATURE _____



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QUALIFIERS 25.2 + 25.3

FULL METAL BARBELL

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

**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 _____

Athlete copy

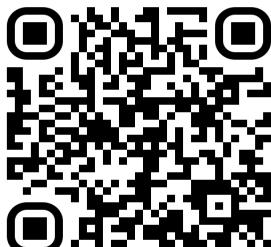
QUALIFIER WODs 25.2 & 25.3

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

DISCOVER DRACONES

ATHLETE'S NAME _____

SUBMIT SCORE _____



WORKOUT DIVISION _____

JUDGE'S NAME _____

JUDGE SIGNATURE _____

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	

SCORE 1 - TIME AFTER 14 SNATCHES _____

SCORE 2 - TIME AFTER 21 SNATCHES _____

SCORE 3 - 25.3 TIME* _____



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QUALIFIERS 25.2 + 25.3

FULL METAL BARBELL

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

WITH A RUNNING CLOCK		
25.2 FROM 0' TO 4'		
7 SNATCH (ANY STYLE)		7
7 SNATCH (ANY STYLE)		score 1 time:
	14	
7 SNATCH (ANY STYLE)		score 2 time
	21	
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)		score 3 time of 25.3
36 SINGLE UNDER		

JUDGE _____

ATHLETE _____

ATHLETE'S SIGNATURE _____

SCORE 1 _____ SCORE 2 _____

SCORE 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 _____

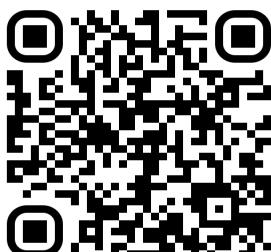
SCORE 2 - TIME AFTER 21 SNATCHES _____

SCORE 3 - 25.3 TIME* _____

DISCOVER DRACONES

ATHLETE'S NAME _____

SUBMIT SCORE



WORKOUT DIVISION _____

JUDGE'S NAME _____

JUDGE SIGNATURE _____



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QUALIFIERS 25.2 + 25.3

FULL METAL BARBELL

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

**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 _____

Athlete copy

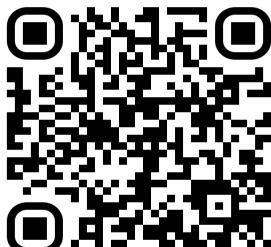
QUALIFIER WODs 25.2 & 25.3

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

DISCOVER DRACONES

ATHLETE'S NAME _____

SUBMIT SCORE _____



WORKOUT DIVISION _____

JUDGE'S NAME _____

JUDGE SIGNATURE _____

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	

SCORE 1 - TIME AFTER 14 SNATCHES _____

SCORE 2 - TIME AFTER 21 SNATCHES _____

SCORE 3 - 25.3 TIME* _____

