

<p>"Fran" 21-15-9: Thrusters (95/65) Pull-ups</p>	<p>Sub 10 min</p>	<p>Sub 7 min</p>	<p>Sub 5 min</p>	<p>Sub 3 min</p>
<p>"Grace" For time: 30 clean and jerks (135/95)</p>	<p>For completion: 30 clean and jerks (115/75)</p>	<p>Sub 6 min</p>	<p>Sub 3 min</p>	<p>Sub 1:45</p>
<p>"Jackie" For time: 1000m row 50 thrusters (45/35) 30 pull-ups</p>	<p>Sub 12:00 / Sub 13:00</p>	<p>Sub 9:00 / Sub 10:00</p>	<p>Sub 7:00 / Sub 8:00</p>	<p>Sub 6:00 / Sub 7:00</p>
<p>"Open 12.3" 18 min AMRAP: 15 box jumps, step down (24"/20") 12 shoulder-to-overhead (115/75) 9 toes-to-bar</p>	<p>6+ rounds</p>	<p>8+ rounds</p>	<p>10+ rounds</p>	<p>13+ rounds</p>
<p>"Open 11.1" 10 min AMRAP: 45 double-unders 15 power snatches (75/65) Quarterfinals 24.2"</p>	<p>4+ rounds</p>	<p>5+ rounds</p>	<p>7+ rounds</p>	<p>8+ rounds</p>
<p>3 rounds: 50 wall balls (20 to 10/14 to 9') 50 lateral burpee box jump overs (24"/20") *20 min cap</p>	<p>Karen in sub 10 min: 150 wall balls for time</p>	<p>200+ reps</p>	<p>250+ reps</p>	<p>Sub 20 min</p>
<p>"Nate" 20 min AMRAP: 2 ring muscle-ups 4 handstand push-ups 8 KB swings (70/53)</p>	<p>10+ rounds of Cindy: 5 pull-ups 10 push-ups 15 air squats</p>	<p>10+ rounds</p>	<p>15+ rounds</p>	<p>20+ rounds</p>
<p>"HYROX" For time: 1000m run 1000m ski erg 1000m run 1000m run 50m sled push 1000m run 50m sled pull 1000m run 1000m run 80m burpee broad jumps 1000m run 1000m run 1000m row 1000m run 200m farmer's carry 1000m run 100m sandbag lunges 1000m run 100 wall balls</p>	<p>For completion w/ Sled push: 152/102kg Sled pull: 103/78kg Farmer's walk: 2x 24/16kg Sandbag: 20/10kg Wall balls: 6/4kg to 10/9'</p>	<p>Sub 1:40 w/ Sled push: 152/102kg Sled pull: 103/78kg Farmer's walk: 2x 24/16kg Sandbag: 20/10kg Wall balls: 6/4kg to 10/9'</p>	<p>Sub 1:40 w/ Sled push: 202/152kg Sled pull: 153/103kg Farmer's walk: 2x 32/24kg Sandbag: 30/20kg Wall balls: 9/6kg to 10/9'</p>	<p>Sub 1:20 w/ Sled push: 202/152kg Sled pull: 153/103kg Farmer's walk: 2x 32/24kg Sandbag: 30/20kg Wall balls: 9/6kg to 10/9'</p>
<p>"Murph" For time: 1 mile run 100 pull-ups 200 push-ups 300 air squats 1 mile run *Wear a vest (20#/14#)</p>	<p>For completion (no vest)</p>	<p>Sub 70 min (no vest)</p>	<p>Sub 55 min (no vest)</p>	<p>Sub 50 min w/ weight vest (20#/14#)</p>
<p>Mixed Modal</p>	<p>Partition anyhow</p>			