

**TEAM 85 Cash Games**

	<u>Male</u> <u>Weight</u>	<u>Male</u> <u>Reps</u>	<u>Female</u> <u>Weight</u>	<u>Female</u> <u>Reps</u>	<u>Senior</u> <u>Weight</u>	<u>Senior</u> <u>Reps</u>	<u>Time</u> <u>Completed</u>	<u>Comments</u>
<b>40 Teams</b>								
<b>Team Placement / seeding</b>								
								10 second time with 25 second rest and repeat.
								Length of Field for distance
<b>ROUND 1</b>								
1								35 MINUTE MAX TIME
2	185	40	85	40	65	40		5 MINUTE MAX TIME
3	225	50	145	50	105	50		5 MINUTE MAX TIME
4	60	50	40	50	40	50		Squat Must hit 40 Box
5								3 person relay must complete 40 Yards 5 times. 1 person pushes 40 yards to waiting teammate who pushes it back to a 3rd waiting teammate. Repeat 5X
6	90		45		45			1 persons pulls 60 Yards and sprints back to start to tag 2nd person to sprint to sled and return to start. 3rd and 4th persons complete same as above.
7		run		run		walk		1 Team Member (senior conversion equivalent)
8								1 Team Member. 5 MINUTE MAX TIME
9								4 Persons 1 at a time to 60 Yard each. (30 yards with turnaround)
								1 person to complete Events 10, 11, and 12 consecutively one after the other for time. Seniors may take the Foul shot and 3 Point shot 1 foot in front of each line.
10		5		5		5		
11		3		3		2		
12		5		5		5		

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<b>16 Teams</b>								
<b>ROUND 2</b>								
13		90	90		50			4 person to Complete 60 Yards each. Sprint to start and tag next person.
14								Slide 40 yards sprint return to start and hand sliders to next person and begin plank. Next person completes same and replaces previous person in the plank position. 5 persons to complete.
15		20	14		10			Full Team - Complete 10 throws above 10' Men / 9' Women
16		TBD	100	TBD	100	TBD	100	Full Team - 50 slams each side
17								4 person- 1 person walks 60 yards with pipe overhead and exchanges pipe overhead to next person to return to start. Hand off to next person and repeat.
<b>8 Teams</b>								
<b>ROUND 3</b>								
18								4 members to complete 1 at a time - 5 pushup, 5 burpee with oh press, Bear Crawl 10 yds, repeat 2x and finish with 5 burpees with oh press, sprint to tag next person and repeat.
19		60 box	30	40 box	30	20 box	30	Full Team relay. Each member performs a plank after the completion of their jumps and is replaced by the next person
20								1 Team member - NO GLOVES / CHALK Throw 20, 12, 10, 8lb - 5 yards
21								Throw 6lb - 10 yards

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<b>4 Teams</b>								
<b>ROUND 4</b>								
22								Full Team to complete to midfield and back. Plank shoulder to shoulder and pass / roll a medicine ball under to the last person. ALL persons must touch the ball. 1st person in line gets up and proceeds to plank at the end. All persons continue on this path to midfield and return to start.
23		95	200	65	200	45	200	4 members to complete as a Team
24								Minimum 3 people to complete 4 person - Wheel barrow partner to 20 yard, exchange places and return to start. Next group completes same.
25								1 Member holds for time. Time will be DEDUCTED from overall team time
26								

A- **Gloves permitted except for Item 26**

B- **Rubber Cletes allowed**

C- **No Straps allowed**