



BCROSS WINTER GAMES 2023

SCORECARD

TEAM SPORT/ADVANCED

PART A – 5' AMRAP

- 6 Power Snatches at 45/30 kg
- 8 Burpee Box Jump Overs at 60/50 cm
- 10 Toes To Bar

ATHLET 1 – REPS :

ATHLET 2 – REPS :

2' REST

PART B – 5' AMRAP

- MAX Cals Ski Erg

ATHLET 1 – CALS :

ATHLET 2 – CALS :

2' REST

PART C – 5' AMRAP

- SYNCHRO CH2B Pull Ups
- SYNCHRO Clean & Jerks at 70/45 kg

CH2 B	1	2	3	4	5	6	7
C&J	1	2	3	4	5	6	7

PART A	PART B	PART C
All reps:	All cals:	All reps: