

# INDY- WOD 1 - SEASIDE SNATCH - RX

10 MIN CAP - WEIGHT 95/65

CUMULATIVE REPS

100 DOUBLE UNDERS

100

21 POWER SNATCH

121

21 TOES 2 BAR

142

100 DOUBLE UNDERS

242

15 POWER SNATCH

257

15 TOES 2 BAR

272

100 DOUBLE UNDERS

372

9 POWER SNATCH

381

9 TOES 2 BAR

390

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

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JUDGE NAME:

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# INDY- WOD 1 - SEASIDE SNATCH - INT./MASTERS

10 MIN CAP - WEIGHT 75/55

CUMULATIVE REPS

75 DOUBLE UNDERS

75

21 POWER SNATCH

96

21 TOES 2 BAR

118

75 DOUBLE UNDERS

193

15 POWER SNATCH

208

15 TOES 2 BAR

223

75 DOUBLE UNDERS

298

9 POWER SNATCH

307

9 TOES 2 BAR

316

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

JUDGE NAME:

# INDY- WOD 1 - SEASIDE SNATCH - SCALED

10 MIN CAP - WEIGHT 75/55

CUMULATIVE REPS

200 SINGLE UNDERS

200

21 POWER SNATCH

221

21 HANGING LEG RAISES

242

200 SINGLE UNDERS

442

15 POWER SNATCH

457

15 HANGING LEG RAISES

472

200 SINGLE UNDERS

672

9 POWER SNATCH

681

9 HANGING LEG RAISES

690

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

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JUDGE NAME:

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# INDY- WOD 1 - SEASIDE SNATCH - TEENS

10 MIN CAP - WEIGHT 75/55

CUMULATIVE REPS

75 DOUBLE UNDERS

75

15 POWER SNATCH

90

15 TOES 2 BAR

105

75 DOUBLE UNDERS

180

12 POWER SNATCH

192

12 TOES 2 BAR

204

75 DOUBLE UNDERS

279

9 POWER SNATCH

288

9 TOES 2 BAR

297

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

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JUDGE NAME:

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# TEAM - WOD 1 - SEASIDE SNATCH - RX

10 MIN CAP - WEIGHT 95/65

## PARTNER 1 CUMULATIVE REPS

100 DOUBLE UNDERS	<input type="text" value="100"/>	100
27 POWER SNATCH	<input type="text" value="27"/>	127
9 TOES TO BAR	<input type="text" value="9"/>	136

## PARTNER 2

100 DOUBLE UNDERS	<input type="text" value="100"/>	236
21 POWER SNATCH	<input type="text" value="21"/>	257
15 TOES TO BAR	<input type="text" value="15"/>	272

## PARTNER 3 CUMULATIVE REPS

100 DOUBLE UNDERS	<input type="text" value="100"/>	372
15 POWER SNATCH	<input type="text" value="15"/>	387
21 TOES TO BAR	<input type="text" value="21"/>	408

## PARTNER 4

100 DOUBLE UNDERS	<input type="text" value="100"/>	508
9 POWER SNATCH	<input type="text" value="9"/>	517
27 TOES TO BAR	<input type="text" value="27"/>	544

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

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JUDGE NAME:

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# TEAM - WOD 1 - SEASIDE SNATCH - INT./MASTERS

10 MIN CAP - WEIGHT 75/55

## PARTNER 1 CUMULATIVE REPS

100 DOUBLE UNDERS	<input type="text" value="100"/>	100
27 POWER SNATCH	<input type="text" value="27"/>	127
9 TOES TO BAR	<input type="text" value="9"/>	136

## PARTNER 2

100 DOUBLE UNDERS	<input type="text" value="100"/>	236
21 POWER SNATCH	<input type="text" value="21"/>	257
15 TOES TO BAR	<input type="text" value="15"/>	272

## PARTNER 3 CUMULATIVE REPS

100 DOUBLE UNDERS	<input type="text" value="100"/>	372
15 POWER SNATCH	<input type="text" value="15"/>	387
21 TOES TO BAR	<input type="text" value="21"/>	408

## PARTNER 4

100 DOUBLE UNDERS	<input type="text" value="100"/>	508
9 POWER SNATCH	<input type="text" value="9"/>	517
27 TOES TO BAR	<input type="text" value="27"/>	544

TIME TO FINISH  
OR REPS COMPLETED

HEAT

LANE

NAME:

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JUDGE NAME:

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# TEAM - WOD 1 - SEASIDE SNATCH - SCALED

10 MIN CAP - WEIGHT 75/55

## PARTNER 1 CUMULATIVE REPS

100 SINGLE UNDERS	<input type="text" value="100"/>	100
27 POWER SNATCH	<input type="text" value="27"/>	127
9 HANGING LEG RAISE	<input type="text" value="9"/>	136

## PARTNER 2

100 SINGLE UNDERS	<input type="text" value="100"/>	236
21 POWER SNATCH	<input type="text" value="21"/>	257
15 HANGING LEG RAISE	<input type="text" value="15"/>	272

## PARTNER 3 CUMULATIVE REPS

100 SINGLE UNDERS	<input type="text" value="100"/>	372
15 POWER SNATCH	<input type="text" value="15"/>	387
21 HANGING LEG RAISE	<input type="text" value="21"/>	408

## PARTNER 4

100 SINGLE UNDERS	<input type="text" value="100"/>	508
9 POWER SNATCH	<input type="text" value="9"/>	517
27 HANGING LEG RAISE	<input type="text" value="27"/>	544

**TIME TO FINISH  
OR REPS COMPLETED**

**HEAT**

**LANE**

**NAME:**

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**JUDGE NAME:**

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