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UT26 URBAN THROWDOWN CrossFit LICENSED EVENT 2026

EVENT 4: WORM FOMO

INDIVIDUAL

AMRAP (8 MINs TIME CAP)

6 Ground To Overhead

9 Squats

12 Lunges

RX

Female: Sand Bag 80 lbs

Male : sandbag 100 lbs

Overhead Lunges

SCALED

Female: Sand Bag 60 lbs

Male : sandbag 80 lbs

Sandbag on shoulder Lunge

SANDBAG GROUND TO OVERHEAD

- The rep starts with the sandbag on the floor. Athlete must lift the sandbag using his arms to reach the overhead position. For the Plate one side of the plate must be touching the floor at the beginning of the movement
- Athletes can rest the sandbag on the any part of the body except feet.
- **Elbow lock out is required**

SANDBAG & PLATE SQUATS

- The rep starts with the sandbag on the shoulder or bear hug position. Similar for the plate. Squat clean is not allowed.
- Athletes must squat clearly below parallel for the rep to count.

SANDBAG & PLATE OVERHEAD LUNGE

- The sandbag and plate must be clearly above the head not touching it at the beginning of each rep and during the entire movement **Full elbow lockout is not required**.
- Rep is counted once athletes return to the upright position hips and knees extended.

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QUALIFYING EVENT UT26 URBAN THROWDOWN CrossFit LICENSED EVENT 2026

SCORE CARD: WORM FOMO INDIVIDUAL

	Cleans	Squats	Lunges
ROUND 1	6	15	27
ROUND 2	33	42	54
ROUND 3	60	69	81
ROUND 4	87	96	108
ROUND 5	114	123	135
ROUND 6	141	150	162
ROUND 7	168	177	189
ROUND 8	195	204	216
ROUND 9	222	231	243
ROUND 10	249	258	270
ROUND 11	276	285	297
ROUND 12	303	312	324
TOTAL REPS AT TIME CAP			
TIE BREAK END ROUND 1			

ATHLETE NAME: _____ CAT: SCALED REPS:_____ TIE BREAK _____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 4 SCALED

ATHLETE NAME: _____ CAT: SCALED REPS: _____ TIE BREAK____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____