

Event	Date	PR
<b>Weightlifting</b>		
Back Squat x5		
Back Squat x3		
Back Squat x1		
Deadlift x5		
Deadlift x3		
Deadlift x1		
Front Squat x5		
Front Squat x3		
Front Squat x1		
Overhead Squat x5		
Overhead Squat x3		
Overhead Squat x1		
Press x5		
Press x3		
Press x1		
Push Press x5		
Push Press x3		
Push Press x1		
Push Jerk x5		
Push Jerk x3		
Push Jerk x1		
Thrusters x5		
Thrusters x3		
Thrusters x1		
CrossFit Total		

Event	Date	PR
<b>Olympic Weightlifting</b>		
Snatch x5		
Snatch x3		
Snatch x1		
Power Snatch x5		
Power Snatch x3		
Power Snatch x1		
Power Clean x5		
Power Clean x3		
Power Clean x1		
Clean x5		
Clean x3		
Clean x1		
Clean x5		
Clean x3		
Clean x1		
Clean & Jerk x5		
Clean & Jerk x3		
Clean & Jerk x1		
Weighted Pullups x5		
Weighted Pullups x3		
Weighted Pullups x1		
Weighted Dips x5		
Weighted Dips x3		
Weighted Dips x1		
Kettlebell Snatch Test		
Box Jump (Height)		

Event	Date	PR
<b>Benchmarks - The Girls</b>		
Angie		
Annie		
Barbara		
Chelsea		
Christine		
Cindy		
Diane		
Elizabeth		
Fran		
Grace		
Helen		
Isabel		
Jackie		
Karen		
Kelly		
Linda		
Lynne		
Mary		
Nancy		
Nicole		
Nasty Girls		
Fight Gone Bad		
Filthy Fifty		

<b>Isometric Holds</b>		
Ring Hold		
Bar Hang		
Flexed Bar Hang		
Push Up Hold		
Planks		
Wall Sit		
Handstand		
L-sits		

<b>Consecutive Movements</b>		
Single Unders		
Double Unders		
Push Ups		
Pull Ups		
Ring Dips		
Muscle Ups		
AbMat Sit Ups		
GDH Sit Ups		
GDH Back Ext		
Air Squats		
Handstand Push Ups		
Pistols		

<b>Benchmarks - Heroes</b>		
JT		
Michael		
Murph		
Daniel		
Josh		
Jason		
Badger		
Joshie		
Nate		
Randy		
Tommy V		
Griff		
Ryan		
Erin		
Mr. Joshua		
DT		
Danny		
Hansen		
Tyler		
Stephen		
Jeremy		

<b>Running</b>		
200m		
400m		
800m		
1 mile		
5K		

<b>Rowing</b>		
500 meters		
1000 meters		
2000 meters		
30 minutes		