

The Championship WOD

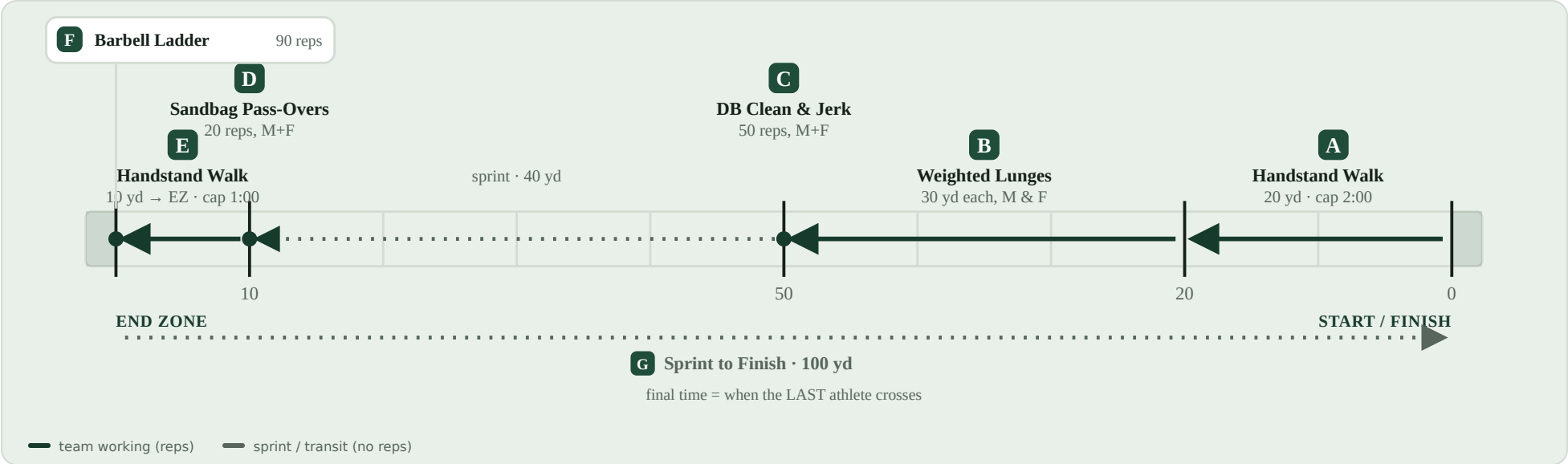
One field, seven parts, run in strict order. Ten athletes cross together, split the work by gender and skill, and sprint home as a team.

10
athletes/team

Top 5
qualify after 1-4

7
parts, A→G

2:00/1:00
caps, A / E



PART-BY-PART REFERENCE

	PART	DISTANCE / REPS	LOAD	RULE
A	Handstand Walk End zone → 20-yd line	20 yd total — two 10-yd unbroken segments, one or two athletes. A break restarts that segment.	—	Cap 2:00 — move on to B if not complete.
B	Weighted Lunges 20-yd → 50-yd line	30 yd for the men and 30 yd for the women — each group covers the full distance separately. Rotate freely within group.	M 80 lb F 40 lb	—
C	DB Clean & Jerk At the 50-yd line	50 total reps — one male and one female can work at once, reps split across the team, no synchro required.	M 50 lb F 35 lb	Time of completion = tiebreaker.
D	Sandbag Pass-Overs Sprint 40 yd, then the 10-yd line	20 total pass-overs over the box — 10 reps by the men, 10 by the women.	M 150 lb · 48" box F 100 lb · 40" box	Whole team sprints together before reps start.
E	Handstand Walk 10-yd line → End zone	10 yd, one athlete, fully unbroken. A break restarts from the beginning.	—	Cap 1:00.
F	Barbell Ladder In the end zone	90 reps. Rows 1-4 sequential, one group at a time (Power Snatch → Squat Snatch → Squat Clean → Power Clean); row 5, Thrusters, is lifted together — M & F at the same time.	F 95 lb M 135 lb	Can't move to Part G until both finish their thrusters.
G	Sprint to Finish End zone → Start/finish end zone	100 yd, full team together.	—	Final time = when the LAST athlete crosses — not the first.