Athletes may enter 3 individual events. Training score is the number or proper repetitions done in 30 seconds.

Please put a check in the boxes if that answer is YES for that individual.

If athlete is participating in a modified event, please indicate that with Mod next to the name of the event. Example – push-ups mod.

Unified Events are for Unified Champion Schools only. When entering fitness scores for a unified team, please put that team member’s individual training score in. Do not add the team score together. An athlete from a Unified Champion School must pick either traditional or unified, they cannot participate in both.