

# RX / INTERMEDIATE INDIVIDUALS



# QUAL 18.1

DATES: 21/05 14U - 03/06 22U

**FOR TOTAL REPS / 4MIN EACH SEGMENT  
( COMPLETED BEFORE AND AFTER THE COMPLEX )**

MOVEMENTS	1	2	3	4	5	6	7	8	9	10	11	12
<b>4 THRUSTERS</b> RX - MALE: 135LB FEMALE: 95LB INTER - MALE: 95LB FEMALE: 65LB												
<b>6 BURPEE BOX JUMP OVERS</b> MALE: 24IN FEMALE: 20IN ( BOX FACING )												
<b>POSSIBLE REPS</b>	10	20	30	40	50	60	70	80	90	100	110	120

**YOUR QUAL 18.1 SCORE:  
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP



# QUAL 18.1A

DATES: 21/05 14U - 03/06 22U

**FOR MAX WEIGHT / TIME CAP: 2MIN**

MOVEMENT	ATTEMPTS - CIRCLE THE MAX ACHIEVED FOR COMPLEX
<b>1RM OF COMPLEX</b> 1 SQUAT CLEAN + 1 HANG SQUAT CLEAN + 1 FRONT SQUAT + 1 SH. 2 OH. ( NO THRUSTER )	

**YOUR QUAL 18.1A SCORE:  
FOR MAX WEIGHT**

SCORE IS DETERMINED BY THE MAX WEIGHT ACHIEVED FOR THE COMPLEX LISTED ABOVE

GENDER	DIVISION	ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> RX <input type="radio"/> Inter	X	X	