



QUAL 18.1

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

**FOR TOTAL REPS / 6MIN PER SEGMENT
(COMPLETED BEFORE AND AFTER THE COMPLEX)**

MOVEMENTS	1	2	3	4	5	6	7	8	9	10	11	12
4 THRUSTERS MALE: 135LB FEMALE: 95LB												
6 BURPEE BOX JUMPS OVERS MALE: 24IN FEMALE: 20IN (BOX FACING)												
POSSIBLE REPS	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
ONLY 1 ATHLETE WORKING AT A TIME.**



QUAL 18.1A

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

FOR MAX WEIGHT / TIME CAP: 1MIN PER ATHLETE FOR COMPLEX

MOVEMENT	ATTEMPTS - CIRCLE THE MAX ACHIEVED FOR COMPLEX
1RM OF COMPLEX - ATH. A 1 SQUAT CLEAN + 1 HANG SQUAT CLEAN + 1 FRONT SQUAT + 1 SH. 2 OH. (NO THRUSTER) 6MIN - 7MIN MARK	
1RM OF COMPLEX - ATH. B 1 SQUAT CLEAN + 1 HANG SQUAT CLEAN + 1 FRONT SQUAT + 1 SH. 2 OH. (NO THRUSTER) 7MIN - 8MIN MARK	
1RM OF COMPLEX - ATH. C 1 SQUAT CLEAN + 1 HANG SQUAT CLEAN + 1 FRONT SQUAT + 1 SH. 2 OH. (NO THRUSTER) 8MIN - 9MIN MARK	

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

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

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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