

# INTERMEDIATE INDIVIDUALS



# QUAL 18.2

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

**FOR TOTAL REPS / TIME CAP: 20MIN**

MOVEMENTS	ROUND 1	POSS	ROUND 2	POSS
5 PULL UPS		5		275
10 HR PUSHUPS		15		285
15 OVERHEAD SQUATS MALE: 95LB FEMALE: 65LB		30		300
5 PULL UPS		35		305
10 HR PUSHUPS		45		315
15 OVERHEAD SQUATS MALE: 95LB FEMALE: 65LB		60		330
50 WALL BALLS MALE: 20LB FEMALE: 14LB		110		380
30 CLEAN AND JERKS MALE: 95LB FEMALE: 65LB		140		410
50 WALL BALLS MALE: 20LB FEMALE: 14LB		190		460
30 SNATCHES MALE: 95LB FEMALE: 65LB		220		490
50 WALL BALLS MALE: 20LB FEMALE: 14LB		270		540
<b>TIE BREAK TIME</b>				

**YOUR QUAL 18.2 SCORE:  
FOR TOTAL REPS**

**NOTE:  
TIE BREAK TIME  
AFTER LAST COMPLETED ROUND**

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

GENDER	ATHLETE NAME	ATHLETE SIGNATURE	JUDGE INT.
O Male O Female	X	X	