

# RX / INTERMEDIATE INDIVIDUALS



# QUAL 18.3

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

**FOR TIME / TIME CAP: 14MIN**

MOVEMENTS	21	18	15	12	9	6	3
<b>DUMBBELL SNATCH</b> RX - MALE: 70LB FEMALE: 50LB INTER - MALE: 50LB FEMALE: 35LB  NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK	NOTE TIE BREAK
<b>DB OH 15M LUNGES</b> RX - MALE: 70LB FEMALE: 50LB INTER - MALE: 50LB FEMALE: 35LB  15M / 1.5 SEGMENT = 10 POINTS 7.5M IN LEFT HAND + 7.5M IN RIGHT HAND							
<b>TOES TO BAR</b>							
<b>POSSIBLE REPS</b>	<b>52</b>	<b>98</b>	<b>138</b>	<b>172</b>	<b>200</b>	<b>222</b>	<b>238</b>

**YOUR QUAL 18.3 SCORE:**

## FOR TIME

**1 MISSED REP = 1 SECOND PENALTY**

**NOTE:**

### TIE BREAK TIME

**AFTER LAST SNATCH SEGMENT**

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

Must divide the distance in 5x1.5. After every 1.5, the score 1 point, so after 15m lunges the have a total of 10 points.

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	