BATTLE OF BRUGES THROWDOWN

QUAL 18.3

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

FOR TIME / TIME CAP: 14MIN

MOVEMENTS	21	18	15	12	9	6	3
DUMBBELL SNATCH 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
DB OH 15M LUNGES 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							
TOES TO BAR							
POSSIBLE REPS	**52**	**98**	**138**	**172**	**200**	**222**	**238**

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.
O Male O Female	O RX O Inter	X	X	