



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 MALE: 70LB FEMALE: 50LB NOTE TIE BREAK	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 MALE: 70LB FEMALE: 50LB 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

WORK SEMI-SYNCRO

Each Athlete has to do the all the work at the same time but have to move forward as a team, this means they don't have to do the movements synchronised but do have to wait for the last one to finish the movement before advancing to the next movement.

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.

TEAM NAME

X

TEAM SIGNATURE

X

JUDGE INT.