



QUAL 18.2

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

FOR TOTAL REPS / TIME CAP: 20MIN

MOVEMENTS	ROUND 1	POSS	ROUND 2	POSS
5 MUSCLE UPS		5		275
10 HANDSTAND PU		15		285
15 OVERHEAD SQUATS MALE: 135LB FEMALE: 95LB		30		300
5 MUSCLE UPS		35		305
10 HANDSTAND PU		45		315
15 OVERHEAD SQUATS MALE: 135LB FEMALE: 95LB		60		330
50 WALL BALLS MALE: 20LB FEMALE: 14LB		110		380
30 CLEAN AND JERKS MALE: 135LB FEMALE: 95LB		140		410
50 WALL BALLS MALE: 20LB FEMALE: 14LB		190		460
30 SNATCHES MALE: 135LB FEMALE: 95LB		220		490
50 WALL BALLS MALE: 20LB FEMALE: 14LB		270		540

TIE BREAK TIME

**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	