

INTERMEDIATE TEAMS



QUAL 19.1

DATES: 26/05 14U - 12/06 22U

FOR TIME THEN REPS / TIME CAP: 12MIN

MOVEMENTS - BUY IN (RELAY)	COMPLETED	POSSIBLE
100 DOUBLE UNDERS - ATH. 1		100
100 DOUBLE UNDERS - ATH. 2		200

TIE BREAK TIME

MOVEMENTS	COMPLETED	POSSIBLE
25 DEADLIFTS - SYNC. MALE: 70KG / 155LB FEMALE: 50KG / 115LB		225
25 BURPEES - SYNC. CHEST TO THE FLOOR		250
20 DEADLIFTS - SYNC. MALE: 70KG / 155LB FEMALE: 50KG / 115LB		270
20 BURPEES - SYNC. CHEST TO THE FLOOR		290
15 DEADLIFTS - SYNC. MALE: 70KG / 155LB FEMALE: 50KG / 115LB		305
15 BURPEES - SYNC. CHEST TO THE FLOOR		320
10 DEADLIFTS - SYNC. MALE: 70KG / 155LB FEMALE: 50KG / 115LB		330
10 BURPEES - SYNC. CHEST TO THE FLOOR		340
5 DEADLIFTS - SYNC. MALE: 70KG / 155LB FEMALE: 50KG / 115LB		345
5 BURPEES - SYNC. CHEST TO THE FLOOR		350

TIE BREAK TIME AFTER DOUBLE UNDERS

YOUR QUAL 19.1 SCORE: FOR TIME THEN REPS

SCORE IS DETERMINED BY THE TIME TO COMPLETE REPS OR REPS COMPLETED

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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