



QUAL 19.1

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

FOR TIME THEN REPS / TIME CAP: 15MIN

MOVEMENTS - BUY IN (RELAY)	COMPLETED	POSSIBLE
100 DOUBLE UNDERS - ATH. 1		100
100 DOUBLE UNDERS - ATH. 2		200
100 DOUBLE UNDERS - ATH. 3		300

TIE BREAK TIME

MOVEMENTS	COMPLETED	POSSIBLE
25 DEADLIFTS - SYNC. MALE: 80KG / 175LB FEMALE: 60KG / 135LB		325
25 BURPEES - SYNC. CHEST TO THE FLOOR		350
20 DEADLIFTS - SYNC. MALE: 80KG / 175LB FEMALE: 60KG / 135LB		370
20 BURPEES - SYNC. CHEST TO THE FLOOR		390
15 DEADLIFTS - SYNC. MALE: 80KG / 175LB FEMALE: 60KG / 135LB		405
15 BURPEES - SYNC. CHEST TO THE FLOOR		420
10 DEADLIFTS - SYNC. MALE: 80KG / 175LB FEMALE: 60KG / 135LB		430
10 BURPEES - SYNC. CHEST TO THE FLOOR		440
5 DEADLIFTS - SYNC. MALE: 80KG / 175LB FEMALE: 60KG / 135LB		445
5 BURPEES - SYNC. CHEST TO THE FLOOR		450

**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.
----------------	---------------------	------------