



# QUAL 19.1

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

**FOR TIME THEN REPS / TIME CAP: 12MIN**

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

**TIE BREAK TIME**

MOVEMENTS	COMPLETED	POSSIBLE
25 DEADLIFTS - SYNC. MALE: 60KG / 135LB FEMALE: 42.5KG / 95LB		225
25 BURPEES - SYNC. CHEST TO THE FLOOR		250
20 DEADLIFTS - SYNC. MALE: 60KG / 135LB FEMALE: 42.5KG / 95LB		270
20 BURPEES - SYNC. CHEST TO THE FLOOR		290
15 DEADLIFTS - SYNC. MALE: 60KG / 135LB FEMALE: 42.5KG / 95LB		305
15 BURPEES - SYNC. CHEST TO THE FLOOR		320
10 DEADLIFTS - SYNC. MALE: 60KG / 135LB FEMALE: 42.5KG / 95LB		330
10 BURPEES - SYNC. CHEST TO THE FLOOR		340
5 DEADLIFTS - SYNC. MALE: 60KG / 135LB FEMALE: 42.5KG / 95LB		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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