



# QUAL 19.2

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

FOR TOTAL REPS / TIME CAP: 12MIN

MOVEMENTS	1	2	3	4	5	6
20 CHEST TO BAR PU						
20 SQUAT SNATCH MALE: 50KG / 115LB FEMALE: 37.5KG / 85LB						
20 TOES TO BAR						
20 PUSH PRESS MALE: 50KG / 115LB FEMALE: 37.5KG / 85LB						
20 AM. KB SWINGS MALE: 24KG / 53LB FEMALE: 16KG / 35LB						
<b>POSSIBLE REPS</b>	<b>100</b>	<b>200</b>	<b>300</b>	<b>400</b>	<b>500</b>	<b>600</b>

**TIE BREAK TIME**  
AFTER FIRST ROUND COMPLETED

**YOUR QUAL 19.2 SCORE:**  
**FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP**  
1 ATHLETES WORKING AT A TIME / 1 ATHLETE RESTS - DIVIDE REPS AS NEEDED

TEAM NAME

TEAM SIGNATURE

JUDGE INT.

X

X