



# QUAL 19.2

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

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

MOVEMENTS	1	2	3	4	5	6
20 JUMPING PULL UPS						
20 SQUAT SNATCH MALE: 35KG / 75LB FEMALE: 25KG / 55LB						
20 HANGING KNEE RAISES						
20 PUSH PRESS MALE: 35KG / 75LB FEMALE: 25KG / 55LB						
20 AM. KB SWINGS MALE: 20KG / 45LB FEMALE: 12KG / 26LB						
<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 ATHLETE WORKING AT A TIME / 1 ATHLETE RESTS - DIVIDE REPS AS NEEDED

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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