



QUAL 19.2

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

FOR TOTAL REPS / TIME CAP: 12MIN

MOVEMENTS	1	2	3
10 CHEST TO BAR PU			
10 SQUAT SNATCH WEIGHT - 50KG / 115LB			
10 TOES TO BAR			
10 PUSH PRESS WEIGHT - 50KG / 115LB			
10 AM. KB SWINGS WEIGHT - 24KG / 53LB			
POSSIBLE REPS	50	100	150

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

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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