



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						
POSSIBLE REPS	100	200	300	400	500	600

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 / 1 ATHLETE RESTS - DIVIDE REPS AS NEEDED

TEAM NAME X	TEAM SIGNATURE X	GENDER O MM O MF	JUDGE INT.
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