



QUAL 19.3

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

FOR TIME & MAX WEIGHT / TIME CAP: 15MIN - 5MIN PER ATHLETE

MOVEMENTS - ATHLETE A (0:00-5:00)

TIE BREAK TIME

500M ROW

IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

10 REP MAX FRONT SQUAT

MOVEMENTS - ATHLETE B (5:00-10:00)

TIME COMPLETED

500M ROW

IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

10 REP MAX FRONT SQUAT

MOVEMENTS - ATHLETE C (10:00-15:00)

TIME COMPLETED (TEAM)

500M ROW

IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

10 REP MAX FRONT SQUAT

**YOUR QUAL 19.3A SCORE:
FOR TOTAL
TEAM ROW**

**YOUR QUAL 19.3B SCORE:
FOR TOTAL
MAX WEIGHT**

**TIE BREAK TIME
AFTER 1ST ATHLETE ROW**

SCORE IS DETERMINED BY THE TIME OF FIRST ATHLETE ROW, TOTAL ROW TIME AND TOTAL MAX WEIGHT

TEAM NAME

TEAM SIGNATURE

JUDGE INT.

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