



QUAL 19.3

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

FOR TIME & MAX WEIGHT / TIME CAP: 5MIN

MOVEMENTS	TIME COMPLETED
500M ROW	
IN REMAINING TIME	ATTEMPTS - CIRCLE MAX ACHIEVED
10 REP MAX FRONT SQUAT	

**YOUR QUAL 19.3A SCORE:
FOR TIME OF ROW**

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

SCORE IS DETERMINED BY THE TIME OF THE ROW AND MAX WEIGHT

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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