

# INTERMEDIATE TEAMS



# 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 (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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