



QUAL 19.3

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

FOR TIME & TOTAL REPS / TIME CAP: 10MIN - 5MIN PER ATHLETE

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

TIE BREAK TIME

500M ROW

IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

AMREP FRONT SQUATS
 MALE: 60KG / 135LB FEMALE: 43KG / 95LB

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

TIME COMPLETED (TEAM)

500M ROW

IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

AMREP FRONT SQUATS
 MALE: 60KG / 135LB FEMALE: 43KG / 95LB

**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

GENDER

JUDGE INT.

X

X

O MM O MF