



QUALIFER 19.1

5TH OF MAY - 12TH OF MAY

FOR TIME THEN REPS / TIME CAP: 15MIN

MOVEMENTS	REPS COMPLETED	POSSIBLE
21 DEADLIFTS MALE: 60KG FEMALE: 45KG MAS. 50+ - MALE: 45KG FEMALE: 30KG		21
15 PULL UPS		36
9 SQUAT CLEANS MALE: 60KG FEMALE: 45KG MAS. 50+ - MALE: 45KG FEMALE: 30KG		45
21 DEADLIFTS MALE: 70KG FEMALE: 55KG MAS. 50+ - MALE: 55KG FEMALE: 40KG		66
15 CHEST TO BAR		81
9 SQUAT CLEANS MALE: 70KG FEMALE: 55KG MAS. 50+ - MALE: 55KG FEMALE: 40KG		90
21 DEADLIFTS MALE: 80KG FEMALE: 65KG MAS. 50+ - MALE: 65KG FEMALE: 50KG		111
15 BAR MUSCLE UPS MAS. 50+ - CHEST TO BAR		126
9 SQUAT CLEANS MALE: 80KG FEMALE: 65KG MAS. 50+ - MALE: 65KG FEMALE: 50KG		135

**YOUR QUALIFER 19.1 SCORE:
FOR TIME THEN REPS**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED AT TIME CAP

DIVISION

O Rx
 O Team of 3 - Same Sex
 O Team of 4 - 2M / 2F
 O Mas. 35-39
 O Mas. 40-44
 O Mas. 45-49
 O Mas. 50-54
 O Mas. 55-59
 O Mas. 60+

ATHLETE NAME

X

ATHLETE / TEAM SIGNATURE

X

GENDER

O Male O Female

JUDGE INT.