



QUALIFER 19.3

5TH OF MAY - 26TH OF MAY

PART A / FOR TOTAL REPS - RUNNING CLOCK: 0MIN - 14MIN

MOVEMENTS - BUY IN

REPS COMPLETED

100 DOUBLE UNDERS

MOVEMENTS IN REMAINING TIME

2

4

6

8

10

12

14

16

18

HANG SQUAT SNATCHES

MALE: 50KG FEMALE: 35KG

MASTERS 50+ - MALE: 40KG FEMALE: 25KG

TOES TO BAR

POSSIBLE REPS

104

112

124

140

160

184

212

244

280

**YOUR QUALIFER 19.3A SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED AT THE TIME CAP

PART B / FOR MAX WEIGHT - RUNNING CLOCK: 14MIN - 20MIN

MOVEMENTS - BUY IN

REPS COMPLETED

100 DOUBLE UNDERS

MOVEMENT - IN REMAINING TIME

ATTEMPTS - CIRCLE MAX ACHIEVED

1RM SQUAT SNATCH

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

SCORE IS DETERMINED BY THE MAX WEIGHT ACHIEVED AT THE TIME CAP

DIVISION

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

ATHLETE NAME

X

ATHLETE / TEAM SIGNATURE

X

GENDER

Male Female

JUDGE INT.