



# QUALIFICATION SCORECARD 2018

**EVENT 1**

5 min AMRAP

**00:00 - 05:00**

Round	1	2	3	4	5
ROW	9	12	15	18	21
HSPU	9	12	15	18	21
ROW	9	12	15	18	21
C2B	9	12	15	18	21
	36	84	144	216	300

Result

TOTAL REPS:

**EVENT 2**6 min time to find the maximum weight for the Complex: **3 x Front Squat + Shoulder to Overhead****05:00 - 11:00**

Result

TOTAL KG:

TIME:

**2 min Rest****11:00 - 13:00****EVENT 3**

3 Rounds FOR TIME

Time Cap 10 min

**13:00 - 23:00**

	Kg	Reps	Total reps		Tie Brek
DB Snatch	22,5/15	21	21		
Wall Ball	9/6	15	36		
Bar over Burpee		9	45	Time	
DB Snatch	22,5/15	21	66		
Wall Ball	9/6	15	81		
Bar over Burpee		9	90	Time	
DB Snatch	22,5/15	21	111		
Wall Ball	9/6	15	126		
Bar over Burpee		9	135	Time	

Result

TOTAL REPS:

TIME:

**EVENT 1**

5 min AMRAP

Result

TOTAL REPS:

**EVENT 2**

6 min: 3 x Front Squat + Shoulder to Overhead

Result

TOTAL KG:

TIME:

2 min Break

**EVENT 3**

3 Rounds For Time

Result

TOTAL REPS:

TIME:

Athletes Name

Judges name

Workout Location

Date

