



# QUALIFICATION SCORECARD 2019

**EVENT 1**

IN 8 MINUTES

00:00 - 08:00

**MEN 1200m ROW**TIME: **WOMEN 1000m ROW**TIME: 

AMRAP

Round	MEN					MASTERS WOMEN				
	1	2	3	4	5	1	2	3	4	5
C2B / Pull-Up (MASTERS WOMEN)	8	8	8	8	8	6	6	6	6	6
Overhead Squat	8	8	8	8	8	6	6	6	6	6
HSPU	8	8	8	8	8	6	6	6	6	6
	24	48	72	96	120	18	36	54	72	90

Result

TOTAL REPS: **EVENT 2**6 min time to find the maximum weight for the Complex: **CLUSTER + THRUSTER**

08:00 - 14:00

Result

TOTAL KG: TIME: **2 min Rest**

14:00 - 16:00

**EVENT 3**

FOR TIME

Time Cap 10 min

16:00 - 26:00

Movement	Kg	Reps	Total reps
DU		60	60
DB Box Overs	22,5/15	6	66
DU		60	126
DB Box Overs	22,5/15	12	138
DU		60	198
DB Box Overs	22,5/15	18	216

Result

TOTAL REPS: TIME: **EVENT 1**

In 8 Minutes

Result

ROW TIME: TOTAL REPS: **EVENT 2**

6 min: CLUSTER + THRUSTER

Result

TOTAL KG: TIME: 

2 min Break

**EVENT 3**

For Time

Result

TOTAL REPS: TIME: Athlete's Name Judge's name Workout Location Date