



# QUAL 18.1A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

## QUAL 18.1A / FOR MAX WEIGHT - TIME CAP: 5MIN

MOVEMENTS

ATTEMPTS - CIRCLE MAX ACHIEVED

1 RM THRUSTER

ATHLETE A

1 RM THRUSTER

ATHLETE B

## 1 MIN TRANSITION

## QUAL 18.1B / FOR TIME - NO TIME CAP

MOVEMENTS

15

12

9

6

3

3

6

9

12

15

THRUSTERS

RX - MALE: 35KG FEMALE: 25KG  
 MASTERS - MALE: 35KG FEMALE: 25KG  
 SCALED - MALE: 30KG FEMALE: 20KG

BAR FACING  
BURPEES

POSSIBLE REPS

30

54

72

84

90

96

108

126

150

180

YOUR QUAL 18.1A SCORE:  
FOR TOTAL MAX WEIGHT

YOUR QUAL 18.1B SCORE:  
FOR TIME

SCORE IS DETERMINED BY THE TOTAL MAX WEIGHT ACHIEVED FOR THE TWO ATHLETES AND THE TIME TO COMPLETE THE REPS

**18.1B** - On the way down:- Partner A completes the Thrusters down and Partner B the Bar Facing Burpees  
 On the way up:- Partner A completes the Bar Facing Burpees and Partner B the Thrusters

GENDER

DIVISION

TEAM NAME

TEAM SIGNATURE

JUDGE INT.

Male  Female

Rx  Masters  Scaled

X

X