



QUAL 18.2A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 18.2 / FOR TIME - TIME CAP: 14MIN

MOVEMENTS	REPS COMPLETED	POSSIBLE
150 DOUBLE UNDERS SCALED - SINGLE UNDERS		150
100 WALL BALL SHOTS MALE: 9KG FEMALE: 6KG		250
100 DOUBLE UNDERS SCALED - SINGLE UNDERS		350
50 TOES TO BAR SCALED - HANGING KNEE RAISES		400
50 DOUBLE UNDERS SCALED - SINGLE UNDERS		450
25 GROUND TO OH. RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 50KG FEMALE: 35KG SCALED - MALE: 40KG FEMALE: 25KG		475

18.2B - FOR TOTAL DISTANCE - IN REMAINING TIME

MOVEMENTS	DISTANCE COMPLETED (METERS)
MAX DISTANCE ROW	

**YOUR QUAL 18.2A SCORE:
FOR TIME**

**YOUR QUAL 18.2B SCORE:
FOR DISTANCE**

SCORE IS DETERMINED BY THE TIME AND MAX DISTANCE IN REMAINING TIME

GENDER O Male O Female	DIVISION O Rx O Masters O Scaled	TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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