



# QUAL 18.3

QUALIFIERS: AUGUST 1 - AUGUST 31

## QUAL 18.3 / FOR TIME

MOVEMENTS	ROUND 1	ROUND 2
40 HAND RELEASE PU		
20 SYNCHRO PLATE G2OH MALE: 20KG FEMALE: 10KG		
40 BOX JUMP OVERS 20IN BOXES FOR ALL ATHLETES		
20 SYNCHRO AIR SQUATS		
40 KETTLEBELL SWINGS MALE: 24KG FEMALE: 16KG		
20 SYNCHRO DOWN UPS		
<b>POSSIBLE REPS</b>	<b>180</b>	<b>360</b>

**YOUR QUAL 18.3 SCORE:  
FOR TIME**

**SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED**

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