



QUAL 19.1A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 19.1A / FOR TIME - 12MIN RUNNING CLOCK

MOVEMENTS

TIME COMPLETED

2000M ROW

ATHLETES CAN SWITCH AS OFTEN AS THEY WOULD LIKE

QUAL 19.1B / FOR TOTAL REPS - IN REMAINING TIME

MOVEMENTS

1 2 3 4 5 6 7 8 9 10

10 WALL BALLS

MALE: 9KG FEMALE: 6KG

10 KB SWINGS

MALE: 24KG FEMALE: 16KG

10 OVER BOX JUMPS

MALE: 24IN FEMALE: 20IN

POSSIBLE REPS

30 60 90 120 150 180 210 240 270 300

**YOUR QUAL 19.1A SCORE:
FOR TIME**

**YOUR QUAL 19.1B SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE ROW AND TOTAL REPS

On 3-2-1 GO both elements of the workout begin. Athletes can swap between A and B as they wish. When either part A or B is complete both athletes can combine to work through any remainder work left within the workout.

GENDER

TEAM NAME

TEAM SIGNATURE

JUDGE INT.

Male Female

X

X