



QUAL 19.1A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 19.1A / FOR TIME

MOVEMENTS	TIME COMPLETED
2000M ROW ATHLETES CAN SWITCH AS OFTEN AS THEY WOULD LIKE	

QUAL 19.1B / 10 ROUNDS FOR TIME

MOVEMENTS	1	2	3	4	5	6	7	8	9	10
10 WALL BALLS MALE: 9KG FEMALE: 6KG										
10 ALT. DB SNATCHES MALE: 22.5KG FEMALE: 15KG										
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 TIME**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE ROW AND 10 ROUNDS

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	DIVISION	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Rx <input type="radio"/> Masters	X	X	



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



QUAL 19.2 A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 19.2A / FOR TOTAL REPS - 0:00-10:00 TIME

MOVEMENTS	1	2	3
30 HANG POWER CLEANS RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG			
50 PULL UPS			
30 FRONT SQUATS RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG			
30 CHEST TO BAR PULLUPS			
30 SHOULDER TO OH. RX - MALE: 60KG FEMALE: 40KG MASTERS - MALE: 55KG FEMALE: 35KG			
10 BAR MUSCLE UPS			
POSSIBLE REPS	180	360	540

QUAL 19.2B / FOR MAX WEIGHT - 10:00-16:00 TIME

MOVEMENTS	ATTEMPTS - CIRCLE MAX ACHIEVED
1RM OF COMPLEX - ATH. 1 3 HANG CLEANS + 2 FRONT SQUATS + 1 S2OH	
1RM OF COMPLEX - ATH. 2 3 HANG CLEANS + 2 FRONT SQUATS + 1 S2OH	

**YOUR QUAL 19.2A SCORE:
FOR TOTAL REPS**

**YOUR QUAL 19.2B SCORE:
FOR MAX WEIGHT**

SCORE IS DETERMINED BY THE TOTAL REPS AND THE 1RM WEIGHT OF COMPLEX

On 3-2-1 GO between 0-10 Minutes teams will AMRAP the work listed in 2A. Athletes can share all workload over the 10 minute period. If a full round is completed within the time frame the athletes begin again from the Hang Power Cleans. At the 10 minute mark teams will work from 10-16 minutes to establish a heavy complex as stated in 2B. After the 6 minute period athletes will combine their heaviest complex to give a total combine weight for part B.

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



QUAL 19.2 A & B

QUALIFIERS: AUGUST 1 - AUGUST 31

QUAL 19.2A / FOR TOTAL REPS - 0:00-10:00 TIME

MOVEMENTS	1	2	3
30 HANG POWER CLEANS MALE: 40KG FEMALE: 25KG			
50 HAND RELEASE PU			
30 FRONT SQUATS MALE: 40KG FEMALE: 25KG			
50 KNEE APART SIT UPS			
30 SHOULDER TO OH. MALE: 40KG FEMALE: 25KG			
50 PULLUPS / BANDED PU 2 BANDED PULL UPS = 1 PULLUP			
POSSIBLE REPS	240	480	720

QUAL 19.2B / FOR MAX WEIGHT - 10:00-16:00 TIME

MOVEMENTS	ATTEMPTS - CIRCLE MAX ACHIEVED
1RM OF COMPLEX - ATH. 1 1 HANG CLEAN + 1 FRONT SQUAT + 1 SHOULDER TO OH.	
1RM OF COMPLEX - ATH. 2 1 HANG CLEAN + 1 FRONT SQUAT + 1 SHOULDER TO OH.	

**YOUR QUAL 19.2A SCORE:
FOR TOTAL REPS**

**YOUR QUAL 19.2B SCORE:
FOR MAX WEIGHT**

SCORE IS DETERMINED BY THE TOTAL REPS AND THE 1RM WEIGHT OF COMPLEX

On 3-2-1 GO between 0-10 Minutes teams will AMRAP the work listed in 2A. Athletes can share all workload over the 10 minute period. If a full round is completed within the time frame the athletes begin again from the Hang Power Cleans. At the 10 minute mark teams will work from 10-16 minutes to establish a heavy complex as stated in 2B. After the 6 minute period athletes will combine their heaviest complex to give a total combine weight for part B.

GENDER O Male O Female	TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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QUAL 19.3

QUALIFIERS: AUGUST 1 - AUGUST 31

FOR TOTAL REPS / TIME CAP: 8MIN

MOVEMENTS - REPS	3	6	9	12	15
SYNCHRO DEADLIFTS RX - MALE: 100KG FEMALE: 70KG MASTERS - MALE: 90KG FEMALE: 65KG					
SYNCHRO TOES TO BAR					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	9	27	54	90	135

MOVEMENTS - REPS	18	21	24	27	30
SYNCHRO DEADLIFTS RX - MALE: 100KG FEMALE: 70KG MASTERS - MALE: 90KG FEMALE: 65KG					
SYNCHRO TOES TO BAR					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	189	252	324	405	495

**YOUR QUAL 19.3 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE TIME CAP

On 3-2-1 GO athletes will work through an ascending ladder adding three reps each round to movements within the ladder listed above. Athletes must remain in synch the entire time.

GENDER	DIVISION	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Rx <input type="radio"/> Masters	X	X	



QUAL 19.3

QUALIFIERS: AUGUST 1 - AUGUST 31

FOR TOTAL REPS / TIME CAP: 8MIN

MOVEMENTS - REPS	3	6	9	12	15
SYNCHRO DEADLIFTS MALE: 60KG FEMALE: 40KG					
SYNCHRO HANGING KNEE RAISES					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	9	27	54	90	135

MOVEMENTS - REPS	18	21	24	27	30
SYNCHRO DEADLIFTS MALE: 60KG FEMALE: 40KG					
SYNCHRO HANGING KNEE RAISES					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	189	252	324	405	495

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GENDER O Male O Female	TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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