



EVENT 18.1

EVENT 18.1A - FOR TOTAL REPS / TOTAL TIME - 12MIN

MOVEMENTS - 0:00-2:00 (A)	1	2	3	4	5	MOVEMENTS - 2:00-4:00 (B)	1	2	3	4	5
9 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS						9 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS					
9 PULL UPS RX - STANDARD PULL UPS SCALED - JUMPING PULL UPS						9 PULL UPS RX - STANDARD PULL UPS SCALED - JUMPING PULL UPS					
POSSIBLE REPS	18	36	54	72	90	POSSIBLE REPS	18	36	54	72	90

MOVEMENTS - 4:00-6:00 (A)	1	2	3	4	5	MOVEMENTS - 6:00-8:00 (B)	1	2	3	4	5
15 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS						15 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS					
15 C2B PULL UPS SCALED - JUMPING PULL UPS						15 C2B PULL UPS SCALED - JUMPING PULL UPS					
POSSIBLE REPS	30	60	90	120	150	POSSIBLE REPS	30	60	90	120	150

MOVEMENTS - 8:00-10:00 (A)	1	2	3	4	5	MOVEMENTS - 10:00-12:00 (B)	1	2	3	4	5
21 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS						21 THRUSTERS RX - MALE: 42,5 KGS FEMALE: 30 KGS SCALED - MALE: 30 KGS FEMALE: 25 KGS					
21 BAR MUSCLE UPS SCALED - JUMPING PULL UPS						21 BAR MUSCLE UPS SCALED - JUMPING PULL UPS					
POSSIBLE REPS	42	84	126	168	210	POSSIBLE REPS	42	84	126	168	210

EVENT 18.1B - FOR MAX WEIGHT

MOVEMENTS - 12:00-14:00	ATTEMPTS	MOVEMENTS - 14:00-16:00 (B)	ATTEMPTS
1 RM SNATCH PARTNER A		1 RM SNATCH PARTNER B	

**YOUR EVENT 18.1A SCORE:
FOR TOTAL REPS**

**YOUR EVENT 18.1B SCORE:
FOR MAX TOTAL WEIGHT**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED
Partners must switch after each 2 Minute segment.

SCORE IS DETERMINED BY THE MAX WEIGHT FOR BOTH ATHLETES
Each athlete will have 2minutes to find their 1RM Snatch

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