



Q3

PART A & PART B

PART A - FOR TIME / TIME CAP: 10MIN

MOVEMENT	TIME COMPLETED
1000M ROW	

**YOUR PART A SCORE:
FOR TIME**

PART B - TOTAL REPS COMPLETED / AMRAP IN REMAINING TIME

MOVEMENT	1	2	3	4	5	6	7
4 HSPU							
8 DEADLIFT INDIVIDUALS - MALE: 100KG FEMALE: 60KG MASTERS - MALE: 70KG FEMALE: 40KG							
12 BOX JUMP OVERS MALE: 24IN FEMALE: 20IN							
POSSIBLE REPS	24	48	72	96	120	144	168

**YOUR PART B SCORE:
FOR TOTAL REPS**

DIVISION
 Individuals Masters 40+

SCORE IS DETERMINED BY THE TIME TO COMPLETE PART A BUY IN ROW AND FOR PART B TOTAL REPS COMPLETED

GENDER <input type="radio"/> Male <input type="radio"/> Female	ATHLETE NAME X	ATHLETE SIGNATURE X	JUDGE INITIALS X
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