

ADVANCED / JUNIOR ATHLETES



QUALIFIER WOD 2

MAY 1, 2022 - JUNE 15, 2022

QUALIFTER 2A - FOR TIME / TIME CAP: 12WMIN

MOVEMENTS	COMPLETED REPS	POSSIBLE
25 WALL BALLS MALE: 9KG FEMALE: 6KG		25
5 TOES TO BAR		30
25 WALL BALLS MALE: 9KG FEMALE: 6KG		55
10 TOES TO BAR		65
25 WALL BALLS MALE: 9KG FEMALE: 6KG		90
15 TOES TO BAR		105
25 WALL BALLS MALE: 9KG FEMALE: 6KG		130
15 PULL UPS		145
25 WALL BALLS MALE: 9KG FEMALE: 6KG		170
10 PULL UPS		180
25 WALL BALLS MALE: 9KG FEMALE: 6KG		205
5 PULL UPS		210

QUALIFTER 2B - FOR TOTAL REPS / IN REMAINING TIME

MOVEMENTS	REPS COMPLETED
HSPU ABMAT (KIPPING ALLOWED)	

YOUR QUALIFIER WOD 2A SCORE:
FOR TIME

YOUR QUALIFIER WOD 2B SCORE:
FOR TOTAL REPS

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

ATHLETE NAME X	DIVISION O 16-17 O 18-34 O 35+ O 40+ O 50+	GENDER O Male O Female	ATHLETE SIGNATURE X	JUDGE INT.
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