



QUALIFIER WOD 2

NEED FOR SPEED

FOR TIME – TIMECAP 12 MIN

50	CAL ROW	
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10	SYNC T2B	
10	SYNC POWER SNATCH 50/35 KG	
30	DOUBLE UNDERS EACH	

10	SYNC T2B	
10	SYNC POWER SNATCH 50/35 KG	
20	DOUBLE UNDERS EACH	

10	SYNC T2B	
10	SYNC POWER SNATCH 50/35 KG	
10	CROSSOVERS EACH	

SCORE

If not completed: write down number of completed reps

TEAM	DIVISION 0 18+ 0 70+ 0 90+	
Athletes	Judge Name	
Signatures	Judge Signature	



QUALIFIER WOD 2

NEED FOR SPEED

FOR TIME – TIMECAP 12 MIN

50	CAL ROW	
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20	SYNC KNEE RAISES	
10	SYNC POWER SNATCH 40/25 KG	
75	SINGLE UNDERS EACH	

20	SYNC KNEE RAISES	
10	SYNC POWER SNATCH 40/25 KG	
50	SINGLE UNDERS EACH	

20	SYNC KNEE RAISES	
10	SYNC POWER SNATCH 40/25 KG	
25	SINGLE UNDERS EACH	

SCORE

If not completed: write down number of completed reps

TEAM

Athletes

Signatures

DIVISION

0 Juniors 0 18+ 0 70+ 0 90+

Judge Name

Judge Signature