



# QUALIFIER WOD 1

ONE TEAM OR NO TEAM

FOR MAX LOAD & FOR TIME– RUNNING CLOCK 22 MIN

|           | 1 RM BACK SQUAT |           |           |
|-----------|-----------------|-----------|-----------|
|           | ATTEMPT 1       | ATTEMPT 2 | ATTEMPT 3 |
| ATHLETE A |                 |           |           |
| ATHLETE B |                 |           |           |

**TOTAL SCORE 1A**  
Highest successful attempt of both Athletes

|            |                                      |  |  |
|------------|--------------------------------------|--|--|
| <b>50</b>  | ELITE<br>RX<br>ADVANCED<br>SCALED/JR | BAR MUSCLE UPS<br>CHEST 2 BAR PULL UPS<br>PULL UPS<br>RING ROWS  |  |
| <b>100</b> | ELITE<br>RX<br>ADVANCED<br>SCALED/JR | BOX JUMP OVERS<br>BOX JUMP OVERS<br>BOX JUMP OVERS<br>STEP OVERS |  |
| <b>150</b> | ELITE<br>RX<br>ADVANCED<br>SCALED/JR | WALL BALLS   |  |

**SCORE 1B**

If completed: write down time of running clock  
If not completed: write down number of completed reps

|                         |   |  |
|-------------------------|---|--|
| <b>TEAM</b> .....       | <b>DIVISION</b> 0 Juniors 0 18+ 0 70+ 0 90+ |  |
| <b>Athletes</b> .....   | <b>Judge Name</b> .....                     |  |
| <b>Signatures</b> ..... | <b>Judge Signature</b> .....                |  |