



EVENT 17.1b

FOR REPS / TIME CAP: 8 MINUTES

MOVEMENTS	1	2	3	4	5	6	7	8	9	10	11
2 POWER CLEAN MALE: 60KG FEMALE: 40KG											
4 ALT: FRONTRACK LUNGES MALE: 60KG FEMALE: 40KG											
8 BAR FACING BURPEES											
POSSIBLE REPS	14	28	42	56	70	84	98	112	126	140	154

MASTERS WEIGHTS: 60/40 MASTERS+ WEIGHTS: 40/30 SCALED IS A DIFFERENT SCORESHEET

YOUR FINAL SCORE:
FOR TOTAL REPS

SCORE IS DETERMINED BY THE TOTAL AMOUNT OF REPS COMPLETED

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE