



# EVENT 17.3

TIME CAP: 20 MINUTES

MOVEMENTS	1	2	3	4	5	6	7	8
Alternating Dumbbell Sntach MALE: 25kg FEMALE: 15kg	27	24	21	18	15	12	9	6
Handstand Pushup	6	9	12	15	18	21	24	27
POSSIBLE REPS	33	66	99	132	165	198	231	264

INDIVIDUAL AND MASTER USE THE SAME WEIGHT, MASTER+ WILL USE 20/10 kg - SCALED IS A DIFFERENT SCORESHEET

EVENT FINISHED

YOUR FINAL SCORE:  
TIME

CAPPED

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS  
EVERY MISSED REP WILL RESULT IN 1 SECOND ADDED TO THE TIMECAP

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

JUDGE SIGNATURE