



SCORESHEET QWOD 1A-1B

DESCRIPTION, STANDARDS, WEIGHTS, ETC:

[link](#)

VIDEO:

[link](#)

RX Male

QWOD 1A-1B

15 min TC, AMRAP:

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
20 T2B		20
40 Double Under		60
10 Clean		70
20 T2B		90
40 Double Under		130
8 Clean		138
20 T2B		158
40 Double Under		198
6 Clean		204
20 T2B		224
40 Double Under		264
4 Clean		268
Tie Break TIME OR REPS:		
20 T2B		288
40 Double Under		328
Max. Clean		
TOTAL REPS:		

Weighs:

35+, 40+ 70, 80, 90,, 100, 120 kg

45+ 60, 70, 80, 90, 110 kg

50+ 55, 65, 75, 85, 100 kg

55+, 60+ 45, 55, 65, 75, 90 kg

ATHLETE NAME

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JUDGE INITIALS

SC Male

QWOD 1A-1B

15 min TC, AMRAP:

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
20 T2B		20
60 Simple Under		80
10 Clean		90
20 T2B		110
60 Simple Under		170
8 Clean		178
20 T2B		198
60 Simple Under		258
6 Clean		264
20 T2B		284
60 Simple Under		344
4 Clean		348
Tie Break TIME OR REPS:		
20 T2B		368
60 Simple Under		428
Max. Clean		
TOTAL REPS:		

Weighs:

35+, 40+ 60, 70, 80, 90, 110 kg

45+, 50+ 45, 55, 65, 75, 90 kg

55+, 60+ 35, 40, 45, 50, 65 kg

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RX Female

QWOD 1A-1B

15 min TC, AMRAP:

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
15 T2B		15
40 Double Under		55
10 Clean		65
15 T2B		80
40 Double Under		120
8 Clean		128
15 T2B		143
40 Double Under		183
6 Clean		189
15 T2B		204
40 Double Under		244
4 Clean		248
Tie Break TIME OR REPS:		
15 T2B		263
40 Double Under		303
Max. Clean		
TOTAL REPS:		

Weighs:

35+, 40+ 45, 50, 55, 60, 80 kg

45+ 40, 45, 50, 55, 75 kg

50+, 35, 40, 45, 50, 65 kg

55+, 60+ 30, 35, 40, 45, 60 kg

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SC Female

QWOD 1A-1B

15 min TC, AMRAP:

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
15 T2B		15
60 Simple Under		75
10 Clean		85
15 T2B		100
60 Simple Under		160
8 Clean		168
15 T2B		183
60 Simple Under		243
6 Clean		249
15 T2B		264
60 Simple Under		324
4 Clean		328
Tie Break TIME OR REPS:		
15 T2B		343
60 Simple Under		403
Max. Clean		
TOTAL REPS:		

Weighs:

35+, 40+ 35, 40, 45, 50, 65 kg

45+, 50+ 30, 35, 40, 45, 60 kg

55+, 60+ 20, 25, 30, 35, 45 kg

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