



EQ 20.2 SCORECARD

(Elite M&W/35+/40+/45+/U21/
Elite Teams/Males Teams)

Monday Jan. 20th, through 22:00 Cairo Time
GMT+2, Monday Jan. 27th

Score of EQ20.A (0-8 Minutes)	
20 Snatches	20
20 Toes to bar	40
20 Snatches	60
20 Toes to bar	80
10 Snatches	90
10 Ring Muscle Ups	100
10 Snatches	110
10 Ring muscle ups	120
TOTAL SCORE (Time or Reps)	

Total Score of EQ20.2B (8-14 Minutes)	
1 Rep Max Squat Clean + Hang Squat Clean + Jerk	

Time Cap: 14 Minutes (running clock)

❖ EQ20.2A: From 0-8 mins, complete the following for time

- 20 Snatches
- 20 Toes to Bar
- 20 Snatches
- 20 Toes to bar
- 10 Snatches
- 10 Ring Muscle Ups
- 10 Snatches
- 10 Ring Muscle Ups

❖ EQ20.2B: From 8-14 mins, establish a 1RM of the following Complex:

Squat Clean + Hang Squat Clean + Jerk

Equipment: For weights conversion check motion standards.

Important notes:

Athlete **cannot** have assistance when changing plates

Workout is scored as 2 separate events, part A is your time to complete all of the reps or reps completed at the 8 mins mark, part B is your total KG lifted in the complex

Judge Name:

Judge Signature:

Athlete Name:

Division: