



## EQ20.3 SCORECARD

Thursday Jan. 30<sup>th</sup>, through Monday Jan. 3<sup>rd</sup>,  
22:00 Cairo Time GMT+2

Score of EQ20.3	
180 Double/Single Unders	180
45 CTB	225
45 Thrusters	270
<b>TOTAL SCORE (Time or Reps)</b>	

**Time Cap: 8 Minutes**

❖ EQ20.3:  
Complete the following for time

180 Double-Unders  
45 Chest To Bar Pull-Up  
45 Thrusters

**Variations**

❖ U18 B/G – Scaled M/W & Scaled Mixed Teams will perform Single Unders instead of DU and Chin Over Bar Pull-Ups instead of Chest To Bar

**Weights:**

❖ M/W Elite - 35+ - 40+ - 45+ - U21- Elite Teams - Males  
Teams:  
Total Bar Weight:  
42.5kg/30kgs

❖ U18 B/G – Scaled M/W Scaled Mixed Team:  
Total Bar Weight: 35kg/25Kgs

Judge Name:

Judge Signature:

Athlete Name:

Division:

Facility Name :

Athlete Signature:

Equipment Partner:

Technical Partner:

Organized By:



**PREPARED.**

