



# EQ21.2 SCORECARD

Presented by:



(Men/Women Elite - 35+ - 40+ - U22)

FRIDAY, Sept.10, THROUGH 20:00 GMT, MONDAY, Sept. 20

## WORKOUT EQ21.2

**Time Cap: 14 mins running clock**

**EQ21.2A: From 0-8 mins, complete the following for time**

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

**EQ21.2B: From 8-14 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 the reps or reps completed at the 8 mins mark, part B is your total KG lifted in the comple

Score of EQ21.2A From Minute 00:00 To 08:00	
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
<b>TOTAL SCORE (Time or Reps)</b>	

Score of EQ21.2B From Minute 08:00 to 14:00	
<b>1 Rep Max.</b> Squat Clean + Hang Squat Clean + Jerk	

## Divisions

Elite		Masters 35+		Masters 40+		Juniors U22	
M	W	M	M	M	W	M	W

Athlete Name	Athlete Signature	Judge Name	Judge Signature

Organized by:



Technical Partner:



Main Partner:

