



EQ21.2 SCORECARD



(Men/Women Scaled - 45+ - U19)
(Males Teams - Scaled Mixed Teams)

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 Toes to Bar
- 10 Snatches
- 10 Toes to Bar

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 Toes to Bar	100
10 Snatches	110
10 Toes to Bar	120
TOTAL SCORE (Time or Reps)	

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

Divisions

Scaled		Masters 45+		Youth U19		Teams	
M	W	M	M	M	W	Males	Mixed

Athlete Name	Athlete Signature	Judge Name	Judge Signature

Organized by:



Technical Partner:



Main Partner:

