

ALL DIVISIONS

On an 11:00 Running clock

“24.2 Part A”

AMRAP 5:00 (0:00-5:00)

**30 Double Unders
10 Power Snatches**

1 min Rest

“24.2 Part B”

**In the remaining 5 Minutes
Window (6:00-11:00)**

Find 1 Rep Max Snatch

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
30 DOUBLE / SINGLE UNDERS	30	70	110	150	190
10 POWER SNATCH	40	80	120	160	200

1 RM SNATCH	
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**BARBELL WEIGHT: MEN/WOMEN ELITE. INTERMEDIATE.
U19. U21. MEN M35+ . M40+: (45/ 30KGS)
MEN/WOMEN SCALED . U17. SCALED M35+: (40/ 25KGS)**

Athlete name: _____ **REPS** _____

Test Location: _____ **Judge:** _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

ROOKIES

**As many rounds as possible in
5 minutes of:**

**30 Lateral bar hops
10 low Hang Power Snatches**

BARBELL WEIGHT: 20/15kgs

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
30 Lateral bar hops	30	70	110	150	190
10 Low Hang Power Snatches	40	80	120	160	200

Athlete name: _____

REPS _____

Test Location: _____

Judge: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

Technical Partner



Event organized by

