

# THE BATTLE OF AMSTERDAM

## QUAL 19.2A & B

MARCH 29, 21 CET - APRIL 8, 23.59 CET

**19.2A + B = 19.2A - EMOM / TIME CAP: 16MIN - MALE 1 / FEMALE 1**

0:00-2:00 - PARTNER 1		REPS COMPLETED	2:00-4:00 - PARTNER 2		REPS COMPLETED
12 CALORIE ROW			12 CALORIE ROW		
MAX BURPEES BURPEES OVER THE ROWER			MAX BURPEES BURPEES OVER THE ROWER		
<b>TOTAL REPS</b>			<b>TOTAL REPS</b>		
4:00-6:00 - PARTNER 1		REPS COMPLETED	6:00-8:00 - PARTNER 2		REPS COMPLETED
12 CALORIE ROW			12 CALORIE ROW		
MAX BURPEES BURPEES OVER THE ROWER			MAX BURPEES BURPEES OVER THE ROWER		
<b>TOTAL REPS</b>			<b>TOTAL REPS</b>		
8:00-10:00 - PARTNER 1		REPS COMPLETED	10:00-12:00 - PARTNER 2		REPS COMPLETED
12 CALORIE ROW			12 CALORIE ROW		
MAX BURPEES BURPEES OVER THE ROWER			MAX BURPEES BURPEES OVER THE ROWER		
<b>TOTAL REPS</b>			<b>TOTAL REPS</b>		
12:00-14:00 - PARTNER 1		MAX WEIGHT ACHIEVED	14:00-16:00 - PARTNER 2		MAX WEIGHT ACHIEVED
FIND 1RM SNATCH			FIND 1RM SNATCH		
<b>MAX WEIGHT SNATCH</b>			<b>MAX WEIGHT SNATCH</b>		
<b>YOUR QUALIFIER 19.2A SCORE: FOR TOTAL REPS</b>			<b>YOUR QUALIFIER 19.2B SCORE: FOR TOTAL WEIGHT</b>		
<b>SCORE IS THE TOTAL REPS COMPLETED AND THE TOTAL MAX WEIGHT OF BOTH ATHLETES</b>					
TEAM NAME			TEAM SIGNATURE		JUDGE INT.
X			X		

# THE BATTLE OF AMSTERDAM

## QUAL 19.2 C&D

MARCH 29, 21 CET - APRIL 8, 23.59 CET

**19.2C + D = 19.2B - EMOM / TIME CAP: 16MIN - MALE 2 / FEMALE 2**

0:00-2:00 - PARTNER 3		REPS COMPLETED	2:00-4:00 - PARTNER 4		REPS COMPLETED
12 BURPEES OVER THE ROWER			12 BURPEES OVER THE ROWER		
MAX CAL ROW			MAX CAL ROW		
TOTAL REPS			TOTAL REPS		
4:00-6:00 - PARTNER 3		REPS COMPLETED	6:00-8:00 - PARTNER 4		REPS COMPLETED
12 BURPEES OVER THE ROWER			12 BURPEES OVER THE ROWER		
MAX CAL ROW			MAX CAL ROW		
TOTAL REPS			TOTAL REPS		
8:00-10:00 - PARTNER 3		REPS COMPLETED	10:00-12:00 - PARTNER 4		REPS COMPLETED
12 BURPEES OVER THE ROWER			12 BURPEES OVER THE ROWER		
MAX CAL ROW			MAX CAL ROW		
TOTAL REPS			TOTAL REPS		
12:00-14:00 - PARTNER 3		MAX WEIGHT ACHEIVED	14:00-16:00 - PARTNER 4		MAX WEIGHT ACHEIVED
FIND 1RM SNATCH			FIND 1RM SNATCH		
MAX WEIGHT SNATCH			MAX WEIGHT SNATCH		
YOUR QUALIFIER 19.2A SCORE: FOR TOTAL REPS			YOUR QUALIFIER 19.2B SCORE: FOR TOTAL WEIGHT		
<b>SCORE IS THE TOTAL REPS COMPLETED AND THE TOTAL MAX WEIGHT OF BOTH ATHLETES</b>					
TEAM NAME			TEAM SIGNATURE		JUDGE INT.
X			X		