



SCORE SHEET

Deadline: 11 November 2018 @23:59 (South African Time)

CrossFit FICT

QUALIFIER 19.1
15 min AMRAP

ATHLETE NAME

GENDER

M / F

JUDGE NAME

19.1 Q - WOD 1 (AMRAP)

Time after last completed set of Burpees

		1st Round	2nd Round	
50	CALORIE ROW			Time: <input type="text"/>
10	BURPEE OVER THE ROWER	_____	_____	
		60 reps	260 reps	
40	WALL BALL			Time: <input type="text"/>
10	BURPEE OVER THE ROWER	_____	_____	
		110 reps	310 reps	
30	DEADLIFTS			Time: <input type="text"/>
10	BURPEE OVER THE ROWER	_____	_____	
		150 reps	350 reps	
20	HAND STAND PUSH UPS			Time: <input type="text"/>
10	BURPEE OVER THE ROWER	_____	_____	
		180 reps	380 reps	
10	THRUSTERS			Time: <input type="text"/>
10	BURPEE OVER THE ROWER	_____	_____	
		200 reps	400 reps	

Score - Total No. of Repetitions

SCORE SUBMISSION

1. Register at: <https://www.fittestincape town.com>
2. Log into <https://www.capturefit.co.za>
3. Select workout
4. Key in final score and provide video link (applicable for individuals)

Tie Breaker:

Time

Time after last completed set of Burpees

NOTES

Pay attention to Video Requirements

All Individuals aiming to qualify for the main event in 2019, must submit a score with a valid video link

EQUIPMENT NOTES:

CONCEPT 2 ROWERS ONLY

WALL BALLS 20 lbs for Male
14 lbs for Female

KG weights - Minimum of 9 kg for Males
KG weights - Minimum of 6 kg for Males

DEADLIFTS 135 lbs for Male
95 lbs for female

KG weights - Minimum of 61 kg for Males
KG weights - Minimum of 43 kg for Males

HAND STAND PUSH UPS

as per standards issued by FICT

THRUSTERS 135 lbs for Male
95 lbs for female

KG weights - Minimum of 61 kg for Males
KG weights - Minimum of 43 kg for Males

MOVEMENT STANDARDS, DESCRIPTIONS & REQUIREMENTS - PLEASE LOG ONTO <https://www.fittestincape town.com>

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