



SCORE SHEET

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

**CrossFit FICT**

**QUALIFIER 19.2**  
**7min AMRAP**

**ATHLETE NAME**

**GENDER**

M / F

**JUDGE NAME**

**19.2 Q - WOD 2 (AMRAP)**

↓	<b>5</b>	<b>TOES TO BAR</b>	1 Round (15 reps)	6 Rounds (90 reps)	11 Rounds (165 reps)
	<b>4</b>	<b>CHEST TO BAR PULL UPS</b>	2 Rounds (30 reps)	7 Rounds (105 reps)	12 Rounds (180 reps)
	<b>3</b>	<b>HANG SQUAT CLEANS</b>	3 Rounds (45 reps)	8 Rounds (120 reps)	13 Rounds (195 reps)
	<b>2</b>	<b>FRONT SQUATS</b>	4 Rounds (60 reps)	9 Rounds (135 reps)	14 Rounds (210 reps)
	<b>1</b>	<b>SHOULDER TO OVER HEAD</b>	5 Rounds (75 reps)	10 Rounds (150 reps)	15 Rounds (225 reps)

<b>Score - Total No. of Repetitions</b>	<input style="width: 180px; height: 40px;" type="text"/>
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- SCORE SUBMISSION**
1. Register at: <https://www.fittestincapestown.com>
  2. Log into <https://www.capturefit.co.za>
  3. Select workout
  4. Key in final score and provide video link (applicable for individuals)

**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:**

<p>HANG SQUAT CLEANS</p> <p>FRONT SQUATS</p> <p>SHOULDER TO OVER HEAD</p>	<p>155 lbs for Male 105 lbs for female</p> <p>155 lbs for Male 105 lbs for female</p> <p>155 lbs for Male 105 lbs for female</p>	<p>KG weights - Minimum of 70 kg for Males KG weights - Minimum of 48 kg for Males</p> <p>KG weights - Minimum of 70 kg for Males KG weights - Minimum of 48 kg for Males</p> <p>KG weights - Minimum of 70 kg for Males KG weights - Minimum of 48 kg for Males</p>
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MOVEMENT STANDARDS, DESCRIPTIONS & REQUIREMENTS - PLEASE LOG ONTO <https://www.fittestincapestown.com>

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