



SCORE SHEET

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

**CrossFit FICT**

**QUALIFIER 19.3 A & B  
on a 14min Total Time**

<b>ATHLETE NAME</b>	<b>GENDER</b>	<b>JUDGE NAME</b>
	M / F	

**19.3A Q - WOD 3A - 2 x Rounds for Time**

*Part A has a 12min TIME CAP*

1st ROUND (180 Reps)		2nd ROUND (360 Reps)	
21	DUMBBELL SNATCHES (ALTERNATING)	21	DUMBBELL SNATCHES (ALTERNATING)
150	DOUBLE UNDERS <span style="float: right;">Time: <input style="width: 100px;" type="text"/></span>	150	DOUBLE UNDERS <span style="float: right;">Time: <input style="width: 100px;" type="text"/></span>
9	RING MUSCLE UPS	9	RING MUSCLE UPS
		<b>TIME</b>	<input style="width: 150px;" type="text"/>

Score is finishing time - every unfinished rep will be added as 1 second to the 12 min cap

<b>TIE BREAKER</b>	Time <input style="width: 150px;" type="text"/>
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Time after last completed set of 150 double unders

**19.3B Q - WOD 3B - IN REMAINING of 14 MIN TOTAL TIME**

<b>1 RM SNATCH</b>	<b>WEIGHT</b>
	<input style="width: 150px;" type="text"/>

Score is loaded in LBS

**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  
 Score is finishing time - every unfinished rep will be added as 1 second to the 12 min cap

**EQUIPMENT NOTES:**

DUMBBELL	50 lbs for Male	KG weights - Minimum of 22,5kg for Males
	35 lbs for Female	KG weights - Minimum of 15 kg for Males

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

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