

	CATEGORY	TEAM NAME
	QUALIFIER WOD 1 TEAM REGULAR MW - MASTER 80 MW	

For TIME 18' TC

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL SYNCHRO (KG)	TOES TO BAR SYNCHRO
REGULAR MM	15	22.5	✓
REGULAR MW	15/12	22.5 / 15	✓
MASTER 80 MW	15/12	22.5 / 15	✓

ROWERG CALORIES A+B		SYNCHRO RIGHT ARM DUMBBELL HANG CLEAN&JERK		SYNCHRO LEFT ARM DUMBBELL HANG CLEAN&JERK		SYNCHRO TOES TO BAR	
15		12		9		9	
15		12		12		12	
15		12		15		15	
15		12		18		18	
15		12		21		21	
RUN OVER THE LINE							

TIME	
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	CATEGORY	TEAM NAME
	QUALIFIER WOD 1 TEAM REGULAR MM	

For TIME 18' TC

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL SYNCHRO (KG)	TOES TO BAR SYNCHRO
REGULAR MM	15	22.5	✓
REGULAR MW	15/12	22.5 / 15	✓
MASTER 80 MW	15/12	22.5 / 15	✓

ROWERG CALORIES A+B		SYNCHRO RIGHT ARM DUMBBELL HANG CLEAN&JERK	SYNCHRO LEFT ARM DUMBBELL HANG CLEAN&JERK	SYNCHRO TOES TO BAR
15	15	9	9	9
15	15	12	12	12
15	15	15	15	15
15	15	18	18	18
15	15	21	21	21

RUN OVER THE LINE

TIME	
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	CATEGORY	TEAM NAME
QUALIFIER WOD 1 TEAM BEGINNER MM	For TIME 18' TC	

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL SYNCHRO (KG)	TOES TO RING FOR EACH ATHLETE
BEGINNER MM	15	15	9,12,15,18,21
BEGINNER MW	15/12	15 / 10	9,12,15,18,21
BEGINNER WW	12	10	9,12,15,18,21

ROWERG CALORIES A+B		SYNCHRO RIGHT ARM DUMBBELL HANG CLEAN&JERK	SYNCHRO LEFT ARM DUMBBELL HANG CLEAN&JERK	AHTLETE A TOES TO RING	AHTLETE B TOES TO RING
15		9		9	
15		12		12	
15		15		15	
15		18		18	
15		21		21	

RUN OVER THE LINE	
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TIME	
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	CATEGORY	TEAM NAME
QUALIFIER WOD 1 TEAM BEGINNER MW	For TIME 18' TC	

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL SYNCHRO (KG)	TOES TO RING FOR EACH ATHLETE
BEGINNER MM	15	15	9,12,15,18,21
BEGINNER MW	15/12	15 / 10	9,12,15,18,21
BEGINNER WW	12	10	9,12,15,18,21

ROWERG CALORIES A+B		SYNCHRO RIGHT ARM DUMBBELL HANG CLEAN&JERK	SYNCHRO LEFT ARM DUMBBELL HANG CLEAN&JERK	AHTLETE A TOES TO RING	AHTLETE B TOES TO RING
15		12		9	
15		12		12	
15		12		15	
15		12		18	
15		12		21	

RUN OVER THE LINE	
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TIME	
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	CATEGORY	TEAM NAME
QUALIFIER WOD 1 TEAM BEGINNER WW	For TIME 18' TC	

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL SYNCHRO (KG)	TOES TO RING FOR EACH ATHLETE
BEGINNER MM	15	15	9,12,15,18,21
BEGINNER MW	15/12	15 / 10	9,12,15,18,21
BEGINNER WW	12	10	9,12,15,18,21

ROWERG CALORIES A+B	SYNCHRO RIGHT ARM DUMBBELL HANG CLEAN&JERK	SYNCHRO LEFT ARM DUMBBELL HANG CLEAN&JERK	ATHLETE A TOES TO RING	ATHLETE B TOES TO RING
12 12	9	9	9	9
12 12	12	12	12	12
12 12	15	15	15	15
12 12	18	18	18	18
12 12	21	21	21	21
RUN OVER THE LINE				

TIME	
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	CATEGORY	ATHLETE NAME
QUALIFIER WOD 1 INDY MEN		For TIME 18' TC

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL 2X (KG)	TOES TO BAR
ELITE	15/12	2X 22.5 2X 15	✓
REGULAR	15/12	2X 22.5 2X 15	✓
MASTER 35	15/12	2X 22.5 2X 15	✓
MASTER 40	15/12	2X 22.5	✓
MASTER 45	15/12	2X 22.5	✓

ROWERG CALORIES	DOUBLE DUMBBELL HANG CLEAN&JERK	TOES TO BAR
15	9	9
15	12	12
15	15	15
15	18	18
15	21	21
RUN OVER THE LINE		

TIME	
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	CATEGORY	ATHLETE NAME
QUALIFIER WOD 1 INDY WOMEN		For TIME 18' TC

WEIGHT & VARIATIONS (M/F)			
DIVISION	CALORIES	DUMBBELL 2X (KG)	TOES TO BAR
ELITE	15/12	2X 22.5 2X 15	✓
REGULAR	15/12	2X 22.5 2X 15	✓
MASTER 35	15/12	2X 22.5 2X 15	✓
MASTER 40	15/12	2X 22.5	✓
MASTER 45	15/12	2X 22.5	✓

ROWER G CALORIES

DOUBLE DUMBBELL HANG CLEAN&JERK
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TOES TO BAR

12

9

9

12

12

12

12

15

15

12

18

18

12

21

21

RUN OVER THE LINE

TIME	
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