



EVENT 2

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

BEG.

SET A **14 MINUTE** RUNNING CLOCK

PART A

FOR TIME (WITH A 14 MINUTE TIME CAP)

10-9-8-7-6-5-4-3-2-1

Synchronised Power Snatch (RX 35kg / Intermediate & Masters 30kg / Beginners 25kg)

Synchronised Bar Facing Burpees

	Synchro Power Snatch	Synchro Burpees	
10			20
9			38
8			54
7			68
6			80
5			90
4			98
3			104
2			108
1			110

TIME: _____

OR IF NOT FINISHED

TOTAL REPS: _____

PART B (IN TIME REMAINING OF THE 14 MINUTES) - FIND A 3-REP MAX OVERHEAD SQUAT (FRONT SQUAT FOR BEGINNERS)

Score is each athlete's heaviest lift combined

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
ATHLETE 1					
ATHLETE 2					

Athlete 1 heaviest successful lift: _____ **Athlete 2 heaviest successful lift:** _____

Combined Weight: _____