



# Qualifier Workout 2

(RX IND, RX MASTERS 35, RX MASTERS 40)

## DEEP ISABEL

30 SQUAT SNATCH

MEN USE 60Kg  
WOMEN USE 40Kg

## SCORE

COMPLETED TIME OR COMPLETED REPS IF NOT COMPLETED WITHIN THE 60 MINUTE TIME CAP:

Enter time as 00:MM:SS, for example, if you finished in 5 minutes 32 seconds, enter score as 00:05:32

### JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE BY:  
JUNE 20<sup>TH</sup> 10:00 PM CEST

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

SUBMIT SCORES AT [WWW.COMPETITIONCORNER.NET](http://WWW.COMPETITIONCORNER.NET)  
NEED SUPPORT? [SUPPORT@COMPETITIONCORNER.NET](mailto:SUPPORT@COMPETITIONCORNER.NET)



# Qualifier Workout 2

(RX MASTERS 45, RX  
MASTERS 50)

## NOT SO DEEP ISABEL

30 POWER SNATCH

MEN USE 50Kg  
WOMEN USE 35Kg

## SCORE

COMPLETED TIME OR COMPLETED REPS IF NOT COMPLETED WITHIN THE 60 MINUTE TIME CAP:

Enter time as 00:MM:SS, for example, if you finished in 5 minutes 32 seconds, enter score as 00:05:32

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# Qualifier Workout 2

(SCALED, SCALED  
MASTERS 35, SCALED  
MASTERS 40)

## NOT SO DEEP ISABEL

30 POWER SNATCH

MEN USE 50Kg  
WOMEN USE 35Kg

## SCORE

COMPLETED TIME OR COMPLETED REPS IF NOT COMPLETED WITHIN THE 60 MINUTE TIME CAP:

Enter time as 00:MM:SS, for example, if you finished in 5 minutes 32 seconds, enter score as 00:05:32

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# Qualifier Workout 2 (SCALED MASTERS 45, SCALED MASTERS 50)

## NOT SO DEEP ISABEL

30 POWER SNATCH

MEN USE 40Kg  
WOMEN USE 30Kg

## SCORE

COMPLETED TIME OR COMPLETED REPS IF NOT COMPLETED WITHIN THE 60 MINUTE TIME CAP:

Enter time as 00:MM:SS, for example, if you finished in 5 minutes 32 seconds, enter score as 00:05:32

### JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

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