



# QUALIFICATION 2016

- (A)** 7 min. to complete:

9-15-21 of:

  - GTO (ground to overhead)
  - CH2B (chest to bar)
  - /PU (pull ups)

**(B)** + 4min 2rep max cluster

Elite Men.....70 Kg + CH2B	Masters Men.....60 Kg + CH2B	Open Men.....50 Kg + PU
Elite Women.....45 Kg + CH2B	Master Women.....35 Kg + PU	Open Women..... 25 Kg + PU

	9	15	21
GTO			
CH2B/ pull-ups			

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Time/score

2 rep max cluster  
your confirmed weight in kilograms

Athlete name: \_\_\_\_\_

Gym: \_\_\_\_\_