



# W O D 19.2

SATURDAY 31 AUGUST -  
FRIDAY 13 SEPTEMBER

**FOR TIME THEN REPS / TIME CAP: 8MIN**

MOVEMENTS	REPS COMPLETED	POSS
<b>15 CLEAN AND JERKS</b> ELITE / TEAM - MALE: 60KG      FEMALE: 40KG RX / MASTERS - MALE: 40KG      FEMALE: 30KG		<b>15</b>
<b>15 CLEAN AND JERKS</b> ELITE / TEAM - MALE: 80KG      FEMALE: 55KG RX / MASTERS - MALE: 60KG      FEMALE: 40KG		<b>30</b>
<b>15 CLEAN AND JERKS</b> ELITE / TEAM - MALE: 100KG      FEMALE: 65KG RX / MASTERS - MALE: 80KG      FEMALE: 55KG		<b>45</b>

**YOUR WOD 19.2 SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TIME COMPLETE THE REPS OR REPS COMPLETED BEFORE CAP**

GENDER <input type="radio"/> Male <input type="radio"/> Female		DIVISION <input type="radio"/> Elite <input type="radio"/> Rx <input type="radio"/> Masters <input type="radio"/> Team		
ATHLETE / TEAM NAME X	AFFILIATE NAME X	ATHLETE / TEAM SIGNATURE X	JUDGE INT.	