



W O D 19.2

SATURDAY 31 AUGUST -
FRIDAY 13 SEPTEMBER

FOR TIME THEN REPS / TIME CAP: 8MIN

MOVEMENTS	REPS COMPLETED	POSS
<p>30 CLEAN AND JERKS <small>MALE: 50KG FEMALE: 35KG</small></p>		<p>30</p>

**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	ATHLETE NAME X	AFFILIATE NAME X	ATHLETE SIGNATURE X	JUDGE INT.
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