



ONLINE - 2019

Name: _____

Age Bracket: _____

Division: _____

MHQ 19.1

20 min on the clock

PART A – For Time

- 25 Power Cleans
- 10 Wall Balls
- 20 Power Cleans
- 20 Wall Balls
- 15 Power Cleans
- 30 Wall Balls
- 10 Power Cleans
- 40 Wall Balls
- 5 Power Cleans
- 50 Wall Balls

30-49 Years

Clean: RX 40/30kg – Open 30/20kg

Wall Ball: Both - 9/6kg to 10/9ft

50-59 Years

Clean: Both - 30/20kg

Wall Ball: RX 9/6kg to 10/9ft

Open 6/3kg to 10/9ft

60+ Years

Clean: RX 30/20kg – Open 20/15kg

Wall Ball: RX 6/3kg to 10/9ft

Open 3/3kg to 9ft

	Completed	Total
Power Clean	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	25
Wall Ball	1 2 3 4 5 6 7 8 9 10	35
Power Clean	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	55
Wall Ball	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	75
Power Clean	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	90
Wall Ball	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	120
Power Clean	1 2 3 4 5 6 7 8 9 10	130
Wall Ball	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40	170
Power Clean	1 2 3 4 5	175
Wall Ball	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50	225

**** CIRCLE FINAL REP IF NOT COMPLETE ** Finish Time:** _____

PART B – In Remaining Time

Max Weight Hang Clean (any style)

19.1A – Time OR Reps Complete _____

19.1B – Weight Lifted _____

Judge Signature: _____

Athlete Signature: _____