



SEMI FINALS - 2019

Name: _____

Age Bracket: _____

Division: _____

EVENT 1

22 min on the clock

PART A – 2k Row

2k Row Finish Time: _____

PART A – For Time

2km Row

PART B – 100 Devil Press

- straight in to (no rest) -

PART B – For Time

100 Devils Press

30-49 Years

15/10kg DBs

50-60+ Years

10/5kg DBs

SCORING

Part A score: 2km Row time

Part B score: Total time after 100 Devils Press
are complete

If CAP is reached, score is time plus reps
COMPLETED

| | Completed | | | | | | | | | |
|-----------------|-----------|----|----|----|----|----|----|----|----|-----|
| Devils Press | 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 |
| | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |

**** CIRCLE FINAL REP IF NOT COMPLETE ****

Devil Press Finish Time: _____

EVENT 1A – Time _____

EVENT 1B – Time OR Reps COMPLETED _____

Judge Signature: _____

Athlete Signature: _____