



# SEMI FINALS - 2019

Name: \_\_\_\_\_

Age Bracket: \_\_\_\_\_

Division: \_\_\_\_\_

## EVENT 2

**8 mins total**  
**(2 min/station, 1 min rest)**

STRICT PRESS	Attempts
Weight	
Success?	

### **Crossfit Total**

- 1RM Strict Press
- 1RM Back Squat
- 1RM Deadlift

Score is total weight of max lifts

Strict Press Max Weight: \_\_\_\_\_

BACK SQUAT	Attempts
Weight	
Success?	

Back Squat Max Weight: \_\_\_\_\_

0-2 min  
Load bar from empty, strict press attempts

2-3 min  
Deload to empty bar

3-5 min  
Load bar from empty, back squat attempts

5-6 min  
Deload to empty bar

6-8 min  
Load bar from empty, deadlift attempts

DEADLIFT	Attempts
Weight	
Success?	

Deadlift Max Weight: \_\_\_\_\_

**EVENT 2 – Total Weight Lifted** \_\_\_\_\_

Judge Signature: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_