



# EMT18.3-18.4q „S.O.S.” RX

Part 1 (00:00-04:00), For time:

MOVEMENTS	SNATCH COMPLETED
1RM MAX SNATCH	

Then @ the 4 minute mark: Part 2 (04:00-12:00), AMRAP 8 min

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE	REPS COMPLETED	REPS POSSIBLE
15 deadlift		15		123
12 C2B		27		135
9 hang snatch		36		144
15 deadlift		51		159
12 C2B		63		171
9 hang snatch		72		180
15 deadlift		87		195
12 C2B		99		207
9 hang snatch		108		216

YOUR FINAL SCORE **REPS**

Then @ the 12 minute mark: Part 1 again (12:00-16:00), For time:

MOVEMENTS	SNATCH COMPLETED
1RM MAX SNATCH	

YOUR FINAL SCORE **WEIGHTS**

GENDER

- MALE  
 FEMALE

DIVISION

- 35 - 39  40 - 44  45 - 49  50 - 54  55 - 59  60 +

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE INITIALS