



EMT18.3-18.4q „S.O.S.” Scaled

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 PU		27		135
9 g2oh		36		144
15 deadlift		51		159
12 PU		63		171
9 g2oh		72		180
15 deadlift		87		195
12 PU		99		207
9 g2oh		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