



# The European Championships 17.1



## Double Impact!

### Part A = For Time

**\*16 Minute Time Cap**

Round	<b>3 Front Squats</b> <i>Rx: 90/60 kg</i> <i>Masters: 60/40 kg</i> <i>Scaled: 40/30 kg</i> <i>Teens: 40/30 kg</i>	<b>6 Snatches</b> <i>Barbell Weight:</i> _____ kg	<b>9 Deadlifts</b> <i>Rx: 90/60 kg</i> <i>Masters: 60/40 kg</i> <i>Scaled: 40/30 kg</i> <i>Teens: 40/30 kg</i>	<b>12 HSPUs</b> <i>Scaled to perform Push Press:</i> <i>40/30 kg</i> <i>Teens to perform Push Press:</i> <i>20/15 kg</i>
1				
2				
3				
4				
5				

Time = \_\_\_\_\_

Or Reps @ 16:00 = \_\_\_\_\_ *\*Any remaining reps are added to the time cap, one rep equalling one second for Part A*

Score = \_\_\_\_\_

### Part B = Snatch Power Output (kg)

Score = Snatch Reps X Barbell Weight (eg. 30 Reps @ 80 kgs = 30 x 80 = 2,400 kg)

Barbell Snatch Weight = \_\_\_\_\_ kg

Total Snatch Reps = \_\_\_\_\_

Score = \_\_\_\_\_ kg

Please Circle:

Athlete Name:

Athlete Signature:

Judge Name:

**Rx**  
**Masters**  
**Scaled**  
**Teens**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_