

[INFO] Online Qualifier Scoring



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- [Description of test scoring for 2020 Online Qualifier](#)

Tests Descriptions

Test 1: Endurance

12 Minute AMRAP of:

- 500M Row
 - 1 rep for every 100 meters
- 20 box facing burpee box jump overs
 - 1 rep for every successfully completed movement
- All Divisions
 - 25 reps per completed round

Test 2: Strength

8 minutes to establish 1 rep max thruster

- Test 2 begins immediately after Test 1
- Score is heaviest weight successfully lifted



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Test 3: Body Weight

9 / 15 / 21 of:

- Bar muscle ups
 - 1 rep for every successfully completed movement
- Strict handstand push ups
 - 1 rep for every successfully completed movement
- 50 ft handstand walk at the end of each round
 - Performed in 25 foot lane, out and back
 - 1 rep for every 5 feet successfully completed
- 11 minute time cap
- Score is time to complete all three rounds
 - 120 total reps per all 3 rounds
 - Round 1: 28
 - Round 2: 40
 - Round 3: 52
- If an athlete does not complete all three rounds, athlete will receive a “CAP +” score adding to their score any remaining reps (EX: CAP+10)



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Test 4: Mixed Modal

3 rounds for time of:

- 25 alternating single arm dumbbell snatches
 - 1 rep for every successfully completed movement
 - 50 foot single arm dumbbell overhead walking lunges
 - Performed in 25 foot lane, out and back
 - 1 rep for every 5 feet successfully completed
 - 50 double unders
 - 1 rep for every successfully completed movement
 - 25 toes to bar
 - 1 rep for every successfully completed movement
- 14 minute cap
 - Score is time to complete all three rounds
 - 110 reps per completed round
 - If an athlete does not complete all three rounds, athlete will receive a “CAP +” score adding to their score any remaining reps (EX: CAP+10)

