



Presented by



CanWest Games Qualifier WOD 17.1:

May 4th 2017, 17:00 PT - May 8th 2016, 17:00 PT

Workout 1 - As Rx / Masters 35-44 As RX Masters 35-39 Masters 40-44	Workout 1 - Scaled / Masters 45+ / Teens Scaled Masters 45-49 Masters 50-54 Masters 55+ Teens
1.a From 00:00 - 06:30, Max Effort Snatch + 1 OH Squat	1.a From 00:00 - 05:00, Max Effort Clean + 5 Shoulder to Overhead
1.b From 06:30 - 13:00, Max Effort Clean + 2 Shoulder to Overhead	1.b From 05:00 - 12:00, Complete a 1000m row and as many power cleans as possible. (Scaled /Masters 135/85 Teens 155/105)
1.c From 13:00 - 19:30, Complete a 1000m row and as many power cleans as possible in the remaining time. (185/135)	Score is Time to complete row less 1 second for each clean completed. (E.G. 4:14 Row. 14 Power Cleans in remaining time. Score is 04:00)



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<p>As Rx Categories: As RX Masters 35-39 Masters 40-44</p> <p>1.1 From 00:00 - 06:30, Max Effort Snatch + 1 OH Squat</p> <p>1.2 From 06:30 - 13:00, Max Effort Clean + 2 Shoulder to Overhead</p> <p>1.3 From 13:00 - 19:30, Complete a 1000m row and as many power cleans as possible. Men = 185 lbs Women = 135 lbs</p>	<p>1.a Max 1 Rep Load - Snatch + 1 OH Squat</p>
	<p>1.b Max 1 Rep Load - Clean + 2 S2OH</p>
	<p>1.c Max Reps Completed - Power Clean</p>

ATHLETE NAME _____

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<p>Scaled Categories: Scaled Masters 45-49 Masters 50-54 Masters 55+ Teen</p> <p>1.1 From 00:00 - 05:00, Max Effort Clean + 5 Shoulder to Overhead</p> <p>1.2 From 05:00 - 12:00, Complete a 1000m row and as many power cleans as possible. (M/S135/85) (Teens 155/105)</p> <p>Score is Time to complete row less 1 second for each clean completed. (E.G. 4:14 Row. 14 Power Cleans in remaining time. Score is 04:00)</p>	1.a Max 1 Rep Load - Clean + 5 STOH	
	1.b Time to complete 1000M Row	
	1.b Total Power Cleans completed	
	1.b Score = Time - Cleans	

ATHLETE NAME _____