



10:00 CEST MONDAY, SEPT. 16, THROUGH 23:59 CEST MONDAY, SEPT 23

QUALIFIER 24.1

PRESENTED BY



"THE SEVEN DWARFS"

CrossFit LICENSED EVENT | 2024

FOR TIME
7 ROUNDS
7 POWER CLEAN
7 THRUSTER
7 BAR FACING BURPEES

TIME CAP: 14 MINUTES

WORKOUT VARIATIONS

ELITE-INTERMEDIATE
UNDER 21 - MASTER 35
MASTER 40 - MASTER 45

40kg
30kg

EXPERIENCE

40kg
25kg

MASTER 50

35kg
25kg



30kg
20kg

Table with 4 columns: ROUND, POWER CLEAN, THRUSTER, BAR F. BURPEES. Rows 1-7.

ATHLETE

JUDGE

TIME OR TIME CAP + MISSING REPS IN SECONDS (1 REP = 2")

CATEGORY

ATHELETE SIGNATURE

Athlete's copy

WORKOUT 24.1



Scan to submit score

time or time cap + missing reps in seconds

category

athlete name

location&date

judge