



DEADLINE:
OCT 7 @ 4PM GMT +4

DCC 18.1

Part A / 0:00 - 10:00

60 DOUBLE UNDERS	60
10 THRUSTERS 50/35kg or 110/80lb	70
60 DOUBLE UNDERS	130
20 THRUSTERS	150
60 DOUBLE UNDERS	210
30 THRUSTERS	240

-- REST DURING REMAINING TIME - START PART B AT THE 10 MINUTE MARK --

Part B / 10:00 - 20:00

	R1	R2	R3	R4	R5
30 DOUBLE UNDERS	30	75	120	165	210
15 CHEST TO BAR PULL UPS	45	90	135	180	225

FINAL SCORE

Part A
TIME:

Part B
TIME:

10:00 + TIME TO COMPLETE

PLAN PROPERLY
Videos are required, you may upload to YouTube, Vimeo, Dropbox, Google Drive.

SCORE SUBMISSION
1) Log into <https://qualifier.dubaicrossfitcompetition.com>
2) Select the workout
3) Key in final score and add video link

ATHLETE NAME

X

GENDER

Male Female

JUDGE NAME

X