



DEADLINE:
OCT 21 @ 4PM GMT +4

DCC 18.3

20 MINUTE AMRAP

2x24 / 2x16Kg or 2x52 / 2x35 lbs

9 CAL ROW	9	51 CAL ROW	429
9 DOUBLE KB SNATCH	18	51 DOUBLE KB SNATCH	480
15 CAL ROW	33	57 CAL ROW	537
15 DOUBLE KB SNATCH	48	57 DOUBLE KB SNATCH	594
21 CAL ROW	69	63 CAL ROW	657
21 DOUBLE KB SNATCH	90	63 DOUBLE KB SNATCH	720
27 CAL ROW	117	69 CAL ROW	789
27 DOUBLE KB SNATCH	144	69 DOUBLE KB SNATCH	858
33 CAL ROW	177	75 CAL ROW	933
33 DOUBLE KB SNATCH	210	75 DOUBLE KB SNATCH	1008
39 CAL ROW	249	81 CAL ROW	1089
39 DOUBLE KB SNATCH	288	81 DOUBLE KB SNATCH	1170
45 CAL ROW	333	87 CAL ROW	1257
45 DOUBLE KB SNATCH	378	87 DOUBLE KB SNATCH	1344

FINAL SCORE

REPS:

PLAN PROPERLY

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

SCORE SUBMISSION

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

ATHLETE NAME

X

GENDER

Male Female

JUDGE NAME

X