

*Happy New Year!*

*Will you be at the Summergames this year? It's coming closer! Let's add another two workouts to the leaderboard.*

*This time you'll get something to choose. Are you ready for a little tactical thinking?*

*All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All two scores need to be from the same attempt and the same video.*

*Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.*

*In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 4A will receive the prize.*

*If you have any questions, or problems with logging, contact us at [info@thenationals.nl](mailto:info@thenationals.nl)*

*Good luck!*

*Team The Nationals*

**Conversions from metric to imperial for WOD 4**

Equipment	Kilograms	Pounds
Medball	4	8, 9 or 10
	6	14
	9	20
Kettlebell	24	50
	16	35
Barbell	20	45
	25	55
	30	65
	35	75
	40	90
	42,5	95
	45	100
	50	110
	55	120
	60	130
	70	155
	80	175
	90	200
	100	220

	IRON	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
FROM 0:00-13:00	For Time - Cap 13  Choose between: - Finish full movement, in any order - 10 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation - 5 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation  To accumulate the reps below					
	80 WBS Light 9/6kg 40 DL 50/35kg 40 Ring Rows	80 WBS 9/6kg 40 DL 60/42,5kg 40 Ring Rows	100 WBS 9/6kg 50 DL 80/55kg 30 Pull-ups	100 WBS 9/6kg 50 DL 90/60kg 50 Pull-ups	100 WBS 9/6kg 50 DL 100/70kg 30 BMU (M) / 50 Chest to Bars (F)	100 WBS 9/6kg 50 DL 100/70kg 30 Ring Muscle Ups
	<i>Total reps</i>	160	160	180	200	180/200
4 MINUTE BREAK						
FROM 17:00-20:00	AMRAP 3 minutes For max load (kg x reps)  Bench Press  You can choose between the 3 loads below					
MALES	30-35-40	30-35-40	40-45-50	40-45-50	40-50-60	40-50-60
FEMALES	20-25-30	20-25-30	25-30-35	25-30-35	30-35-40	30-35-40

### EQUIPMENT

- Low rings + tape (Iron & Bronze)
- Medball + wall ball target (Male 3m / Female 2m75)
- Barbell + plates + clips
- Rig
- Bench
- Rack

	YOUNGSTERS	TEENS
FROM 0:00-10:00	5 Rounds For time - Cap 10 minutes 12 Wall Balls 6/4kg 6 Deadlifts 50/35kg 6 Pull-ups	5 Rounds For time - Cap 10 minutes 12 Wall Balls Light 6/4kg 6 Kettlebell Deadlifts 24/16kg 6 Ring Rows
<i>Total reps</i>	<i>120</i>	<i>120</i>
BREAK UNTIL THE CLOCK HITS 12:00		
FROM 12:00-17:00	AMRAP 5 minutes 15 Medball over the Shoulder 9kg 15 Double Unders	AMRAP 5 minutes 15 Medball over the Shoulder 9/6kg 30 Single Unders

**EQUIPMENT**

- Medball 9/6/4kg
- Kettlebell 24/16kg (Teens)
- Low Rings (Teens)
- Barbell 50/35kg (Youngsters)
- Pull-up rig (Youngsters)
- Jump rope

**SCORING**

Event 4A = Time + Reps

If the athlete did not finish all reps, the score is 13:00 + reps completed within the 13 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

Event 4B = weight in KG

Weight used x the number of reps in KG. Use the charts in the end of this document.

**VIDEO STANDARDS**

- Start the video with stating your full name and box. Then show the weight of the medball, the weight on the barbell, the ring row set-up (if applicable). (You can show the bench press weight in the break). Also say in the camera which rep scheme you are going to do.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 20) must be visible during the whole workout.
- The athlete must be in the frame during the whole workout.
- Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

***WORKOUT FLOW (adults)***

Before the workout starts, the athlete must choose which variation to do and which weight to use for the bench press. Once the clock is running, you can not switch between rep schemes. IF the athlete chooses to do all reps at once, he/she may determine the order, for example, first all deadlifts, then all wall balls, then all pullups.

The workout starts with the athlete standing tall behind the medball. The athlete can not touch the medball yet. On the call of 3-2-1 GO the athlete may touch the medball and start with the first set of Wall Balls. When the assigned number of reps is done, the athlete proceeds to the Deadlifts followed by the Pull-up variation. Depending on the chosen repscheme, the athlete does the number of rounds to complete the total reps needed to finish the workout. If the athlete can not perform one of the movements, that is where the workout stops.

Event 4A is done when all reps are performed OR when the clock hits 13:00. The score for this workout is time AND reps completed. If the athlete did not finish all reps, the score is 13:00 + reps completed within the 13 minutes. If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

The athlete rests until the clock hits 17:00.

Before the clock hits 17:00, the athlete needs to change the barbell from the deadlift to the bench press. Only one and the same weight may be used, so no switching during the bench presses. Any reps made before 17:00 will not count. When the clock hits 17:00, the athlete accumulates as many bench presses as possible in 3 minutes. The athlete may put the bar down in the rack between sets. If a spotter is used, he/she may not be near the barbell with their hands. If on the video it is not sure if the spotter is helping, the rep will not count. The spotter may not help in any way. This also includes racking and unracking the bar. Doing so will result in a no rep. The spotter is only there to help in case of a fail.

The score for Event 4B is the weight used x the number of reps in KG. Use the charts in the end of this document.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

***WORKOUT FLOW (teens/youngsters)***

The workout starts with the athlete standing tall behind the medball. The athlete can not touch the medball yet. On the call of 3-2-1 GO the athlete may touch the medball and start with the first set of Wall Balls. When the 12 reps are done, the athlete proceeds to the 6 Deadlifts followed by the 6 Pull-up variations. The athlete performs 5 rounds in total.

Event 4A is done when all reps are performed OR when the clock hits 10:00. The score for this workout is time AND reps completed. If the athlete did not finish all reps, the score is 10:00 + reps completed within the 10 minutes. If the athlete completed all reps, the score is time to finish + 120 reps.

The athlete rests until the clock hits 12:00.

Before the clock hits 12:00, the athlete may go to the medball, but may not touch it yet. When the clock hits 12:00, the athlete performs 15 medball over shoulder, followed by 15 DU or 30 SU depending on division. The athlete completes as many rounds and reps as possible in 5 minutes. The score for workout 5B is the total number of reps completed before the 17:00 mark.

**MOVEMENT STANDARDS****GENERAL RULES**

- Tape and/or grips may be used.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Only 1 barbell may be used (20kg for male, 15kg for female, 10kg for teens/youngsters) and no one else than the athlete may load the bar.
- A rack is allowed for the bench press.
- Clips must always be on the outside of all plates. Clips do not count for weight on the barbell. For safety reasons, it is allowed to not use clips on the bench press.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [info@thenationals.nl](mailto:info@thenationals.nl)

**WALL BALL LIGHT**

Teen/Youngster Girls will use a 8-10lb or 4kg wall ball and throw to a 9 foot/275cm target.

Female & Teen/Youngster Boys will use a 14lb or 6kg wall ball and throw to a 9 foot/275cm target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot/300cm target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete bends the knees and hips (makes a dip). The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

**WALL BALL**

Female will use a 14lb or 6kg wall ball and throw to a 9 foot/275cm target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot/300cm target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats until the hip crease is below the knee. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

**DEADLIFT**

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

**KETTLEBELL DEADLIFT**

The movement starts with the kettlebell touching the floor. The athlete stands behind the kettlebell and picks the bar up with both hands. The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the kettlebell. This is one repetition.

### **RING ROWS**

Start with taping a clear line on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete needs to stand tall in between the rings, and with feet on the line. The lowest end of the rings should be equal than or lower than the elbow of the athlete (see photo). Show this in the beginning of your video.

The movement starts with the athlete having both feet/heels completely over the taped line on the floor. The athlete holds the rings in his/her hands and has extension in hips, knees and elbows. The rep is credited when athlete pulls himself up until the rings or thumbs are clearly touching the body AND hips and knees are fully extended.

### **PULL-UPS**

The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

### **CHEST TO BAR PULL-UPS**

The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their body up until the chest below the collarbone is clearly touching the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

### **BAR MUSCLE UPS**

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig).

Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

### **RING MUSCLE UPS**

The movement starts with the athlete hanging from the rings, with elbows fully extended and both feet behind the vertical plane of the rings. The athlete kips up until the athlete is in support on top of the rings, with shoulders straight above the rings, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the rings. Kipping the muscle-up is allowed, but swings or rolls to support are not allowed. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.





***MEDBALL OVER THE SHOULDER***

The movement starts with the medball touching the floor. The athlete grabs the medball and lifts it up and over the shoulder. At the top, hips and knees need to be extended (no diving under the medball). Make sure that the ball is lifted over the shoulder and not around it.

***DOUBLE UNDER***

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.

***SINGLE UNDER***

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

***BENCH PRESS***

The bench press starts with the athlete lying with his/her glutes and upper back on the bench, feet on the floor, the bar above the chest of the athlete and elbows in full extension.

At the bottom, the barbell must make contact with the chest below the collar bone. The feet must remain in contact with the floor. The glutes and upper back must be in contact with the bench.

Then the athlete presses back into the starting position. Make sure to show control AND proper lockout before reracking the weight or going into your next rep.

The feet must stay in contact with the floor during the whole movement. For shorter athletes, plates or floor tiles may be used to create a platform to put the feet on.

**TEENS  
DIVISION**



<b>A</b>	FOR TIME  FROM 0:00-10:00	5 rounds for time	12 Wall Balls Light	6 KB Deadlifts	6 Ring Rows
		Round 1	12	18	24
		Round 2	36	42	48
		Round 3	60	66	72
		Round 4	84	90	96
		Round 5	108	114	120
	TIME				

2 MINUTE BREAK UNTIL 12:00

<b>B</b>	FOR REPS FROM 12:00-17:00		1	2	3	4	5	6	7	8	9
		15 Medball over the Shoulder	15	60	105	150	195	240	285	330	375
		30 Single Unders	45	90	135	180	225	270	315	360	405
		TOTAL REPS:									

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**YOUNGSTERS**  
DIVISION



<b>A</b>	FOR TIME  FROM 0:00-10:00	5 rounds for time	12 Wall Balls	6 Deadlifts	6 Pull-ups
		Round 1	12	18	24
		Round 2	36	42	48
		Round 3	60	66	72
		Round 4	84	90	96
		Round 5	108	114	120
		TIME			

2 MINUTE BREAK UNTIL 12:00

<b>B</b>	FOR REPS FROM 12:00-17:00		1	2	3	4	5	6	7	8	9
		15 Medball over the Shoulder	15	45	75	105	135	165	195	225	255
		15 Double Unders	30	60	90	120	150	180	210	240	270
		TOTAL REPS:									

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



<b>A</b>	FOR TIME	For time	80 Wall Balls	40 Deadlifts	40 Ring Rows
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	16 Wall Balls	8 Deadlifts	8 Ring Rows
		Round 1	16	24	32
		Round 2	48	56	64
		Round 3	80	88	96
		Round 4	112	120	128
		Round 5	144	152	160
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	8 Wall Balls	4 Deadlifts	4 Ring Rows
		Round 1	8	12	16
		Round 2	24	28	32
		Round 3	40	44	48
		Round 4	56	60	64
		Round 5	72	76	80
		Round 6	88	92	96
		Round 7	104	108	112
		Round 8	120	124	128
		Round 9	136	140	144
		Round 10	152	156	160
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**SILVER**  
DIVISION



**PLATINUM**  
MALE DIVISION



**DIAMOND**  
DIVISION



<b>A</b>	FOR TIME	For time	100 Wall Balls	50 Deadlifts	30 PU / C2B / MU
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	20 Wall Balls	10 Deadlifts	6 PU / C2B / MU
		Round 1	20	30	36
		Round 2	56	66	72
		Round 3	92	102	108
		Round 4	128	138	144
		Round 5	164	174	180
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	10 Wall Balls	5 Deadlifts	3 PU / C2B / MU
		Round 1	10	15	18
		Round 2	28	33	36
		Round 3	46	51	54
		Round 4	64	69	72
		Round 5	82	87	90
		Round 6	100	105	108
		Round 7	118	123	126
		Round 8	136	141	144
		Round 9	154	159	162
		Round 10	172	177	180
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**GOLD**  
DIVISION



**PLATINUM**  
DIVISION  
**FEMALE**



<b>A</b>	FOR TIME	For time	100 Wall Balls	50 Deadlifts	50 PU / C2B
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	20 Wall Balls	10 Deadlifts	10 PU / C2B
		Round 1	20	30	40
		Round 2	60	70	80
		Round 3	100	110	120
		Round 4	140	150	160
		Round 5	180	190	200
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	10 Wall Balls	5 Deadlifts	5 PU / C2B
		Round 1	10	15	20
		Round 2	30	35	40
		Round 3	50	55	60
		Round 4	70	75	80
		Round 5	90	95	100
		Round 6	110	115	120
		Round 7	130	135	140
		Round 8	150	155	160
		Round 9	170	175	180
		Round 10	190	195	200
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

Reps	20kg	25kg	30kg	35kg	40kg	45kg	50kg	60kg
1	20	25	30	35	40	45	50	60
2	40	50	60	70	80	90	100	120
3	60	75	90	105	120	135	150	180
4	80	100	120	140	160	180	200	240
5	100	125	150	175	200	225	250	300
6	120	150	180	210	240	270	300	360
7	140	175	210	245	280	315	350	420
8	160	200	240	280	320	360	400	480
9	180	225	270	315	360	405	450	540
10	200	250	300	350	400	450	500	600
11	220	275	330	385	440	495	550	660
12	240	300	360	420	480	540	600	720
13	260	325	390	455	520	585	650	780
14	280	350	420	490	560	630	700	840
15	300	375	450	525	600	675	750	900
16	320	400	480	560	640	720	800	960
17	340	425	510	595	680	765	850	1020
18	360	450	540	630	720	810	900	1080
19	380	475	570	665	760	855	950	1140
20	400	500	600	700	800	900	1000	1200
21	420	525	630	735	840	945	1050	1260
22	440	550	660	770	880	990	1100	1320
23	460	575	690	805	920	1035	1150	1380
24	480	600	720	840	960	1080	1200	1440
25	500	625	750	875	1000	1125	1250	1500
26	520	650	780	910	1040	1170	1300	1560
27	540	675	810	945	1080	1215	1350	1620
28	560	700	840	980	1120	1260	1400	1680
29	580	725	870	1015	1160	1305	1450	1740
30	600	750	900	1050	1200	1350	1500	1800
31	620	775	930	1085	1240	1395	1550	1860
32	640	800	960	1120	1280	1440	1600	1920
33	660	825	990	1155	1320	1485	1650	1980
34	680	850	1020	1190	1360	1530	1700	2040
35	700	875	1050	1225	1400	1575	1750	2100
36	720	900	1080	1260	1440	1620	1800	2160
37	740	925	1110	1295	1480	1665	1850	2220
38	760	950	1140	1330	1520	1710	1900	2280
39	780	975	1170	1365	1560	1755	1950	2340
40	800	1000	1200	1400	1600	1800	2000	2400
41	820	1025	1230	1435	1640	1845	2050	2460
42	840	1050	1260	1470	1680	1890	2100	2520
43	860	1075	1290	1505	1720	1935	2150	2580
44	880	1100	1320	1540	1760	1980	2200	2640
45	900	1125	1350	1575	1800	2025	2250	2700
46	920	1150	1380	1610	1840	2070	2300	2760
47	940	1175	1410	1645	1880	2115	2350	2820
48	960	1200	1440	1680	1920	2160	2400	2880
49	980	1225	1470	1715	1960	2205	2450	2940
50	1000	1250	1500	1750	2000	2250	2500	3000

Reps	20kg	25kg	30kg	35kg	40kg	45kg	50kg	60kg
51	1020	1275	1530	1785	2040	2295	2550	3060
52	1040	1300	1560	1820	2080	2340	2600	3120
53	1060	1325	1590	1855	2120	2385	2650	3180
54	1080	1350	1620	1890	2160	2430	2700	3240
55	1100	1375	1650	1925	2200	2475	2750	3300
56	1120	1400	1680	1960	2240	2520	2800	3360
57	1140	1425	1710	1995	2280	2565	2850	3420
58	1160	1450	1740	2030	2320	2610	2900	3480
59	1180	1475	1770	2065	2360	2655	2950	3540
60	1200	1500	1800	2100	2400	2700	3000	3600
61	1220	1525	1830	2135	2440	2745	3050	3660
62	1240	1550	1860	2170	2480	2790	3100	3720
63	1260	1575	1890	2205	2520	2835	3150	3780
64	1280	1600	1920	2240	2560	2880	3200	3840
65	1300	1625	1950	2275	2600	2925	3250	3900
66	1320	1650	1980	2310	2640	2970	3300	3960
67	1340	1675	2010	2345	2680	3015	3350	4020
68	1360	1700	2040	2380	2720	3060	3400	4080
69	1380	1725	2070	2415	2760	3105	3450	4140
70	1400	1750	2100	2450	2800	3150	3500	4200
71	1420	1775	2130	2485	2840	3195	3550	4260
72	1440	1800	2160	2520	2880	3240	3600	4320
73	1460	1825	2190	2555	2920	3285	3650	4380
74	1480	1850	2220	2590	2960	3330	3700	4440
75	1500	1875	2250	2625	3000	3375	3750	4500
76	1520	1900	2280	2660	3040	3420	3800	4560
77	1540	1925	2310	2695	3080	3465	3850	4620
78	1560	1950	2340	2730	3120	3510	3900	4680
79	1580	1975	2370	2765	3160	3555	3950	4740
80	1600	2000	2400	2800	3200	3600	4000	4800
81	1620	2025	2430	2835	3240	3645	4050	4860
82	1640	2050	2460	2870	3280	3690	4100	4920
83	1660	2075	2490	2905	3320	3735	4150	4980
84	1680	2100	2520	2940	3360	3780	4200	5040
85	1700	2125	2550	2975	3400	3825	4250	5100
86	1720	2150	2580	3010	3440	3870	4300	5160
87	1740	2175	2610	3045	3480	3915	4350	5220
88	1760	2200	2640	3080	3520	3960	4400	5280
89	1780	2225	2670	3115	3560	4005	4450	5340
90	1800	2250	2700	3150	3600	4050	4500	5400
91	1820	2275	2730	3185	3640	4095	4550	5460
92	1840	2300	2760	3220	3680	4140	4600	5520
93	1860	2325	2790	3255	3720	4185	4650	5580
94	1880	2350	2820	3290	3760	4230	4700	5640
95	1900	2375	2850	3325	3800	4275	4750	5700
96	1920	2400	2880	3360	3840	4320	4800	5760
97	1940	2425	2910	3395	3880	4365	4850	5820
98	1960	2450	2940	3430	3920	4410	4900	5880
99	1980	2475	2970	3465	3960	4455	4950	5940
100	2000	2500	3000	3500	4000	4500	5000	6000