

Event 1:

10 Minutes

Power Clean + Front Squat + S2OH Ladder

With one athlete lifting at a time, teams will make it as far up the weight ladder as possible in 10 minutes. Athletes will get one point for each of the movements completed at each weight. (3 total points possible at each weight). If an athlete makes ANY points at a weight they MUST move up to the next weight. If they fail the power clean at any given weight they can retry as many times as they want. But they cannot go back down to a weight they have made points at. Athletes may lift in any order and may skip an athlete at any time. Athletes must confirm the weight on the barbell with the judge BEFORE lifting. If an athlete clears the ladder before the 10 minute time cap they may repeat lifts at the last barbell to accumulate more points. If an athlete squat cleans, it will be considered two points. If an athlete squat clean thrusters the weight it will be counted as 3 points.

Weights:

<u>Open/50+</u>	<u>40+</u>	<u>RX'D</u>
65/45	95/65	135/95
85/55	115/80	165/115
105/65	135/95	185/135
115/75	155/105	205/145
125/85	165/115	225/155
135/95	175/125	235/165
145/100	185/130	245/175
155/105	195/135	255/180
165/110	205/140	265/185
175/115	215/145	275/190
185/120	225/150	285/195
195/125	235/155	295/200

Each team will have this set up:

Men: 1 45# Barbell

4 45# plates, 2 25# plates, 4 10# plates, 2 5# plates

Women: 1 33# Barbell

2 45# plates, 2 25# plates, 4 10# plates, 2 5# plates, 2 2 ½ # plates

There will be a 5 minute rest between this event and event 2