

See you all very soon. Safe travels to all of you and we look forward to the competition and fellowship within our region. This is going to be epic!

Event #1 Snatch/OHS - Individual Competitors

10 Bars set up for men and women – 20 total per heat.

Weights for the men's bars:

135/145/155/165/175/185/195/205/215/225

Weights for the women's bars:

75/85/95/105/110/115/120/125/130/135

At each station athlete must complete:

1 Squat Snatch with 2 Overhead Squats or 1 Power Snatch with 3 Overhead Squats

Athlete will have 45 seconds to complete all three movements.

Athlete will have 15 seconds between stations.

Athlete will finish the workout when they are unable to complete all 3 movements within 45 seconds.

Standards:

Snatch

Bar from the ground to overhead in one movement.

Bar cannot make contact with the upper torso (chest, shoulders, head)

Snatch must finish locked out overhead, legs and hips fully extended

- **We will allow press out**

Snatch must go through a full squat (crease of hip below the top of the knee)

- **You can Power Snatch and then OHS to achieve this.**

Overhead Squat

Start and finish with the legs and hips fully extended

Crease of the hip drops below the top of the knee in the squat.

Event #2 Deadlift and Double Unders - Affiliate Team

2 Bars Per Team

225# for Men

155# for Women

This is a 7min AMRAP

Teams of 4 athletes (2 men / 2 women)

2 men have to complete 100 double unders then 25 deadlifts total, in that order

2 women have to complete 100 double unders then 25 deadlifts total, in that order

Once the entire team has completed 200 DU and 50 DL (100/25 per 2men and 100/25 per 2women), they spend the remainder of the 7min completing as many reps as possible of either DL or DU.

Only one man and one woman can be working at one time.

Standards:

Deadlift

Bar from the ground to legs and hips fully extended

Double Unders

Can use any rope of choice – bring your rope for this workout.

Jump rope passes under feet 2 times per 1 jump

Event #3 DU Helen - Masters

3 Rounds of:

50 Double Unders

21 KB Swings

12 pull up

KB weight for men is 1.5 pood

KB weight for women is 1 pood

Standards:

Double Unders

Can use any rope of choice

Jump rope passes under feet 2 times per 1 jump

KB Swings

KB must come between the legs at the bottom

KB overhead with arm locked out (show some ear)

Pull up

Arms locked out at the bottom

Chin above bar at the top

Event # 4 Weighted half Cindy - Individuals

10 Minute AMRAP of:

5 Pull ups

10 Push ups

15 Squats

Men will be wearing a 20 lb short weighted vest

Woman will be wearing a 10 lb short weighted vest

Standards

Pull up:

Chin breaks the vertical plain of the bar at the top

Arm completely locked out at the bottom

No butterfly – Kipping is allowed

Push up:

Chest/Vest makes contact with the ground

Arms completely locked out at the top

Flat back

Squat:

Legs and hips completely extended at the top

Hip crease below top of the knee at the bottom

Event #5 The 100's - Affiliate

100 Thrusters

100 Push Ups

100 Hang Power Clean

100 Ring Dips

100 Overhead Squats

Men's weight for the entire workout is 115#

Women's weight for the entire workout is 75#

Teams of 4 athletes

Only one team member can be working at one time

Must complete all 100 reps before moving to the next movement

Must move as a team

Standards:

Thruster

Bar passes through full front squat (hip crease below top of knee)

Bar locked out overhead (show some ear)

Push up:

Chest/Torso makes contact with the ground

Arms completely locked out at the top

Flat back

Hang Power Cleans

Bar from a Hang position to the shoulders (rack position)

Legs and hips fully extended at the top of the clean

Ring dips

Shoulder must drop below the top of the elbow

Arms locked out in a support position at the top of the dip

- **Cannot push rings out to finish the dip**
- **No kipping dip**

Overhead Squats

**Start and finish with the legs and hips fully extended
Crease of the hip drops below the top of the knee in the squat.**

Event #6 Max Thruster - Masters

1 Rep Max Thruster

Each Athlete will be allowed 20min to find their 1 Rep Max Thruster

Standards:

**Bar must come off the ground
Bar passes through full front squat (hip crease below top of knee)
Bar locked out overhead (show some ear)**

Event #7 DU/DL/SBR/Row - Individuals

For Time:

100 Double Unders

3 Rounds of:

10 Deadlifts

1 Sandbag run

Then a 1K Row

Weights:

Men's deadlift weight is 275#

Women's deadlift weight is 185#

Men's Sandbag weight is 75#

Women's Sandbag weight is 50#

Standards:

Double Unders

Can use any rope of choice – bring your own jump rope

Jump rope passes under feet 2 times per 1 jump

Deadlift

Bar from the ground to legs and hips fully extended

Sandbag Run – 100 meters

Sandbag can be carried anyway possible

1K Row

Damper setting is athletes choice

Event #8 Row - Affiliate Team

Max Distance Row in 24 min

- **3 Rounds of 2min max distance rows per athlete**
- **continuous clock running**

Teams of 4 Athletes

One athlete working at one time

One rower per team

Team members will switch off rowing every 2min until everyone has rowed 3 times (once 24 min is up)

Standards

Damper setting is athletes choice

Event #9 Masters Cindy

20 Minute AMRAP of:

5 Chest to Bar Pull ups

10 Push Ups

15 Air Squats

Standards

Pull up C2B:

Chest makes contact with the bar

Arm completely locked out at the bottom

Push up:

Chest makes contact with the ground

Arms completely locked out at the top

Flat back

Squat:

Legs and hips completely extended at the top

Hip crease below top of the knee at the bottom

Event #10 Final Event - Individuals

For Time:

10 Muscle Ups

15 Handstand Push Ups

20 Squat Cleans

Run the Block

Men weight for the Squat Cleans is 155#

Women weight for the Squat Cleans is 105#

Standards:

Muscle ups

Arms must be locked out with hands turned out at the bottom

Arms locked out in a support position at the top

Handstand Push up – No kipping HSPU

Hands can be no wider than 30"

Top of the head must touch the ground at the bottom

Arms locked out at the top (open shoulders – show a little ear)

Squat Clean

Bar from the ground to the shoulders passing through a squat (hip crease below the top of the knee)

Power Clean to front squat is allowed

Legs and hips fully extended at the top