



Individuals Event 1- Teens/ Masters Event 3

For fastest time. (time cap 9 min)

At the count of 3 -2-1 Go, the athlete will advance from their starting point to the pull up bar, and begin 3 rounds of 12 Chest to Bar and 10 Shoulder to Overhead. After that is completed, the athlete will then immediately start 3 rounds of 12 Chest to Bar and 10 Overhead Squats.

With each round, the athlete will need to advance a cone to the next marker before returning to the pull up bar to complete the next round of Chest to Bars. The barbell will remain in the same location the whole workout.

Once the final round of 10 Overhead Squats are competed, the athlete must bring the barbell to the floor **in front of them**, then run to the finish line. The time will stop when the athlete reaches the finish.

Master's Men and Boys 14-15, will have 3 rounds of 10 Chest to bar and 8 Shoulder to Overhead then 3 rounds of 10 Chest to Bar and 8 Overhead Squats. Master's Women 35-39 and 40+ and Girls 15-17 will have this same reps, but with chin over the bar pull ups instead of Chest to Bar.

Standards-

Chest to Bar-

The athlete must begin the movement from a full hang, arms locked. For the rep to count the athlete will make contact with the chest below the collarbone.

Shoulder to Overhead

The Athlete will start with the barbell on the floor. They may get the barbell to their shoulder anyway they so choose. The barbell must show obvious contact with the shoulder on the first rep before going overhead.

The movement ends with the full hip and knee extension, and with the arms locked out and in line with the body. Touch and go reps are allowed, but the athlete must show control and full lockout with the legs and arms before beginning the next rep. A Press, Push Press or Jerk are allowed.

The barbell may not be dropped from overhead or behind the athletes body, the first offense will be a no rep, the second will be a no rep for the whole set, and the third will result in the athlete being disqualified from the event; it may only be released below eye level. It is the responsibility of the athlete to insure the barbell remains in their designated lane.

Overhead Squats-

The Athlete starts with the barbell on the floor. They may get the barbell overhead anyway they so choose. The first rep can be squat snatched.

The movement ends with full hip and knee extension, and with the arms locked out and in line with the body. The athlete must break parallel for the rep to count. The arms do not need to remain locked during the whole movement however the barbell may not be lower than the athletes head at any time.

The barbell may not be dropped from overhead or behind the athletes body, the first offense will be a no rep, the second will be a no rep for the whole set, and the third will result in the athlete being disqualified from the event; it may only be released below eye level. It is the responsibility of the athlete to insure the barbell remains in their designated lane.

Master's Women 35-39 and 40+ and Girls 15-17: Pull ups instead of Chest to Bar-

The athlete must begin the movement from a full hang, arms locked. For the rep to count the athlete will bring the chin above the line of the pull up bar.