



Individuals Event 2 - Teens/Masters Event 1

For fastest time. (time cap 11 min)

At the count of 3-2-1 Go, the athlete will run to the Rope and complete 3/2 Rope Climbs. At the completion of the reps, the athlete will move to the barbell and Complete 12 Hang Cleans. Finally, the athlete will complete the alternating pistols in their designated location, which will progress every round. The athlete will complete 4 rounds of this repetition, at the end of the final pistol, the athlete will run to the finish line. The time will stop once the athlete reaches the finish.

Hang cleans

The barbell will start on the floor. The athlete must first deadlift the bar to the hang position, then begin the clean. The movement is complete when the hips and knees are locked, the barbell is on the shoulders, and the elbows are in front of the bar. A Power or Squat clean is allowed. It is the responsibility of the athlete to insure the barbell remains in their designated lane.

Rope Climb

Every repetition begins with the athlete on the floor at the rope. The athlete may ascend the rope any way they so choose. The athlete must make obvious contact with the frame/rig supporting the rope. **Touching the clip, connecting the rope to the frame does not count as a rep.** The athlete may only jump off the rope after their hands pass under the safety marker. **Leaving the rope before Both hands are below the safety marker will result in a no rep.**

Pistols

The Athlete must alternate legs for each repetition. The athlete must complete a good rep on that first leg before moving on to the second leg. The repetition begins with the athlete standing, hip and knee fully extended on the squatting leg. The hip must pass below parallel at the bottom of the repetition, and the opposite foot (the non-supporting leg) cannot touch the ground until the repetition is completed. The non-supporting leg must be in front of the supporting foot during the entire repetition. The athlete may hold the non-supporting leg with their hand while performing the pistol squat.