



Individuals-

Event 3 - For fastest time. (time cap 8 min)

At the count of 3-2-1 Go, the athlete will advance to the first weight of the thruster ladder. They will complete the first weight for 10 repetitions. The barbell must always be dropped in front of the athletes body. After that, they will move their own barbell forward, and Add the weight for 8 reps, then to the third weight for 6 reps, the 4th weight for 4 reps, and the final weight for 2 reps. After the final rep, the athlete must hit the marker in the middle of the field. The time will stop when the athlete hits the completion marker. The athletes may need to add or take off plates according to the weights designated for each rep scheme.

Thrusters

The bar starts on the ground. This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must clearly pass below the knee in the bottom position. The barbell must come to a full lockout overhead, with the hips knees and arms fully extended. **The bar must be directly over the middle of the athlete's body.** A squat clean is allowed when the bar is taken from the floor. The movement must be in a continuous motion, a dip under the bar is not allowed.

The barbell may not be dropped from overhead, the first offense will be a warning, the second will be a no rep, 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.**