



For fastest time, 8 minute time cap

At the count of 3, 2, 1, Go, the 2 female athletes will advance to their barbell. One at a time they will complete the thruster movement until together they have reached a total of 50 repetitions, moving the bar every 10 repetitions. Once completed, they will move their barbell to the finish line, and the 2 male athletes will advance to their barbell and complete in a similar fashion, their 50 thrusters. Once completed, the 2 male athletes will run to the finish line. Once the last athlete crosses the finish, the judge will stop the timer and mark the official time.

Standards-

## 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.**