



GOLD COAST - EVENT 4

FOR WEIGHT (WITH A 14 MINUTE RUNNING CLOCK)

RX	INTERMEDIATE	BEGINNERS
Buy In: - 1,000m ski – shared	Buy In: - 1,000m ski – shared	Buy In: - 1,000m ski – shared
On completion:	On completion:	On completion:
3 attempts per athlete working in order:	3 attempts per athlete working in order:	3 attempts per athlete working in order:
P1 – Establish a 3RM squat clean P2 – Establish a 2RM squat clean P3 – Establish a 1Rm squat clean	P1 – Establish a 3RM squat clean P2 – Establish a 2RM squat clean P3 – Establish a 1Rm squat clean	P1 – Establish a 3RM clean P2 – Establish a 2RM clean P3 – Establish a 1Rm clean
		* Clean can be squat or power
* Athletes can work in any order * Call the reps and weight for your judge prior to your lift *Weights cannot go down *As many attempts as desired but only 2 failed attempts allowed		

The clock will be set to 14 minutes. At the call of 3,2,1, go.....an athlete will commence the buy in of 1,000m on the ski erg. There is no minimum work requirement and athletes can change out when required. On completion the time will be recorded and this will serve as a tie break.

In the remaining time on the clock, athletes will each get as many attempts as possible to establish a heavy squat clean (beginners can power clean if desired). Only 2 failed attempts per lift are allowed. One athlete will perform 1 3RM, one will perform a 2RM and 1 will perform a 1RM. Reps must be touch and go. There is no resetting of the bar on the floor or dropping of the bar for the 2RM and 3RM lifts. Athletes can go in any order.

Once a weight is on the bar the weight on the bar cannot go down - even between athletes.

Athlete is to tell their judge what weight they are attempting prior to starting their lift so there is no confusion.

The score is the total cumulative score of the heaviest successful lifts (3RM is weight x 3, 2RM is weight x 2, 1RM is weight x1).

MOVEMENT STANDARDS

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

FULL CLEAN/SQUAT CLEAN

The barbell starts on the ground and must come up to the shoulders with the athlete passing through a full squat with hips below knees. The athlete then stands up with the hips and knees fully extended and the elbows in front of the bar.