2014 Events

EVENT 1

7 Minute AMRAP:

- 5 Squat snatches (95,65)
- 5 Bar facing burpees

One athlete will be working at a time. Teams must complete the reps in the order written. Teams may split up the reps between each team member, as desired.

Squat Snatch: For the squat snatch, the barbell will move from the ground to overhead in one motion with the athlete catching the barbell overhead in a full squat (hips below parallel). To finish the movement, the barbell must come to a full lockout overhead with the hips, knees, and arms fully extended, and the bar over the middle of the body with control. A power snatch to overhead squat will be permitted for this event.

Bar Facing Burpee: The athlete will perform the burpees perpendicular to the barbell. At the bottom of the burpee, the athlete's chest and hips must touch the ground. At the top of the burpee, the athlete must jump over the barbell and land with both feet together. One-footed jumping and landing will not be permitted.

2014 Events

EVENT 2

12 minutes to complete:

2(a)

- 1 mile run (teammates alternate every 400 meters).

With the remaining time:

2(b)

- Max combined weight of 2 position clean + 1 jerk barbell complex.
- The complex consists of one hang clean, one clean, and one jerk.

One Hang Clean: To perform the hang clean, the athlete will deadlift the bar up to the high hang position with the hips and knees fully extended. The athlete may then perform a clean (power or squat are acceptable). For the hang clean, anything from high hang to above the knees will be permitted, however the bar will not be allowed to move below the knees.

One Clean: Once the athlete has completed the first clean, they will perform a touch and go clean from the floor. The athlete's hands must remain on the bar throughout the complex. Bouncing the bar off of the floor will be called as a no rep.

One Jerk: When the clean is complete, one shoulder to overhead rep will be performed. A press, push press, push jerk, or split jerk may be used. The attempted lift will be considered successful when the athlete shows full extension of knees, hips, and arms, and the bar finishes directly overhead with control.

Each teammate will only be permitted one attempt at a time. For example, if Athlete 1 misses their lift attempt, they may not reattempt the lift until Athlete 2 has attempted a lift.

Event 2 will be scored as two separate events. 2(a) will be for total 1 mile time and 2(b) will be for combined weight. In both events, only one athlete will be working at a time.

2014 Events

EVENT 3

For Time: (12 minute cap)

- 100 Double unders
- 100 Pull-ups
- 100 Double unders

One athlete will be working at a time. Teams must complete the reps in the order written. Teams may split up the reps between each team member, as desired.

Double Unders: The rope must pass under the feet twice for each jump.

Pull-ups: This is a standard pull-up. Dead hang, kipping, or butterfly kipping pull-ups will be permitted. The athlete must show full extension of the arms at the bottom of the pull-up and the chin must break the horizontal plane of the bar at the top of the pull-up.

FINAL EVENT

- The final event will be announced live at the Throwdown.