



## Age Group Event 4

### For Time

- 5 Hang Squat Cleans
- 4 Hang Squat Cleans
- 3 Hang Squat Cleans
- 2 Hang Squat Cleans
- 1 Hang Squat Clean

Time Cap: 5:00

### Event Flow

Athletes begin in the Start/Finish lane. At the sound of the beep, athletes will advance to their barbell and perform 5 hang squat cleans. Once complete, they will advance their barbell, add the designated weights, and perform 4 hang squat cleans. Once complete, athletes will advance the barbell again, add the designated weights, and perform 3 hang squat cleans. They will complete the rounds of 2 and 1 hang squat cleans in the same manner before returning to the Start/Finish lane to complete the event.

### Division Details

Division	5 Hang Squat Cleans	4 Hang Squat Cleans	3 Hang Squat Cleans	2 Hang Squat Cleans	1 Hang Squat Clean
<b>35 - 49 MEN</b>	<b>185</b> (pre-loaded bar + 45 + 25)	<b>205</b> (+ 10 lb.)	<b>235</b> (+ 15 lb.)	<b>255</b> (+ 10 lb.)	<b>265</b> (+ 5 lb.)
<b>50+ MEN/ TEENAGE BOYS</b>	<b>155</b> (pre-loaded bar + 55)	<b>185</b> (+ 15 lb.)	<b>205</b> (+ 10 lb.)	<b>215</b> (+ 5 lb.)	<b>225</b> (+ 5 lb.)
<b>60+ MEN</b>	<b>95</b> (pre-loaded bar + 25)	<b>125</b> (+ 15 lb.)	<b>145</b> (+ 10 lb.)	<b>165</b> (+ 10 lb.)	<b>175</b> (+ 5 lb.)
<b>35-49 WOMEN</b>	<b>125</b> (pre-loaded Bar + 45)	<b>145</b> (+ 10 lb.)	<b>155</b> (+ 5 lb.)	<b>165</b> (+ 5 lb.)	<b>175</b> (+ 5 lb.)
<b>50+ WOMEN/ TEENAGE GIRLS</b>	<b>85</b> (pre-loaded bar + 25)	<b>105</b> (+ 10 lb.)	<b>125</b> (+ 10 lb.)	<b>135</b> (+ 5 lb.)	<b>145</b> (+ 5 lb.)
<b>60+ WOMEN</b>	<b>65</b> (pre-loaded bar + 15)	<b>85</b> (+ 10 lb.)	<b>105</b> (+ 10 lb.)	<b>115</b> (+ 5 lb.)	<b>125</b> (+ 5 lb.)

### Movement Standards

Athletes must stay in their lane for the entire event.

This is a standard hang squat clean: the barbell must be deadlifted from the floor to establish a hang position, then lifted to the shoulders with the athlete passing through a full squat (crease of hip clearly below top of knee), and finish with the athlete standing tall (knees and hips locked out) with the barbell in a controlled rack position and elbows in front of the bar. To establish the hang position on the any rep that starts from the floor, athletes will need to fully extend their hips (not knees) with arms straight. A clean straight from the floor without establishing the hang first is not acceptable. On reps that are consecutive and starting at the conclusion of a completed rep rather than from the floor, athletes need only bring the bar down below the hips but above the knees with arms extended to begin the next rep. A hang power or even split clean + front squat is acceptable as long as the standards that define the hang, the squat, and the lockout of the rep are achieved. Technique (or lack thereof) will not be considered; only the standard points of performance listed above.

When lowering a barbell to the floor, hands must remain on the bar until it passes below the hips. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition; catching on the bounce is not permitted.

When advancing and loading the barbell, athletes must keep their feet on the mat in their lane.

### Scoring

Score for Event 4 is the total time of completion. The time cap is 5:00. Any reps not completed within the 5:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work but are unable to reach the Start/Finish lane within the 5:00 cap, their score will be recorded as 5:01 on the leaderboard. Judges will note the time of completion for every weight as a tiebreak time. In the event of a tie, the athlete with the faster tiebreak time will rank higher on the leaderboard. 100 points are available for Event 4.