



Pairs Event 6 "The Alamo"

10 rounds for time:

10 Hang clean thrusters, 115 – 145/ 75 – 100 lb.

10 Wall balls, 30/20 lb. to 10 ft. target

1 Rope climb

*Athletes will alternate full rounds until both athletes have completed five rounds.

Points Available: 100

Time Cap: 18:00

Division Details

For rounds 1, 2, and 3, men will use 115 lbs. and women will use 75 lbs. for the hang squat clean thrusters. For round 4, the men's weight will increase to 135 lbs. and the women's weight will increase to 95 lbs. For round 5, the men's weight will increase to 145 lbs. and the women's weight will increase to 100 lbs. Men will use a 30 lb. med ball for all rounds and women will use a 20 lb. med ball for all rounds.

Event Flow

At the sound of the beep, athlete 1 will advance to the barbell and perform 10 hang clean thrusters at the opening weight. He or she will then advance to their med. ball and perform 10 wall balls. After the final wall ball, athletes will perform 1 rope climb. After the rope climb, athlete 1 must run past their barbell to and back to the start mat to release athlete 2 to begin his or her first round of hang clean thrusters, which consists of the exact same work as athlete 1 just completed.

After athlete 2 completes their first round, they will return to the barbell and together with athlete 1, they will pick up their barbell and advance it forward to the second mat and complete round 2 in the same fashion that round 1 was done.

After the conclusion of round 2, athletes will advance their barbell forward to mat 3 and complete round 3.

After athlete 2 has completed his or her 10 hang clean thrusters in round 3, athlete 1 may add the appropriate weight to prepare for round 4. Weights will be provided for all athletes.

After the second athlete finishes round 3, he or she will return to the barbell and together they will advance the bar forward to mat 4 for round 4. Again, after the second athlete has completed their 10 squat clean thrusters in round 4, athlete 1 may add the weight for round 5.

After athlete 2 completes round 4, he or she will return to their barbell and together with athlete 1 they will advance their bar forward to mat 5 where athlete 1 will begin round 5.

After both athletes have completed round 5, they will run to the finish mat to complete the event.

*Athletes must always return to the start mat to release their teammate to begin the next round.

**Barbell advancing always requires two athletes. One athlete may not move the barbell without the other.

***Barbells must always remain oriented parallel within their lane. Rotating the bar perpendicular to your lane while moving is not permitted.

These three rules are for athlete safety. If a pair fails to make an illegal barbell transition by rotating their barbell in their lane, they will both immediately be required to run back to the Start/Finish mat before progressing further in the workout.

Movement Standards

The hang clean thruster begins with the athlete deadlifting the barbell and stopping at this position prior to beginning their first rep. Once the "hang position" has been established, the athlete must perform a hang clean to get the barbell to the front rack position and pass through the bottom of a full squat and then thruster it to the overhead locked out position. The bottom of the squat and the overhead position require the typical standards of movement consistent with competition: at the bottom of the squat, the crease of the hip must pass clearly below the top of the knee, and the overhead position requires the knees, hips, shoulders, and elbows to be extended with the barbell over the center line of the body. Re-dipping to change the thruster into a jerk will not be permitted. If the thruster portion of the movement is no-repped, the athlete may simply redo the thruster, not the entire hang clean thruster. During the hang clean portion of the movement, the arms must extend fully and the barbell may not pass below the knee.

For the wall balls, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to make contact with the 10 ft. target. Catching the ball on the bounce between reps is not permitted; if dropped, it must settle between reps.

For the rope climbs, athletes must establish three key points of performance prior to progressing up the rope:

-both hands must be below the designated start line WHILE

-both feet are clearly off the ground AND

-athletes must show a "dead hang" before moving up the rope. A "dead hang" is defined by the upper-hand arm being fully extended, just like the bottom of any hanging movement from the pull-up bar.

At the top, the athlete must clearly touch the cross-bar. On the descent, one of the athlete's hands must make controlled contact with the rope below the start line prior to his or her feet touching the ground. "Controlled contact" means the athlete must clearly grip the rope with one hand below the line; a full slide-down or fleeting reach and touch will result in a no-rep.

After the conclusion of this morning's briefing, athletes will have a 5:00 practice session to try out the ropes/standards, because they will not be available in the warm-up area.

Scoring

Score for event 6 is the total time of completion. The time cap is 18:00. Any reps not completed within the 18:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work except the final rope climb within the 18:00 cap, their score will be recorded as 18:02 on the leaderboard, a one second penalty for not completing the final rope climb and another for not reaching the Start/Finish mat. 100 points are available for Event 6.