



Masters Event 3

“Cadillac”

For Time:

60 Calorie Airdyne

60 Air squats

60 Axle deadlifts, 150 lb./100 lb.

60 Burpee box jump-overs, 24”/20”

100 ft. Overhead lunge, 45 lb./25 lb.

Points Available: 100

Time Cap: 18:00

Event Flow

Event 3 is a classic chipper. Athletes will complete 60 calories on the bike followed by 60 reps each of air squats, axle deadlifts, and burpee box jump-overs. They will finish with a 100 ft. overhead lunge using a bumper plate.

Division Details

All age groups will be doing the same version of event 2. All men will use a 150 lb. axle bar for the deadlifts, a 24-inch box for the burpee box jump-overs, and a 45 lb. bumper plate for the overhead lunges. All women will use a 100 lb. axle bar for the deadlifts, a 20-inch box for the burpee box jump-overs, and a 25 lb. bumper plate for the overhead lunges.

Movement Standards

For the bike, the monitor will start at 0. Athletes must stay on the bike until the monitor reads 60 calories.

For the air squat, the crease of the hip must pass clearly below the top of the knee at the bottom each rep. Each rep finishes with the athlete standing tall with knees and hips fully extended. The hands may not come into contact with the legs at any point during the movement.

Each deadlift rep starts with the axle bar on the floor and finishes with the athlete standing tall. At the top, hips and knees must be extended with shoulders behind the bar. Arms must remain straight throughout the movement; excessive bouncing is not permitted.

Each burpee box jump-over must be performed perpendicular to and facing the box. The chest and thighs must touch the ground at the bottom of each rep. The rep will be counted when both feet reach the ground on the opposite side of the box. The athlete may get up and over the box any way they choose as long as his or her hands do not touch the box at any time. Both jumping and stepping up and down are permitted.

The overhead lunge begins with the weight overhead, feet together, and athlete standing tall. The trailing knee must make contact with the ground on each lunge and the athletes hips and knees must reach full extension in between each lunge. A step-through is permitted as long as full extension is reached. The bumper plate must remain above the athlete’s head in order for forward progress to take place. In the event of a no rep, the athlete will be asked to return to the finishing point of the last successful repetition before continuing forward. The last lunge is complete and time stops when the athlete reaches full extension with the plate still overhead and both feet together on the finish mat. The lunge portion of event 3 is divided into 4 “reps,” each approximately 25 feet in length. If an athlete does not reach the finish mat within the time cap, he or she will receive credit for one rep after passing the deadlift mat, the burpee box jump-over mat, the pull-up rig, and the final rep is the finish mat.

Scoring

Score for event 3 is the time on the clock when the athlete reaches the finish mat. Any reps not completed at the 18:00 time cap will be added as additional seconds to their cap time. For example, if an athlete completes all of their burpee box jump-overs and lunges past their deadlift mat, then the only “rep” not completed would be the lunge to the finish mat. As a result, that athlete’s time would be 18:01. 100 points are available for Event 3.