



## Masters Event 4

### “Thunderbird”

4A: 3:00 Max calorie row

4B: 4:00 AMRAP:

1-2-3-4-5... rep rounds of:

Hang power cleans

Shoulder to overhead

Points Available: 200

Time Cap: N/A

### Event Flow

Event 4 is completed on a 7-minute running clock. Event 4A begins with each athlete on a Concept 2 rowing machine. Athletes have 3 minutes to row as many calories as possible. Athletes must remain on their rowing machine for the entire 3:00 event. Event 4B is a 4:00 AMRAP that begins at the 3:00 mark. The clock does not stop or reset between events 4A and 4B. Athletes have until the 7:00 mark to complete as many rounds and reps as possible of the ascending ladder of hang power cleans and shoulder to overhead.

### Division Details

Age	Men's Barbell	Women's Barbell
35-39	115 lbs.	75 lbs.
40-44	115 lbs.	75 lbs.
45-49	95 lbs.	65 lbs.
50+	95 lbs.	65 lbs.

### Movement Standards

For the row, athletes must stay seated until the 3:00 mark. Athletes may not touch the monitor at any time. Before beginning, they may adjust the damper to wherever they choose. If an athlete stands up from their rower prior to the 3:00 mark, he or she will have to sit back down on the seat prior to moving to their barbell for event 4B.

For the hang power clean, the barbell must be deadlifted to the hang position (top of the deadlift) before the first rep of each set may begin. From there it may be cleaned to the rack position in any style: power, split or squat. Each rep except for the final rep of each set finishes with the athlete standing tall with the barbell in the rack position (in contact with the torso) and elbows in front of the bar and knees and hips fully extended. After each rep, the athlete must extend his or her arms in the hang position prior to cleaning the next rep. On the final hang power clean of each round, the athlete does not have to stand fully prior to beginning their shoulder to overhead. On the final rep, as long as the athlete brings the barbell to the rack position (in contact with the torso), he or she may go directly into the shoulder to overhead movement without pausing with the knees and hips extended.

For the shoulder to overhead, the barbell will begin in the rack position and finish in the overhead position. At the top, the barbell must be locked out over the center of the body with knees, hips, shoulders, and elbows extended. Any style of shoulder to overhead movement is permitted.

### Scoring

Event 4 consists of two 100-point events. Score for Event 4A is the number of calories rowed. Score for event 4B is the total number of reps completed in the AMRAP.