



Masters Event 3

“RAINIER”

Clean & Jerk Ladder
Points Available: 100
Time Cap: N/A

Division Details

Men's weights: 135-145-155-165-175-185-195-205-215-225-235-245-255-265-275-285-295-305

Women's weights: 95-105-115-125-135-145-150-155-160-165-170-175-180-185-190-195-200-205

Event Flow

Event 2 is a Clean & Jerk ladder. In this event, the athlete will work their way through a series of stations with progressively heavier barbells. At the call of “rotate” the athlete will have 45 seconds to move to the next station and successfully lift each weight. After the 45 seconds are up, the athlete will remain at that station. They will then add the designated 5 or 10 lbs. to their barbell for the next weight and at the call of “lift” will have :45 to complete one rep each at the next weight. When that :45 lifting period is up, the athlete will remove their change plates and remain at their station for the remaining :15 of that minute until the call of “rotate” is given, at which point they will advance to the next station and may begin lifting immediately.

All athletes that successfully complete each lift within the 45 second work period will advance to the next barbell. If the athlete does not make the lift within the 45-second window, they will not be allowed to attempt another weight.

Within the 45 second work period, the athlete may take as many attempts as they would like. Each clean & jerk repetition must be fully complete within the 45-second window. If the athlete is still moving at the 45-second mark, that repetition will not count.

Movement Standards

During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders. A muscle clean, power clean, split clean, squat clean, or any variation of hang clean may be used, as long as the barbell comes up to the rack position on the shoulders.

Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead. The barbell must pass through the front-rack position before going overhead; snatching is not permitted.

The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete's body, with the arms, hips, and knees extended, and the feet in line under the body. No part of the body other than the feet may touch the ground during the execution of the lift.

Scoring

Score for event 3 is the highest successful lift. Tie breaker is bodyweight; in the event of a tie, the athlete with the lower bodyweight will be ranked above the heavier athlete that lifted the same weight.