

PLACEMENT EVENT 1A



EVENT 1A

AMRAP 10

4 Deadlifts

3 Hang Cleans

2 Shoulder to Overhead

Each round, the weight increases

M: 40-50-60-65-70-75-80-85 etc. adding 5KG/round

F: 30-35-40-45-50-52,5-55-57,5 etc. adding 2,5KG/round

BOYS: 20-30-35-40-45-50-52,5 etc. adding 2,5KG/round

GIRLS: 14-20-25-30-32,5-35-37,5 etc. adding 2,5KG/round

Event 1A and 1B don't have to be performed on the same day.

EQUIPMENT

- Barbell 20/15kg
- Plates
- Collars

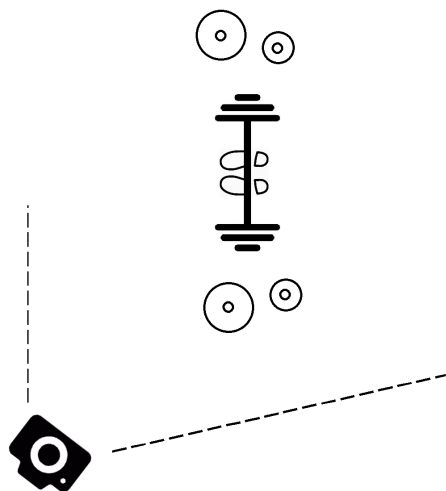
DESCRIPTION

The workout starts with the athlete standing tall behind the barbell. The athlete is not allowed to touch the barbell yet. On the count of 3-2-1-GO the athlete may start the workout and touch the barbell. The athlete performs 4 deadlifts, followed by 3 hang cleans, followed by 2 shoulder to overheads. After this round, the athlete advances to the next weight. Multiple barbells may be used, and others are allowed to load the barbells. There is a tiebreak after every full round (9 reps). The workout is finished when the time of 10 minutes has passed.

The score for this workout is the total number of repetitions completed + the time on an ascending clock after the last fully completed round. In case of a tie, the athlete with the fastest tiebreak will end on top.

Example: Male Athlete has finished 4 deadlifts @ 60KG (=22 reps). The second shoulder to overhead @ 50KG is finished at 8:40. His score is 22 reps + 8:40.

It is the responsibility of the athlete to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.



VIDEOSTANDARDS

Start the video with stating your full name and box. Then film the weight of the barbell and all plates used.

When the workout is done, film the weight on the barbell.

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 10) must be visible during the whole workout.

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count. Use the setup stated in the picture on the left.

PLACEMENT EVENT 1A



Complete as many rounds and reps as possible in 10 minutes of:

**4 Deadlifts
3 Hang Cleans
2 Shoulder to Overhead**

Each round, the weight increases

M: 40-50-60-65-70-75-80-85 etc.
adding 5KG/round

F: 30-35-40-45-50-52,5-55-57,5 etc.
adding 2,5KG/round

There is a tiebreak on ascending clock after each fully completed round.

Your score on Event 1A is the total number of reps completed in the 10 minutes + your last tiebreak time. Enter your score in The Nationals App.

	4 Deadlifts	3 Hang Clean	2 STOH	TIEBREAK
Round 1 40/30kg	4	7	9	
Round 2 50/35g	13	16	18	
Round 3 60/40kg	22	25	27	
Round 4 65/45kg	31	34	36	
Round 5 70/50kg	40	43	45	
Round 6 75/52,5kg	49	52	54	
Round 7 80/55kg	58	61	63	
Round 8 85/57,5kg	67	70	72	
Round 9 90/60kg	76	79	81	
Round 10 95/62,5kg	85	88	90	
Round 11 100/65kg	94	97	99	
Round 12 105/67,5kg	103	106	108	
Round 13 110/70kg	112	115	117	
			Last tiebreak	
			Total reps	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

PLACEMENT EVENT 1A



TEENS DIVISION

Complete as many rounds and reps as possible in 10 minutes of:

4 Deadlifts

3 Hang Cleans

2 Shoulder to Overhead

Each round, the weight increases

BOYS: 20-30-35-40-45-50-52,5-55-57,5
etc. adding 2,5KG/round

GIRLS: 15-20-25-30-32,5-35-37,5-40-42,5
etc. adding 2,5KG/round

There is a tiebreak on ascending clock after each fully completed round.

Your score on Event 1A is the total number of reps completed in the 10 minutes + your last tiebreak time. Enter your score in The Nationals App.

	4 Deadlifts	3 Hang Clean	2 STOH	TIEBREAK
Round 1 20/15kg	4	7	9	
Round 2 30/20kg	13	16	18	
Round 3 35/25kg	22	25	27	
Round 4 40/30kg	31	34	36	
Round 5 45/32,5kg	40	43	45	
Round 6 50/35kg	49	52	54	
Round 7 52,5/37,5kg	58	61	63	
Round 8 55/40kg	67	70	72	
Round 9 57,5/42,5kg	76	79	81	
Round 10 60/45kg	85	88	90	
Round 11 62,5/47,5kg	94	97	99	
Round 12 65/50kg	103	106	108	
Round 13 67,5/52,5kg	112	115	117	
			Last tiebreak	
			Total reps	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLACEMENT EVENT 1A



MOVEMENT STANDARDS

GENERAL RULES

- Multiple barbells can be used. Others may assist in loading the barbells.
- The collars do always need to be put on the outside of all plates.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- Blocks or a rack is not allowed. The bar needs to be moved from the floor for all movements.
- The complex does not need to be performed unbroken. You can break up as needed.
- In doubt about a standard? Contact us at info@thenationals.nl

DEADLIFT

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

HANG CLEAN

The movement starts with the athlete standing tall with the barbell in their hands and hips and knees fully extended. The athlete lowers the barbell until above the knees. The barbell moves from above the knee to the front rack position in one fluent motion. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

A hang muscle clean, hang power clean and hang split clean are allowed, even as power or squat variations, as long as all standards are met. If the bar is caught in a split or 'starfish' position, both feet need to move back under the hips before the bar leaves the shoulders to count as a rep.

A clean from the floor is a no-rep and does not count. The athlete needs to extend in a deadlift first.

SHOULDER TO OVERHEAD

The movement starts with the athlete standing tall with the barbell in the front rack position, and hips and knees fully extended. The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

