



EVENT 1

42-30-18 for time of:

Row (cal.)

Alternating dumbbell hang snatch

♀ 35-lb. dumbbell

♂ 50-lb. dumbbell

Time cap: 15 min.

NOTES

Prior to starting the event, set up the floor plan as shown. Place the camera close enough to the rower that the monitor is clearly visible. Face the rower during the dumbbell hang snatches.

Begin this event seated on the rower with your hands clearly off the paddle. After "3, 2, 1 ... go," begin rowing. After the monitor reads at least 42 calories, move to the dumbbell and complete the same number of alternating dumbbell hang snatches. Repeat this sequence for the rounds of 30 and 18. Time stops when you reach lockout on the final dumbbell hang snatch.

Your score will be the total time taken to complete the event or the total number of repetitions completed before the 15-minute time cap. There is no tiebreak.

After the event is complete, walk to the camera and state the password BEFORE moving or turning off the camera.

EQUIPMENT

- Concept2 rower
- Dumbbell, 35/50 lb.*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.).

For each event, be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the event standards video may be disqualified from the competition.

Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances, weights, and rowing monitor can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the event.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the event is complete, state the password before moving or turning the camera off.

LAST-CHANCE QUALIFIER

12:00 P.M. (NOON) PT FRIDAY, JULY 2, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JULY 3

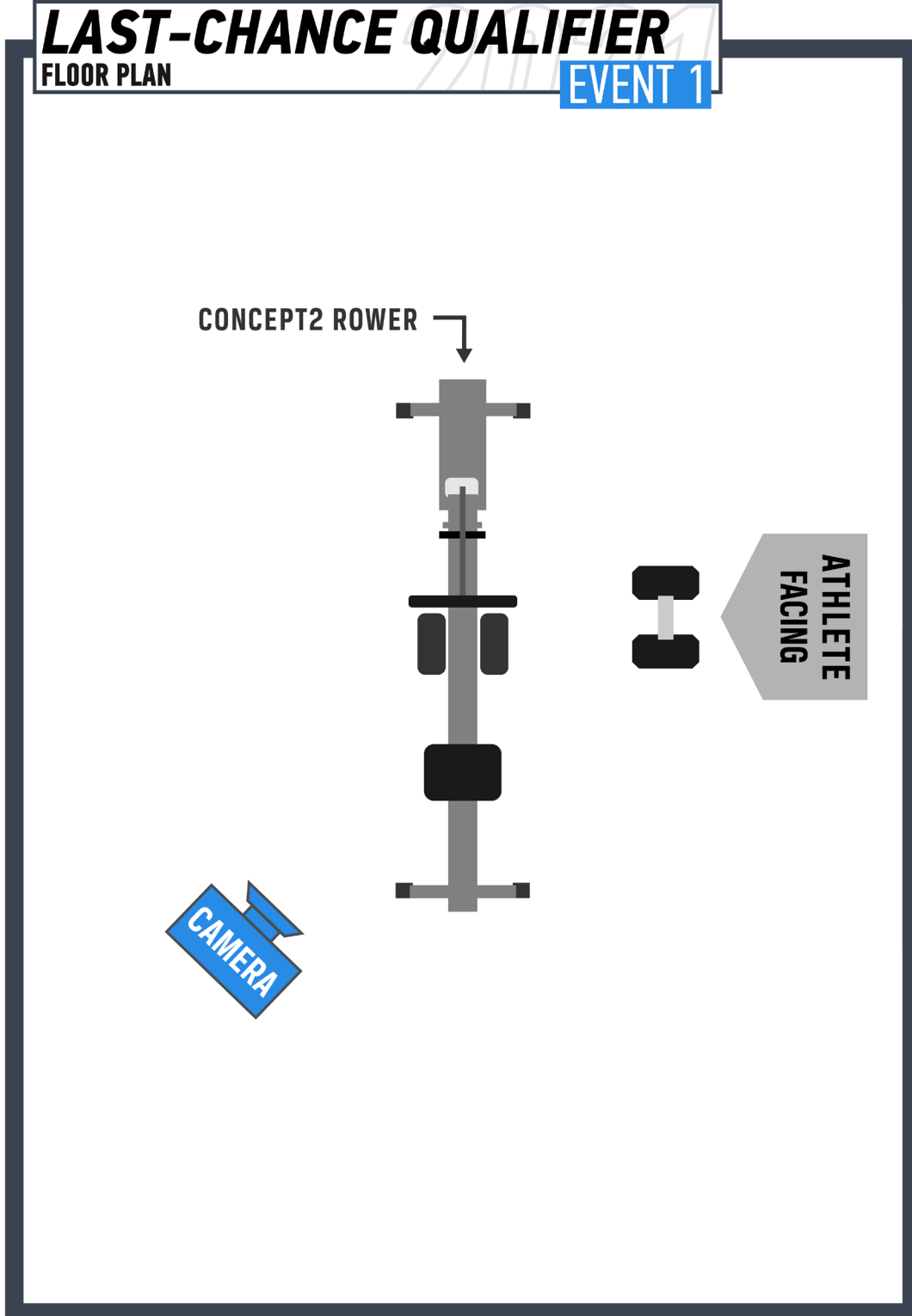
Presented by



LAST-CHANCE QUALIFIER

FLOOR PLAN

EVENT 1





MOVEMENT STANDARDS

ROW



- The monitor on the rower **must** be set to zero at the beginning of each row. You may have assistance resetting the rower between rounds.
- Stay seated on the rower with your hands holding the paddle until the monitor reads at least the designated number of calories.
- If you reach the time cap on the rower, every calorie completed when the rower comes to rest will count as 1 rep.

DUMBBELL HANG SNATCH



- Begin the first rep with your hips and knees at full extension, and your head and shoulders in line vertically over your hips.
- From this position, lower the dumbbell to the hang.



- From the hang, you must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Alternate arms after each repetition. You may not alternate until you complete a successful rep.
- Do not use the non-lifting hand or arm to assist by making contact with your legs or other parts of your body during the repetition.



MOVEMENT STANDARDS

DUMBBELL HANG SNATCH (CONTINUED)



- At the top, your arms, hips, and knees must be fully locked out, with the dumbbell clearly over the middle of your body when viewed from profile.
- The rep is credited once you have reached lockout.
- You may choose to do a split snatch. However, both feet must return in line under your body while the dumbbell is locked out overhead for the repetition to count.
- You may lower the subsequent repetitions directly to the hang position.
- After reaching lockout, there is no requirement for when you must switch hands.
- You may not receive any assistance in resetting the dumbbell under risk of penalty.



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42-CAL. ROW	42
42 ALTERNATING DUMBBELL HANG SNATCHES	84
30-CAL. ROW	114
30 ALTERNATING DUMBBELL HANG SNATCHES	144
18-CAL. ROW	162
18 ALTERNATING DUMBBELL HANG SNATCHES	180

Athlete Name _____
 Print

Time OR Reps at 15 Min. _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Athlete Signature Date

Athlete Copy

LAST-CHANCE QUALIFIER - EVENT 1

Athlete Name _____
 Print

Time OR Reps at 15 Min. _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Judge Signature Date