



CrossFit Tertiary

Summer Series

Test 3A: **Mock Power Meet**

In a 60-minute window, establish the following, in order, for total load:

- Single Repetition Back Squat
- Single Repetition Bench Press
- Single Repetition Rep Deadlift

Test Flow

The Referee will brief the athletes on safety 30 minutes before the start of the workout. Athletes can ask any questions not covered in this document at that time. The Referee will establish, have the final authority, and ensure all athletes understand any additions to this document.

Before the start of the test, athletes will draw cards to establish their lifting order.

No less than 12 minutes before the start of the test, the athlete who draws card 1 (Athlete 1) will start their warmup period. 30 seconds after Athlete 1 starts, the clock will beep, and athlete two can start their warmup period. This will continue until all athletes have started their warmup period.

During the warmup period, the athletes may bike, stretch, and warm up with an empty barbell. Other equipment can be used during the warmup period, but the barbells may not be loaded.

At "3-2-1-GO!" Athlete 1 may load their bar and start warming up with a loaded barbell in any manner and order they choose. 30 seconds after athlete 1 starts, athlete 2 may start, and so on until all athletes are warming up and preparing to establish their loads for the designated lifts.

The clock will continue to beep every 30 seconds. After 4 minutes loading and preparing, Athlete 1 can choose to establish a single on the back squat. They may also choose to pass. This will continue until all athletes have had the opportunity to lift or pass.

Athletes will have an opportunity to make an attempt every 4 minutes. The Referee will maintain the flow and call good lifts or failed lifts.

Athletes may use the time however they wish. *For example, the athlete may pass on minute 4 and 8, attempt a back squat on minute 12, 16, and 20, pass on minute 24 and 28, attempt a bench press on minute 32, 36, and 40, pass on 44 and 48, and attempt a deadlift on 52 and 56.*

Once the athlete declares an attempt on the bench press, they can no longer attempt the back squat. Once the athlete declares an attempt on the deadlift, they can no longer attempt the bench press or deadlift. *Note, this is for declared attempts. Athletes can warmup between attempts however they wish. Only declared attempts performed for The Referee during the athletes designated turn will count for score. Athletes can deadlift before back squat attempts to prepare for the deadlift when the time comes.*

Athletes are responsible for recording their scores. The Referee will confirm loads. Time will be tight, and The Referee's primary responsibilities will be declaring lifts and maintaining the flow.

Scoring

The score for this test will be total load: Sum total load for the heaviest successful single repetition for the back squat, bench press, and deadlift. Athletes will record the load for every attempt and if the attempt was successful.

Equipment

Athletes must wear the following exercise attire: top (tee, tank, sweatshirt, and/or sports bra), bottom (Shorts, leggings, tights, and/or sweatpants), and shoes (athletic shoes of any style).

Athletes may use one pair of knee or elbow sleeves.

Athletes may use a standard, commercially available weightlifting belt.

Athletes may have a water bottle. Water is the only allowed liquid.

Athletes may use chalk.

Knee and elbow wraps are not allowed. Excessively thick sleeves and garments designed to provide an advantage are not allowed. Gloves, hooks, gymnastic grips, and sticky tack are not allowed. Inhalants are not allowed, unless prescribed by a medical practitioner.

During the 60-minute window, athletes will have access to a rig-based weightlifting rack with standard J-Hooks a 20kg (scored as 45lbs) or a 15kg (scored as 35lbs) barbell and a variety of bumper and change plates. A standard flat bench will be at each athlete's station.

Clamps and straps will be available to secure plates.

Athletes may use any equipment in the gym during the warmup period. At the end of the warmup period, only the equipment above may be used.

Spotting and Equipment Limitations

Due to the flow of the test and The Referee's choice to be the sole official, spotting may be limited. The Referee will ensure the safety of all athletes. Athletes must be able to safely bail on all lifts. For the bench press, the weights will not be clamped. The Referee will attempt to spot on the bench, but if not possible, athletes must be prepared to dump the weight.

Weight plates may be limited. If this is the case, especially during the deadlift, The Referee will enact the "Be Cool with Sharing" rule. Athletes lifting similar loads will be asked to share a bar or plates.

The load for each lift will be limited to 495lbs. The gym currently only has bumper plates, and the maximum load on each side of the barbell is 5x45lbs: $(5 \times 45 \times 2) + 45 = 495$ lbs.

Movement Standards

Back Squat

The barbell will start in the weightlifting rack. The athlete will unrack the barbell into a back rack position and step away from the weightlifting rack and stand in a fully extended position where the ankles, knees, hips, and shoulders are in full alignment. The athlete will then proceed to descend into the bottom of the squat to the point where the crease of the hip is clearly below the top of the knee. The athlete will then stand to full alignment of the ankles, knees, hips, and shoulders. After full extension is achieved, the athlete must return the load to the rack.

Bench Press

The barbell will start in the weightlifting rack. The athlete will unrack the barbell into full extension where the wrist, elbow, and shoulder are aligned when viewed from profile. The athlete will then descend the barbell until it clearly contacts the chest and press the barbell back to full extension. The athlete's shoulders and hips must maintain contact with the bench and their feet must maintain contact with the floor through the entire lift. The athlete will then return the barbell to the weightlifting rack.

Deadlift

The plates of the barbell will start on the floor. The athlete will assume a standard deadlift stance (sumo deadlifts are not allowed). The athlete will grip the barbell (any grip is permitted, hands must be 'reasonably' under the shoulders), and lift the barbell to full extension, with the ankles, knees, hips, and shoulders all aligned when viewed from profile. The athlete will then return the barbell to the ground. Grip must be maintained on the barbell until it contacts the ground.

Odd Movement and the "Don't Be a Dick" Clause

Remember, this is designed to be a test. Time management is part of the test. Counting the proper load is part of the test. Maintaining movement standards is part of the test. The goal is to have everyone lift as heavy loads as possible, safely, within the time frame.

Odd movements that may be unsafe or are outside the standards listed above or are not generally accepted within the sport of CrossFit will not be allowed. If questionable, The Referee will make the final decision with fairness and safety at the top priority.

This is a small, local, mock meet. Work together and have fun!



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Score Card

Test 3A: Mock Power Meet

In a 60-minute window, establish the following, in order, for total load:

- Single Repetition Back Squat
- Single Repetition Bench Press
- Single Repetition Rep Deadlift

Minute	Lift	Attempt -or- Pass		Load	Successful
		A	P		
4	S - B - D	A	P		Yes - No
8	S - B - D	A	P		Yes - No
12	S - B - D	A	P		Yes - No
16	S - B - D	A	P		Yes - No
20	S - B - D	A	P		Yes - No
24	S - B - D	A	P		Yes - No
28	S - B - D	A	P		Yes - No
32	S - B - D	A	P		Yes - No
36	S - B - D	A	P		Yes - No
40	S - B - D	A	P		Yes - No
44	S - B - D	A	P		Yes - No
48	S - B - D	A	P		Yes - No
52	S - B - D	A	P		Yes - No
56	S - B - D	A	P		Yes - No

Heaviest Squat _____ + Heaviest Squat _____ + Heaviest Squat _____ =

Total _____