



CrossFit Tertiary

Summer Series

Test 4A: **Mock Oly Meet**

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

- Single Repetition Snatch
- Single Repetition Clean and Jerk

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 snatch. 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 1-hour time window however they wish as long as the lifts are performed in order. Attempts will only be scored during the athletes designated turn.

Once the athlete declares an attempt on the clean and jerk, they can no longer attempt the snatch. *Note: athletes can warmup between attempts however they wish. Only declared*

attempts performed for The Referee during the athlete's designated turn will count for score. Athletes can warmup both lifts before making any attempts.

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 snatch and the clean and jerk. 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.

To prevent spills, athletes may have a capped 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 20kg (scored as 45lbs) or a 15kg (scored as 35lbs) barbell and a variety of bumper and change plates. Clamps are required for all official attempts.

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.

Movement Standards

Snatch

The snatch will start with the loaded barbell resting on the floor. The athlete will approach the barbell and perform any snatch from ground to overhead (Power Snatch, Squat Snatch, Split Snatch). The lift is completed when the athlete stands to

full extension with the barbell locked out overhead. Major joints of the body must be in alignment (wrist, elbow, shoulder, hips, knee, and ankles). Both feet must be aligned.

The snatch must be one fluid movement from ground to lock out, hang snatches will not be allowed. A press out in the receiving position will not be allowed.

Clean and Jerk

The clean and jerk will start with the loaded barbell resting on the floor. The athlete will approach the barbell and perform any clean and any jerk in any combination from ground to shoulders then overhead (Power Clean, Squat Clean, Split Clean then Power or Push Jerk, Squat Jerk, Split Jerk). The lift is completed when the athlete stands to full extension with the barbell locked out overhead. Major joints of the body must be in alignment (wrist, elbow, shoulder, hips, knee, and ankles). Both feet must be aligned.

The clean must be one fluid movement from ground to shoulders, hang cleans will not be allowed. The jerk must be one fluid motion, a press out in the receiving position will not be allowed.

Note: Technically a Clean and Shoulder Press, Clean and Push Press, or Clean to Thruster will be allowed. As long as these movements meet the "fluid movement" requirements outlined above, they are acceptable.

Odd Movement 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. Lift heavy and have fun!



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Score Card

Test 4A: **Mock Oly Meet**

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

- Single Repetition Snatch
- Single Repetition Clean and Jerk

| Minute | Lift | Attempt -or- Pass | | Load | Successful |
|--------|--------------|-------------------|---|------|------------|
| | | A | P | | |
| 4 | Snatch - C&J | A | P | | Yes - No |
| 8 | Snatch - C&J | A | P | | Yes - No |
| 12 | Snatch - C&J | A | P | | Yes - No |
| 16 | Snatch - C&J | A | P | | Yes - No |
| 20 | Snatch - C&J | A | P | | Yes - No |
| 24 | Snatch - C&J | A | P | | Yes - No |
| 28 | Snatch - C&J | A | P | | Yes - No |
| 32 | Snatch - C&J | A | P | | Yes - No |
| 36 | Snatch - C&J | A | P | | Yes - No |
| 40 | Snatch - C&J | A | P | | Yes - No |
| 44 | Snatch - C&J | A | P | | Yes - No |
| 48 | Snatch - C&J | A | P | | Yes - No |
| 52 | Snatch - C&J | A | P | | Yes - No |
| 56 | Snatch - C&J | A | P | | Yes - No |

Heaviest Snatch _____ + Heaviest Clean and Jerk _____ =

Total _____