

EVENT 4



SATURDAY INDIVIDUAL

CrossFit SEMIFINAL EVENT

"BARBELL COMPLEX"

3 attempts for max load of:

3 cleans + 2 front squats + 1 jerk (shoulder-to-overhead)

NOTES

Beginning with the first two athletes, lifters will have one minute to complete the complex (front and back platforms — see floor plan for visual). At the start of the next minute, the next two athletes will lift. When all athletes have completed their first attempt, the cycle repeats, starting with the first two lifters again. This sequence continues until all athletes are given three lifting windows. Additionally, athletes do not have to make an attempt during each lifting window. Athletes may choose to reduce the load on the bar for their next attempt after a failed lift.

The athlete's best successful lift will be their score for the event.

**Scoring team Note: regions lifting in KG will need to convert athlete's best successful lifts into Lbs. after the workout is completed.