



STAGE ONE - EVENT 1 DESCRIPTION

Presented by



EVENT 1 - FRIENDLY FRAN

3 rounds:

21 thrusters

21 chest-to-bar pull-ups

W 85 lb. M 115 lb.

Time cap: None

NOTES

This event begins with the barbell on the floor and the athlete standing behind the designated line. After the call of "go," the athlete may move to the barbell to perform 21 thrusters, then 21 chest-to-bar pull-ups. The athlete will repeat this couplet for 3 rounds.

The event is over when the athlete completes all the required work and crosses the start/finish line. Time stops at the athlete's first contact over the line. The athlete's score will be the total time it takes to complete the event.

MOVEMENT STANDARDS

THRUSTER



- Each set of thrusters begins with the barbell on the ground.
- The athlete must move the barbell from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the barbell is taken from the floor.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The athlete and the bar must always remain behind the designated line, 8 feet from the pull-up bar.
- The rep is credited when:
 - the athlete has the barbell locked out overhead, with hips, knees, and arms fully extended; and
 - the barbell is directly over or slightly behind the middle of the athlete's body.
- The athlete must continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."
- The athlete may not receive assistance when picking up or setting down the barbell.



STAGE ONE - EVENT 1 DESCRIPTION

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MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP



- At the start of each rep, the athlete's arms must be fully extended, and the athlete's feet must be off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.



STAGE ONE - EVENT 1 SCORECARD

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W 85 lb. M 115 lb.

Time cap: None

	21 THRUSTERS	21 CHEST-TO-BAR PULL-UPS
ROUND 1		
ROUND 2		
ROUND 3		

Athlete Name _____
Print

Time _____

Judge Name _____
Print

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

Judge Copy

Athlete Copy

EVENT 1

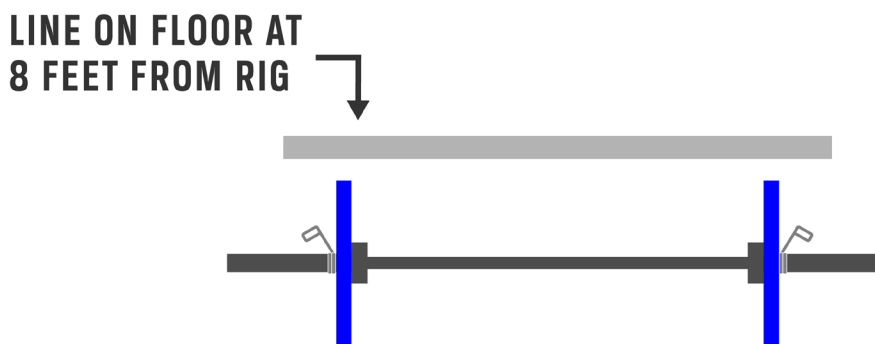
Athlete Name _____
Print

Time _____

Judge Name _____
Print

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

FLOOR PLAN EVENT 1



JUDGE START

A red 'X' shape is drawn over the 7-foot mark on the vertical scale, with the text 'JUDGE START' written across it.

