



STAGE ONE - EVENT 2 DESCRIPTION

Presented by



EVENT 2 - 1-REP-MAX FRONT SQUAT

Establish a 1-rep-max front squat

Time cap: 20 minutes

NOTES

This event begins with the barbell in the rack. Athletes will have 20 minutes from their declared start time to find a 1-rep-max front squat. Within the 20-minute window, athletes may make as many or as few attempts as they like.

The athlete's score will be the load (in lb.) of their heaviest successful lift. The judge will total the exact poundage of each pre-weighed piece of equipment used for the lift. In the event of a tie, the lighter athlete with the same successful lift will be placed above the heavier athlete.

MOVEMENT STANDARDS

FRONT SQUAT



- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The bar rests on the athlete's shoulders and their elbows are in front of the bar.

The rep is credited when:

- the athlete's hips and knees are fully extended;
- the bar is resting on the athlete's shoulders and their elbows are in front of the bar; and
- the athlete's feet are in line with one another when the athlete is viewed from profile.



STAGE ONE - EVENT 2 SCORECARD

Presented by



EVENT 2 - 1-REP-MAX FRONT SQUAT

Establish a 1-rep-max front squat

Time cap: 20 minutes

ATHLETE BODY WEIGHT
MUST BE RECORDED IN POUNDS

1-REP-MAX FRONT SQUAT
MUST BE RECORDED IN POUNDS

Athlete Name _____
Print

1-Rep-Max Front Squat Weight _____

Judge Name _____
Print

Athlete Body Weight _____

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

Judge Copy

Athlete Copy

EVENT 2

Athlete Name _____
Print

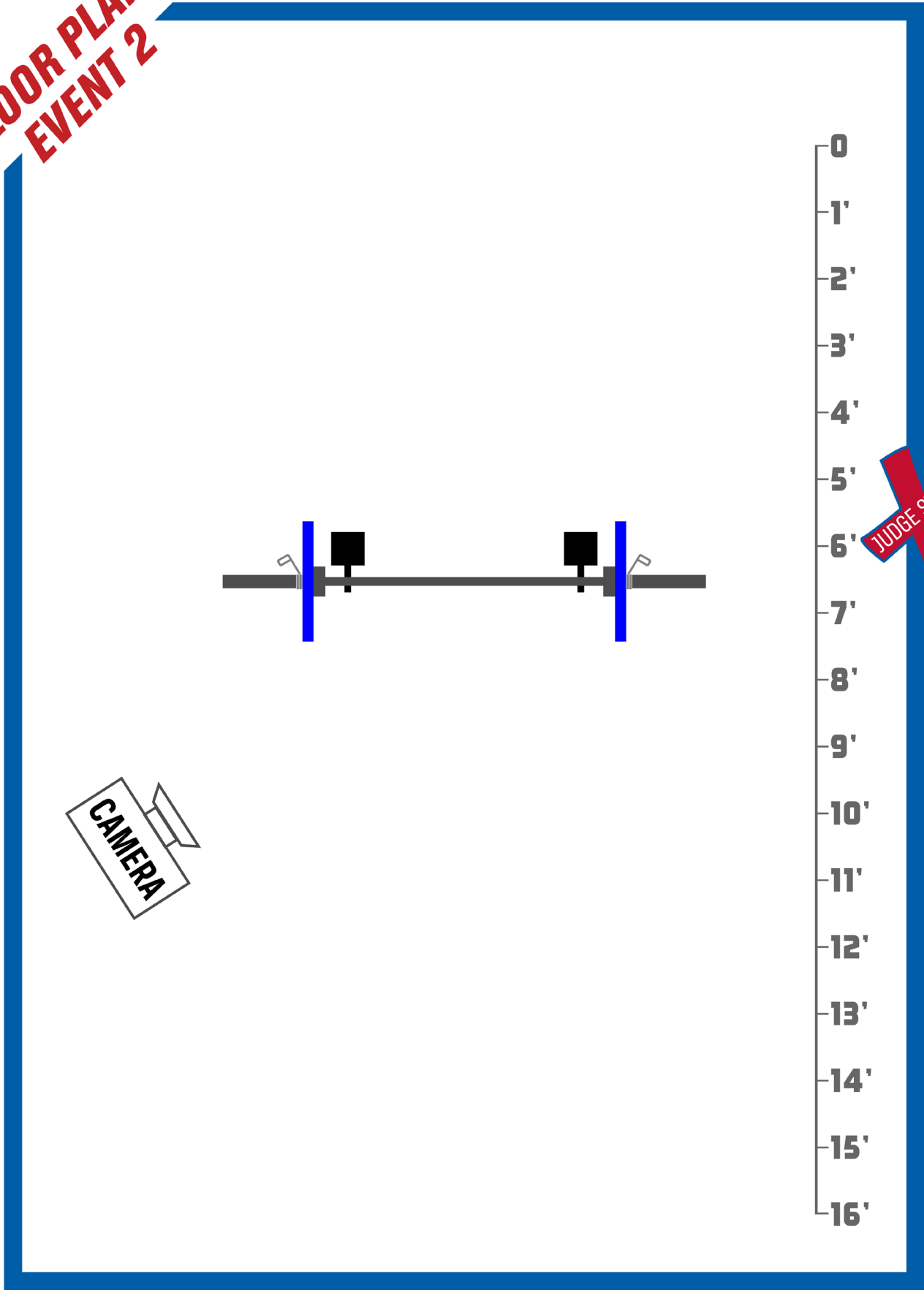
1-Rep-Max Front Squat Weight _____

Judge Name _____
Print

Athlete Body Weight _____

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

**FLOOR PLAN
EVENT 2**



CAMERA

JUDGE START

0
1'
2'
3'
4'
5'
6'
7'
8'
9'
10'
11'
12'
13'
14'
15'
16'