

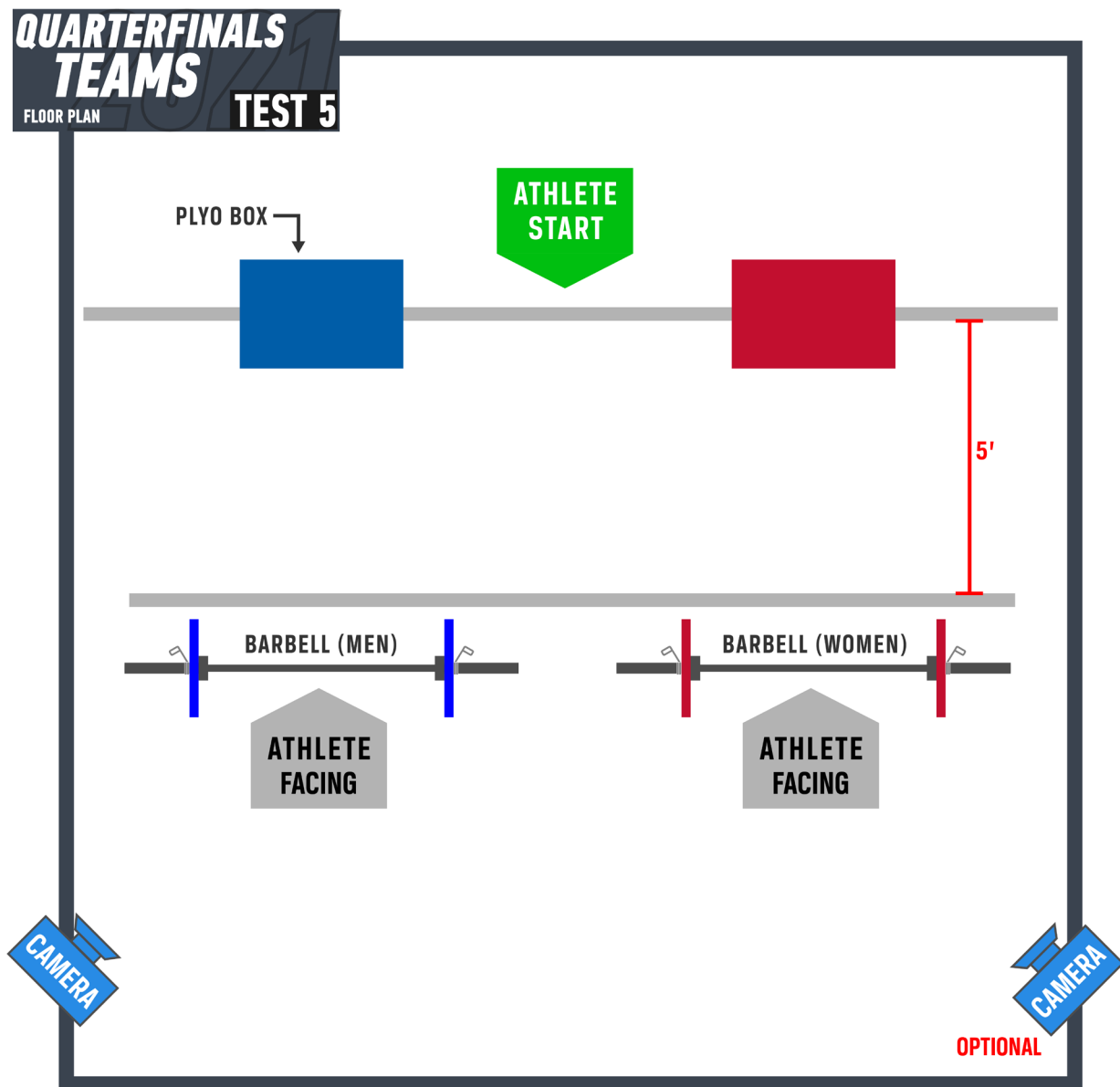
**QUARTERFINALS**  
**TEAMS**  
FLOOR PLAN **TEST 4**



RACK

A black icon of a weightlifting rack, consisting of a horizontal bar with two vertical supports, positioned in the center of the floor plan.

ATHLETE  
START



## TEAMS

- Tape to mark competition floor for each test
- Two 35-lb. dumbbells (15 kg)
- Two 50-lb. dumbbells (22.5 kg)
- Jump rope for each team member
- Wall space
- Two GHDs:
  - One GHD measuring 37 inches\* from the ground to the top of the support pad
  - One GHD measuring 40 inches\* from the ground to the top of the support pad
  - A riser may be used to create the correct distance from the top of the riser to the top of the support pad.
  - Shorter GHDs may be placed on a stable, elevated surface to create the correct distance from the floor to the top of the support pad.
- One climbing rope, 15 ft.
- Two Concept2 rowers
- Medicine ball, 14 lb.
- Wall-ball target, 9 ft.
- Medicine ball, 20 lb.
- Wall-ball target, 10 ft.
- Squat rack
- 35-lb./15-kg barbell
- 45-lb./20-kg barbell
- Standard bumper plates and change plates
- 2 sets of collars
- Box, 24 in. (The top of the box must be at least 15-by-15 inches.)
- Box, 30 in. (The top of the box must be at least 15-by-15 inches.)
- Device for recording video of all performances

**NOTE:** Teams are welcome to use more equipment and space than outlined in the floor plan if needed to meet local COVID guidelines.