



# EVENT 6+7



**E6**

0:00-10:00

FOR TIME:



12-9-6 of Squat Snatch\*  
 27-21-15 KPU\*\*  
 20 u/b DU (1 person)  
 \*35+(115/75) 40+ (95/65)  
 \*\*1 BMU = 3 KPU; 9-7-5 BMU



21-15-9 of OHS  
 27-21-15 KPU\*\*  
 20 u/b DU (1 person)  
 \*35+(115/75) 40+ (95/65)  
 \*\*1 BMU = 3 KPU; 9-7-5 BMU



100 pts

1 min break

**E7**

11:00-15:00



Max weight Snatch  
 2 attempts per athlete  
 \*score = sum of both attempts

30 pts (FFF)

30 pts (MMM)

- The reps listed are total for the pair of athletes and can be mixed anyhow. There is no minimum work requirement for any athlete.
- Athletes have the option to mix and match bar muscle ups with Kipping Pullups. Each BMU will count as 3 pullups
- Each team will have 1 6' pullup bar, 1 45lb barbell, 1 35lb barbell, Plates: (4)x45lb, (4)x25lbs, (6)x10lbs, (2)x5lbs, (2)x2.5lbs.
- In Event 7, the team of 6 will be given 4 minutes total for each athlete to attempt 2 lifts of a Snatch. Score is sum of both attempts. Any missed lift will result in a 0 for that attempt. Athletes can lift in any order.
- Event 7 Scoring: 2 components: Female weights will be ranked and scored against other female weights, males vs. males.