



# EVENT 4+5



E4

0:00-  
12:00



Each pair must complete  
 12-9-6 Squat Clean (135/95)  
 8 Synchro-T2B or 16 T2B (1 person working)

With remaining time:  
 Max synchro OHS\* (115/75) 1F + 1M\*  
 \*Any female + any male  
 \*Switch anytime

100 pts

1 min break

E5

13:00-  
18:00



Max weight Clean and Jerk  
 2 attempts per athlete  
 \*score = sum of both lifts

30 pts  
(FFF)

30 pts  
(MMM)

- Event 4 is 12 minutes. Each pair is required to perform 12-9-6 Squat Cleans with Toes to Bar in between each set. Teams may elect to perform 8 synchronized T2B (2 athletes working) or 16 Toes to bar (1 person working)
- Each team will have 1 6' pullup bar, 1 barbell @ 135, 1 barbell @ 95, which can be reduced to 115/75.
- After all 3 pairs of athletes complete Clean/T2B, the entire team of 6 can use any male and female to perform max reps of synchro OHS with remaining time. The final score of E4 is total reps including synchronized OHS.
- In Event 5, the team has 5 minutes total for each athlete to attempt 2 lifts of a max Clean & Jerk (any style clean or jerk). Any missed lift will result in a 0 for that attempt. Female weights will be ranked and scored against other female weights, males vs. males.
- **Movement standard: Synchro Toes to Bar** - All 4 feet from both athletes must touch the bar at the same time. If the team elects to switch from Synchro T2B to 1 person for Toes to Bar, the count resets to 0 and they must complete all 16 reps for that round.
- **Movement standard: Synchro OHS** - Both athletes must finish each rep (knees, hips) at full extension together. One athlete cannot begin the next OHS before the other athlete completes their OHS. Squat snatching will count as 1 OHS.
- **Movement standard: Squat Clean** - Power Clean + Front Squat is allowed.