



# EVENT 6+7



FOR TIME:

Sponsored by

E6

0:00-15:00

F M

9-7-5 of Squat Snatch\*  
9-7-5 of Bar Muscle Up  
20 u/b "Synchro" DU  
\*(135/95)



F M

9-7-5 of Squat Snatch\*  
9-7-5 of Bar Muscle Up  
20 u/b "Synchro" DU  
\*(135/95)



F M

9-7-5 of Squat Snatch\*  
9-7-5 of Bar Muscle Up  
20 u/b "Synchro" DU  
\*(135/95)

60 pts

1 min break

E7

16:00-21:00

F F F M M M

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

30 pts  
(FFF)

30 pts  
(MMM)

- In Event 6, each pair is required to perform 9-7-5 Squat Snatches and Bar Muscle ups with a set of DU each round.
- 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.
- **Movement standard: Synchronized Double Unders** - For the "Synchro DU", the judge will be counting the DU of 1 athlete. The other athlete must be performing DU (uncounted) without stopping until the "working" athlete completes their DU. If **either** athlete trips during their set, both athletes must restart the set of DU. The "counted" athlete may only start their DU after the "non-counted" athlete performs 1 DU.
- In Event 7, the team of 6 will be given 5 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.
- Event 7 Scoring: 2 components: Female weights will be ranked and scored against other female weights, males vs. males.