



## Presented by Shreveport Bossier Sports Commission

• Saturday & Sunday, APR 30th & May 1st 2022

• Shreveport Convention Center

• Shreveport, LA

### “Clean Sweep”

#### 4 rounds for time:

- 200-meter run
- 15/12/9/6 squat cleans (Teams: 27/21/15/9)

#### DIVISION VARIATIONS:

- **Elite:** Male: #135/155/175/195, Female: 85/105/125/135
- **RX:** Male: #115/135/155/175, Female: #75/95/105/125
- **Intermediate and Maters 40-49:** Male: #95/115/135/155, Female: #65/85/95/115
- **Scaled and Masters 50+:** Male: #75/95/115/135, Female: #55/65/75/95
- **Open Teams:** same as RX
- **Intermediate Teams:** same as Intermediate
- **Scaled Teams:** same as Scaled

**DESCRIPTION:** The athletes will begin on the event floor in their lane in front of the start/finish line. At the call of “3,2,1, go!” the athletes will begin the first round with a 200-meter run by exiting the convention center and proceeding along the designated outdoor route before returning to the competition floor to complete the first round of cleans. The athletes will perform the squat cleans facing the finish line. All run legs must be started and finished at the start/finish line (no exiting the back of the lane). The bar must be advanced forward toward the finish line on each successive round of cleans. Adding weight for each round either before or after the run is OK. The workout will be completed by crossing the finish line after the last squat clean in the fourth round. Athletes must load additional plates and fasten clips themselves.

**DAY:** Sunday

**LOCATION:** Secondary Floor

**TIMECAP:** 12 minutes

#### **SCORING:**

- Time when crossing the finish line at the end of the last squat clean.

**TIEBREAK:** None

#### **EQUIPMENT**

- Barbell with weight preloaded, and additional plates for adding weight at each lifting station.

- Ropes for team run

## TEAMS

- The members will run with a short piece of rope and both athletes must always be in contact with rope. A 10-second penalty will be assessed each time one of the members is observed losing contact with rope before crossing the finish line.
- Teams will complete 27/21/15/9 reps of squat cleans. Both team members must both perform cleans from the same side of the bar, facing the finish line. Teams can alternate reps however they want.

## MOVEMENT STANDARDS

- **Squat clean:** The clean starts with the weight on the floor and finishes with the athlete standing with barbell resting on shoulders in front rack position with elbows in front of the vertical plane of the bar, and the hips and knees in fully locked out position. This full pause in front rack position at the top of the movement **MUST** be achieved before dropping the barbell back to the floor between reps. The athlete must either receive the barbell in, or pass through, the bottom of a full squat with the hip crease below the knees before standing into the front rack position to finish. Muscle cleans, power cleans, and split cleans are not permitted.