



Presented by Shreveport-Bossier Sports Commission

· Saturday & Sunday, AUG 26th & 27th 2023

· Shreveport Convention Center

· Shreveport, LA

Fast Finish

For Time:

- Pistols
- Deadlift with axle bar
- Burpee Box Jump Overs
- Snatch

DIVISION VARIATIONS

- **Elite:** 5Rt, 5Rt, 5Lt, 5Lt pistols, #245/165 DL, 10 @30/24" box, #155/105
- **RX/Open Teams:** 20 alternating pistols, #215/145 DL, 10 @24/20" box, #135/95
- **INT/INT Team:** 16 Alternating DB box step ups #50/35, #195/125 DL, 10 @24/20" box, #115/85
- **Masters:** 16 Alternating pistols, #195/125 DL, 10 reps @24/20" box, #115/85
- **Scaled:** 10 DB Goblet Squats #70/50, #155/105 DL, 10 stepovers @24/20" box, #95/65

DESCRIPTION: Each athlete will begin under the rig. At the call of "3,2,1, go!" the athlete will move down their assigned lane to the first pistol floor section where they will perform the initial number of pistols before advancing to the next pistol section, after 5 unbroken single-leg reps for Elite, and 5 or 4 alternating leg reps for other divisions. They will advance through the four sections, performing the same number of reps at each section until complete. They will then move to the axel bar to complete the prescribed number of deadlifts before moving to the box to complete the Burpee box jump overs. Finally, they will advance to the barbell to complete the prescribed number of snatches before sprinting to finish line.

DAY: Sunday

LOCATION: Shreveport Convention Center, Main floor

TIMECAP: 4 minutes (7 minutes for teams)

SCORING: Time to complete all reps

TIEBREAK: None

EQUIPMENT

- RIG
- Loaded axle and standard barbells.

- Boxes
- Dumbbells for goblet squats

TEAMS

- Teams perform relay style, with the first member completing the entire sprint before tagging the second member behind the start/finish line, who then also completes the sprint. The time will be the total time for both athletes to finish.

MOVEMENT STANDARDS

- **Pistols:**
 - At the start and finish of each rep, the hip and knee of the working leg are extended. The non-working leg must remain in front of the body (cannot pass beyond profile). Holding on to the non-working leg is permitted. At the bottom, the hip crease must pass below the top of the knee of the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
 - The Elite division must complete 5 unbroken reps on the same leg before advancing. They will complete 20 total reps, 5 in each of four sections of the floor. Other divisions will alternate legs after every successful rep within each section, completing a total of either 20 or 16, 5 or 4 reps in each section of the floor. Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.
- **Deadlift:**
 - The barbell starts on the ground. The athlete's hands must be outside the knees. Sumo deadlifts are not allowed. The rep is credited when the athlete's hips and knees reach full extension, and the athlete's head and shoulders are behind the bar. Receiving any assistance with the barbell is not permitted unless safety is an immediate concern. Athletes may NOT wear gymnastics grips during this workout.
- **Burpee Box Jump Overs:**
 - The burpee box jump-over starts with the athlete on one side of the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box to land on the floor on the other side. A two-foot take-off is required. The athlete may jump over the box completely and does not have to use a two-foot landing. If jumping over the box, the feet must go over the box, not around it. Alternatively, the athlete may jump onto the box, in which case there is no requirement to stand tall while on top of the box, only the athlete's feet may touch the box, and they may either jump down or step off to the other side. Each rep is counted when the athlete lands on the ground on the opposite side. Scaled athletes will perform box-step overs.
- **Snatch:**
 - The athlete must bring the bar from the ground to the overhead position in one smooth motion. At the top, the arms, hips, and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. Touch and go is permitted, but no bouncing. For safety, the bar must be at or below shoulder level before being dropped to floor.
- **Goblet Squats:**
 - The athlete will start each rep in a standing position with the hips and knees fully extended and the dumbbell at chest-height, just under the chin. The hip crease must drop below the knee

crease at the bottom and the athlete must reach full extension again at the top to earn a completed rep.