

Event 2 & 3

In 12 minutes:

Event 2: 1000m Row for time

Into

Event 3: 1RM Clean & Jerk

EQUIPMENT

- Concept 2 Rower
- Barbell
- Plates
- Collars

PREPARATION

Start with putting all weights that you need on the floor. Also put your starting weight on the barbell. Always put collars outside all plates.

Start with setting up the monitor:

Select Workout -> New Workout -> Single Distance -> 1000m -> Checkmark

Need help? <https://www.concept2.nl/nl/service/monitors/pm5/gebruiksaanwijzing/een-afstandstraining-instellen>

WORKOUT FLOW

The workout starts with the athlete seated on the rower. The athlete may not touch the handle yet. On the count of 3-2-1-GO the athlete may start the workout and start with the row. After the 1000m row, the monitor will show the time in MM:SS. This is the time for Event 2. Show the monitor clearly on the video. Your score is the first 4 numbers: 02:00.54 will be 02:00.

After the row, the athlete has until the clock reaches 12:00 to perform a 1RM Clean and Jerk. Only one barbell may be used, and no other person than the athlete himself may load or touch the barbell. The weight can go up and down, as long as all standards are met. Collars must be on the outside of all plates at all times. The full lift must be completed within the 12 min frame to count. Before each attempt, declare the weight on the bar in front of the camera. The score for Event 3 is the highest successfully lifted weight. Half kilograms will not count: 65,5kg will be 65kg.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

VIDEO STANDARDS

Start the video with stating your full name, division and box. Then film the weight of the barbell and all plates used. Then show the monitor of the rower.

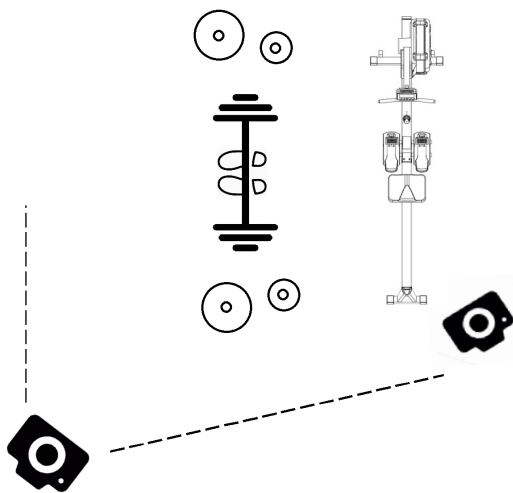
The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 12) must be visible during the whole workout.

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count. Use the setup stated in the picture on the left.

Also film the weights AFTER the workout. If the weights are not shown, the athlete will receive a penalty. Also film the monitor with finish time after completing the row.



MOVEMENT STANDARDS***GENERAL RULES***

- The collars do always need to be put on the outside of all plates.
- The weight of the collar does not count in total weight.
- The barbell may never be dropped behind.
- Only 1 barbell may be used. No one else than the athlete may assist in loading or touch the barbell at any moment.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at info@thenationals.nl

ROW

Start with setting up the monitor as stated in the preparation details. Show the end time on the screen clearly on your video.

CLEAN AND JERK

The movement starts with both bumper plates in contact with the floor. The athlete cleans the bar to front rack position in one fluent motion (hang cleans are not allowed). In the end position, the barbell must be in front rack position with the barbell on the front of the shoulders and fingers around the bar. Both feet are under the hips and hips and knees are fully extended.

This may be a muscle clean, power clean, squat clean or split clean as long as all standards are met. Straps are not allowed. Touching the floor with your knees is not allowed. Hang cleans etc are not allowed.

From the front rack position, the athlete brings the barbell to an overhead position where the barbell is directly above the head of the athlete. Feet are underneath the body at hip width stance. Elbows, hips and knees are fully extended. The athlete as full control over the bar (no walking).

This may be a strict press, push press, push jerk or split jerk as long as all standards are met.

The barbell must be dropped in front of the body. Dropping the barbell behind results in a no-rep.

EVENT 2

1000m Row

Time on display:

EVENT 3

1RM Clean and Jerk

Heaviest successful attempt:

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

