



THE GLASGOW CLASSIC

QUALIFIER 19.2

RX INDIVIDUAL

For Time (Cap 15 Minutes):

2 Rounds

20x Deadlifts 100/65kg

15x Box Jumps 24/20" (Split)

2 Rounds

15x Deadlifts 130/85kg

15x Box Jumps 24/20" (Split)

2 Rounds

10x Deadlifts 160/105kg

15x Box Jumps 24/20" (Split)

2 Rounds

5x Deadlifts 190/125kg

15x Box Jumps 24/20" (Split)

Equipment

- 1x Barbell 20/15kg
- 1x Box at prescribed height 24/20"
- Standard Olympic bumper plates to make up prescribed increments

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Thursday 13th June 2019

Notes

The workout begins with the athlete stood at the loaded bar. The barbell may not be touched by the athlete before the start of the timer clock. At the start of the timer clock, and not before, the athlete may grab the bar and begin the deadlifts.

After completing the first twenty deadlifts, the athlete progresses to the box to begin fifteen box jumps. The athlete then progresses back to the bar for a second round at the same loading.

Upon completing this first two-round segment, the time should be recorded as a tiebreak split and the athlete should immediately begin another round by loading the barbell to the next prescribed increment and progressing as far as the remaining time allows.

The loading for the deadlifts is increased at the end of each two-round segment whilst the volume concurrently drops by 5 repetitions. The number of box jumps remains constant at fifteen repetitions throughout the workout. The athlete may receive assistance in loading the barbell. The use of multiple barbells is **not permitted**.

At the end of each two-round segment, immediately after the box jumps are completed, the time should be recorded as a tiebreak split. The clock should count up toward the time cap for ease of scoring.

If all of the prescribed repetitions are completed prior to the time cap, the time should be recorded for scoring as well as the split from the **last complete two-round segment** for use in the event of a tiebreaker situation.

If the full time elapses before the prescribed repetitions are completed, then the time should be recorded as 15 minutes and the total number of repetitions completed up to that time recorded alongside it as well as the split from the **last complete two-round segment**.

Video Set Up Guidance

Set up the barbell parallel to the box and record the video in such a way as to view both the deadlifts and box jumps in profile. The clock should count up toward the time cap for ease of scoring.



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Movement Guidance

Deadlift

The deadlift is a conventional deadlift with the hands outside the knees. Sumo deadlifts are not permitted.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders clearly behind the bar. The arms must remain straight throughout. No bouncing of the bar is permitted.

Judges should be vigilant that the athlete finishes both with shoulders clearly behind the bar and the knees straight.

The judge or another individual or individuals may assist with loading the bar. Clips must be used.

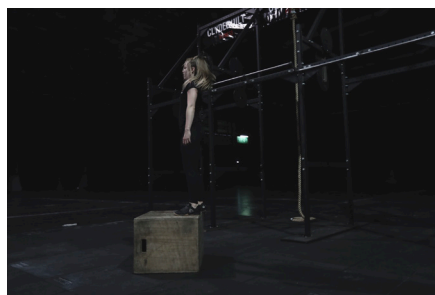


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Box Jump

The box jump requires a two-footed take-off from the floor and two-footed landing onto the box. The athlete must fully extend their hips and knees whilst demonstrating control on top of the box and may jump or step down from the box at their discretion. Bounding box jumps are permitted where all other standards are met.





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15x Box Jumps 24/20" (Split)

2 Rounds
15x Deadlifts 130/85kg
15x Box Jumps 24/20" (Split)

2 Rounds
5x Deadlifts 190/125kg
15x Box Jumps 24/20" (Split)

Round 1

Deadlifts 100/65kg	5	10	15	20	20
Box jumps	5	10	15		35

Round 2

Deadlifts 100/65kg	5	10	15	20	55
Box jumps	5	10	15		70

Split time

Round 3

Deadlifts 130/85kg	5	10	15		85
Box jumps	5	10	15		100

Round 4

Deadlifts 130/85kg	5	10	15		115
Box jumps	5	10	15		130

Split time

Round 5

Deadlifts 160/105kg	5	10			140
Box jumps	5	10	15		155

Round 6

Deadlifts 160/105kg	5	10			165
Box jumps	5	10	15		180

Split time

Round 7

Deadlifts 190/125kg	5				185
Box jumps	5	10	15		200

Round 8

Deadlifts 190/125kg	5				205
Box jumps	5	10	15		220

Time

ATHLETE

JUDGE

Total score

Split time

Athlete

Judge signature

Total score

Split time