



Team Name: _____
Division Mark with "x" **RX**____ **Scaled**____

TEAM EVENT 3
STAGE 3 - "THE VICTORY"

FOR TOTAL LOAD: **CAP 15Min**
1 rep max (total of heaviest successful lift of each Athlete)

<u>RX M/F</u>	<u>Scale/M/F</u>
---------------	------------------

In any order (One Athlete lifts at a time)
Athlete 1: Power Snatch
Athlete 2: Squat Snatch
Athlete 3: Power Clean & STOH
Athlete 4: Squat Clean & STOH

1RM Power Snatch (M/F)	1RM Power Snatch (M/F)
1RM Squat Snatch (M/F)	1RM Squat Snatch (M/F)
1RM Power Clean & STOH (M/F)	1RM Power Clean & STOH (M/F)
1RM Squat Clean & STOH (M/F)	1RM Squat Clean & STOH (M/F)

"THE VICTORY" SCORE SHEET

Athlete 1: Power Snatch	
Athlete 2: Squat Snatch	
Athlete 3: Power Clean & STOH	
Athlete 4: Squat Clean & STOH	

TOTAL WEIGHT

"THE VICTORY" Total Scoring
[SCORE: Total 1RM's]

--