



# EVENT 17.1a

FOR 1RM WEIGHT / TIME CAP: 5 MINUTES

MOVEMENT	ATP 1	ATP 2	ATP 3	ATP 4	ATP 5
COMPLEX of 1 POWER CLEAN 1 HANG SQUAT CLEAN 1 JERK					

YOUR FINAL SCORE:  
FOR 1RM WEIGHT

ATHLETE NAME	ATHLETE SIGNATURE
JUDGE NAME	JUDGE SIGNATURE