



2015 Division Standards

Released Saturday, Feb. 14

The 2015 *Athena Classic* features three divisions: Rx Open (18+), Rx Masters (40+), and Scaled Open (18+).

Please review the Division Standards listed below before registering for the event. Registration opens soon ... keep an eye on the event [Facebook Page](#) for details.

The following movements & loads are *representative* of what you *could* see during the competition. This list is not intended to be exhaustive and competitors should expect to see additional movements. Workouts #1, #2 & #3 will be released Wednesday, April 1.

Rx Open (18+)	Rx Masters (40+)	Scaled Open (18+)
Thruster 95#	Thruster 95#	Thruster 65#
KB Swings 53#	KB Swings 53#	KB Swing 30#
OH Plate Lunge 35#	OH Plate Lunge 35#	OH Plate Lunge 15#
Double Unders	Double Unders	Single Unders
Box Jumps 20"	Box Jumps 20"	Box Jumps 16"
Pull Ups	Pull Ups	Hanging Knee Raises
Snatch 95#	Snatch 95#	Snatch 65#

All athletes are guaranteed three workouts. The top finishers in the Open Division (18+), Masters Division (40+), and Scaled Division (18+) will face off in the fourth and final event. Prizes will be awarded to the top three finishers in each division.

If you plan to compete in the Scaled Open Division and the movements / movement standards are not within your skill set, you are welcomed to scale further, but you will not be eligible for the finals. Our aim is to make this a fun, well-run and competitive event — even if that competition is you versus you for multiple PRs.

Check out the event [Facebook Page](#) or [Web Page](#) for regular event updates and to see *Athena Classic* workouts from the 2013 & 2014 competition.

Interested in providing support for the 2015 Athena Classic? Contact Karen @eadperformancecenter.com

