

# **“SPRING CLEANING”**

## **RAW FITNESS MAUI**

### **Clean Competition/PR Meet**

This first-ever clean meet held at Raw Fitness Maui is designed for every lifter, from the person that just learned how to lift yesterday to the experienced veteran. Our goal for this event is to expose people to the Olympic lifts through a fun competition that will also foster community. We want you to be involved in that community so please come out, enjoy yourself, and have fun.

WHERE: Raw Fitness Maui  
800 Eha St., Unit 2  
Wailuku, HI 96793

WHEN: Saturday, May 5, 2012  
Weigh-ins start at 9:00 am.  
First lifting session starts at 10:00 am.

- There will be an entry fee of \$25 per participant. Fees will be collected at weigh-in.
- A portion of the proceeds will be donated to the Queen Emma Athletic Club, which is a Christian outreach that teaches Olympic weightlifting, Power lifting, basic weight training and sport specific training for Maui's youth.
- Every participant will be required to weigh-in. Weigh-ins will start at 9:00 am.
- You will need to declare a starting weight at weigh-in. This will determine which group you lift with. The starting weight can be changed up until the lift is performed.
- We will break the meet up into 3 sessions so that you will be lifting with others that lift weights similar to yours. The categories and start times are as follows:
  - Session 1: 25 – 155 lbs. (10:00 am)
  - Session 2: 116 – 225 lbs (10:45 am)
  - Session 3: 226+ lbs (11:30 am)*(Sessions may start late but will not start early)*
- We will follow the general sequence and flow for an Olympic lifting meet. We will have volunteers and coaches from RFM and Queen Emma Athletic Club to help guide everyone through it.
- Scoring will be calculated via the Sinclair Formula so that all men and all women can be compared equally. In addition, we will be using the Malone-Meltzer Age Coefficient for all lifters over age 30 so that us geezers stand a chance against the young bucks.
- You will have 3 attempts to determine your best lift.

- For this meet full “squat cleans”, power cleans, and muscle cleans will all be accepted. However, we will still maintain the general rules for cleans and a “no lift” will be called for:
  1. Placing the bar on the chest before turning the elbows
  2. Touching the thigh or the knee with the elbow or upper arm
- A lift is considered an attempt once the weight passes the knees. A lift will be considered successful once the weight is fully racked with the knees extended and the feet parallel to each other. This position must be maintained until the judge gives the command “DOWN.”
- After a successful lift, you will be required to tell the judges your next attempt. It must be at least 5 lbs higher than your previous attempt.
- If you miss your lift you have the opportunity to try again at that same weight or you can opt go up.
- You will get 3 attempts total.
- The heaviest weight that you successfully lift will be used to calculate your overall score using the Sinclair and Age Coefficients.
- Prizes will be awarded to the top 3 male and top 3 female lifters. In addition, door prizes will be given out throughout the day.
- Immediately following completion of the clean event, the kids from Queen Emma Athletic Club will have an Olympic weightlifting PR Meet where the snatch and clean & jerk will be performed. We invite everyone to stay and watch, cheer, and be amazed at the strength and skill of these athletes or even participate if you want.
- We know that for most of us this will be our first meet experience. We will try to keep things moving as smoothly as possible but if we need to take an extra minute to answer questions, sort things out, and make sure everything is in order than we will do that.
- Remember, the goal is to lift the heaviest weights possible but most of all to have FUN!!!
- We will have a potluck/BBQ once all the lifting is completed. RFM will supply water and juice. Otherwise it will be BYOB.

We hope to see everyone on May 5! If you have any questions please feel free to contact us.

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