



AGE GROUP QUALIFIER

17:00 PT, THURSDAY, MAY 2, THROUGH 17:00 PT, MONDAY, MAY 6

Presented by



WORKOUT 1

3 rounds for time of:

15 deadlifts

35 overhead squats

90 double-unders

Time cap: 15 minutes

LOADING

Ages 16-17 and 35-54:

Men deadlift 225 lb. and overhead squat 75 lb.

Women deadlift 155 lb. and overhead squat 55 lb.

Ages 14-15:

Boys deadlift 135 lb. and overhead squat 65 lb.

Girls deadlift 95 lb. and overhead squat 45 lb.

Ages 55+:

Men deadlift 185 lb. and overhead squat 65 lb.

Women deadlift 125 lb. and overhead squat 45 lb.

NOTES

The workout begins with the barbell on the floor and the athlete standing tall. After the call of “3, 2, 1... go,” the athlete will perform 15 deadlifts, then 35 overhead squats, then 90 double-unders. Rounds will continue in this manner until the athlete has completed all 3 rounds or the clock reaches 15 minutes.

The athlete’s score is the time it takes to complete the workout or the number of repetitions completed before the time cap. Scores must be submitted in elapsed time. Do **not** use a countdown timer.

Separate bars may be used for the deadlifts and overhead squats. Collars must be placed on the outside of all the plates on any bar used during the workout.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell(s)
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division*
- Collars
- Jump rope

*The official weight is in pounds. For your convenience, the minimum acceptable weights for the deadlift in kilograms are 102 kg (225 lb.), 83 kg (185 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), and 43 kg (95 lb.). For the overhead squat, the minimum acceptable weights are 34 kg (75 lb.), 29 kg (65 lb.), 25 kg (55 lb.), and 20 kg (45 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should film the plates and barbell(s) to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting with the barbell on the floor, the athlete lifts the bar to full extension. The rep is credited when the hips and knees are fully extended with the shoulders behind the bar. Once the rep is complete, the athlete may drop the bar from the top. The arms must remain straight throughout the repetition. No bouncing.

OVERHEAD SQUAT



The hip crease must be clearly below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement. The barbell may not touch any part of the body other than the hands during the repetition.



The rep is credited when the barbell reaches full lockout overhead, with the athlete's hips, knees, and arms fully extended, and the bar directly over the middle of the body. The athlete may not use a rack.

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



AGE GROUP QUALIFIER SCORECARD

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3 rounds for time of:

15 deadlifts

35 overhead squats

90 double-unders

Time cap: 15 minutes

ROUND	15 DEADLIFTS	35 OVERHEAD SQUATS	90 DOUBLE-UNDERS
1	15	50	140
2	155	190	280
3	295	330	420

LOADING

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Men deadlift 185 lb. and overhead squat 65 lb.

Women deadlift 125 lb. and overhead squat 45 lb.

Time _____ OR Reps at 15 Min. _____

Athlete Name _____
Print

Has judge passed CrossFit's
Online Judges Course? Y / N

Workout Location _____ Judge _____
Name of Affiliate Judge Name

I confirm the information above accurately represents the athlete's performance for this _____
workout. Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 1

Time _____ OR Reps at 15 Min. _____

Athlete Name _____
Print

Has judge passed CrossFit's
Online Judges Course? Y / N

Workout Location _____ Judge _____
Name of Affiliate Judge Name

I confirm the information above accurately represents the athlete's performance for this _____
workout. Judge Signature Date