



AGE GROUP QUALIFIER

17:00 PT, THURSDAY, MARCH 12, THROUGH 17:00 PT, MONDAY, MARCH 16

Presented by



EVENT 1

Complete as many rounds as possible in 6 minutes of:

- 8 thrusters
- 50 double-unders

LOADING

Ages 16-17 and 35-54:

- ♀ 85 lb.
- ♂ 115 lb.

Ages 14-15 and 55+:

- ♀ 65 lb.
- ♂ 95 lb.

NOTES

This event begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1... go," the athlete may begin performing thrusters. After 8 reps of thrusters are completed, the athlete will complete 50 double-unders before returning to the thrusters for the next round. Athletes will continue working through this sequence until the time cap is reached. Receiving any assistance with the equipment is not permitted unless safety is an immediate concern.

The athlete's score will be the total number of repetitions completed before the 6-minute time cap. There is no tiebreak for this event.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division*
- Collars to secure the plates on the barbell
- Jump rope

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 52 kg (115 lb.), 43kg (95 lb.), 38 kg (85 lb.), and 29 kg (65 lb.).

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 event standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the event.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

THRUSTER



- Each set of thrusters begins with the barbell on the ground.
- The crease of the hip must clearly pass below the top of the knees in the bottom position.
- No squat racks allowed.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when the barbell reaches full lockout overhead, with the hips, knees, and arms fully extended, and the bar directly over, or slightly behind, the middle of the body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

DOUBLE-UNDER



- 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.
- The rope must begin on the ground at the start of each round.



AGE GROUP QUALIFIER SCORECARD

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	8 THRUSTERS	50 DOUBLE-UNDERS
ROUND 1	8	58
ROUND 2	66	116
ROUND 3	124	174
ROUND 4	182	232
ROUND 5	240	290
ROUND 6	298	348
ROUND 7	356	406
ROUND 8	414	464
ROUND 9	472	522
ROUND 10	530	580
ROUND 11	588	638
ROUND 12	646	696

Reps at 6 Min. _____

Athlete Name _____
Print

Event Location _____ Judge _____
Name of Affiliate Judge Name

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

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

Affiliate Copy

Athlete Copy

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Reps at 6 Min. _____

Athlete Name _____
Print

Event Location _____ Judge _____
Name of Affiliate Judge Name

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

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