



AGE GROUP QUALIFIER

17:00 PT, THURSDAY, APRIL 19, THROUGH 17:00 PT, MON, APRIL 23



WORKOUT 1

For time:

4 thrusters

1 15-ft. rope ascent

8 thrusters

2 15-ft. rope ascents

12 thrusters

3 15-ft. rope ascents

Time cap: 10 minutes

VARIATIONS

Ages 16-17 and 35-54:

Men use 135 lb.

Women use 95 lb.

Ages 14-15:

Boys use 95 lb.

Girls use 65 lb.

Ages 55+:

Men use 95 lb.

Women use 65 lb.

NOTES

This workout begins with the barbell resting on the floor and the athlete standing tall. After the call of "3, 2, 1... go," the athlete will reach down and begin the thrusters. After 4 reps are complete, the athlete will move to the rope and perform 1 climb before returning to the barbell. In the second round, the athlete will perform 8 thrusters and 2 climbs, then 12 thrusters and 3 climbs in the third round. This workout ends when the athlete touches the 15-ft. target at the top of the final climb.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 30 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 6:32.7, his or her score is 6:32. There is a 10-minute time cap. If the athlete does not finish all 30 reps before the time cap, his or her score will be the number of reps completed.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division*
- Climbing rope with a clearly visible mark at 15 ft. and 11 ft.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 61 kg (135 lb.), 43 kg (95 lb.) and 29 kg (65 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 standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell and plates, and the measurement of the rope markers so the loads and heights 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 clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises 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

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed.



The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.



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Presented by

TRIFECTA

MOVEMENT STANDARDS

ROPE ASCENT



Prior to starting, the athlete must verify that the height of the climbing rope reaches to a point that is at least 15 feet above the floor. The athlete will then need to mark this height with tape. Or, athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least 15 ft. high.

An additional mark at 11 feet must also be made. This will mark the height that the athlete must lower themselves to before dropping from the rope on the descent.

Each rep starts from the floor. The athlete may reach up or jump up to start the climb. Both feet must touch the floor between reps.



Athletes may use their legs for assistance during the climb.



At the top, one hand must touch at or above the 15-ft. target.



On the way down, the athlete must descend below the 11-foot mark and show control before releasing their grip. Dropping from above the 11-foot mark is a no rep.



AGE GROUP QUALIFIER SCORECARD

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2 15-ft. rope ascents

12 thrusters

3 15-ft. rope ascents

Time cap: 10 minutes

4 Thrusters	4
1 15-ft. Rope Ascent	5
8 Thrusters	13
2 15-ft. Rope Ascents	15
12 Thrusters	27
3 15-ft. Rope Ascents	30

VARIATIONS

Ages 16-17 and 35-54:

Men use 135 lb.

Women use 95 lb.

Ages 14-15:

Boys use 95 lb.

Girls use 65 lb.

Ages 55+:

Men use 95 lb.

Women use 65 lb.

ATHLETE NAME _____ TIME _____ OR REPS AT 10 MIN. _____

Print

AFFILIATE _____ JUDGE NAME _____

Name of Affiliate

Print

Initial

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

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 1

ATHLETE NAME _____ TIME _____ OR REPS AT 10 MIN. _____

Print

AFFILIATE _____ JUDGE NAME _____

Name of Affiliate

Print

Initial

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