



## AGE GROUP QUALIFIER

17:00 PT THUR, APRIL 20 THROUGH 17:00 PT MON, APRIL 24

Presented by



### Event 1 Workout

For time:

100 dumbbell snatches

80-calorie row

60 burpees

40 muscle-ups

*M 50-lb. dumbbell*

*F 35-lb. dumbbell*

Time cap: 20 minutes

### NOTES

This workout begins with the dumbbell resting on the floor and the athlete standing tall. At the call of "3, 2, 1... go!" the athlete will reach down and begin the dumbbell snatches, alternating arms after each repetition. Once all 100 reps are complete, they will move to the rower and pull 80 calories, then move to the barbell to perform 60 bar-facing burpees. Once all burpees are complete, the athlete will do 40 muscle-ups. This workout ends when the athlete locks out the final muscle-up repetition.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 280 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 15:32.7, their score is 15:32. There is a 20-minute time cap. If they do not finish all 280 reps before the time cap, their score will be the number of reps completed.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell, barbell and plates to be used so the loads and height 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 clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

### EQUIPMENT

- Dumbbell of appropriate weight for your division\*†
- Rower that counts calories, similar in type and calibration to a Concept2 rower
- A barbell loaded with standard bumper plates (18 inches in diameter)
- Set of gymnastic rings hung so you can successfully perform a muscle-up

\* If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or non-traditional dumbbells are not allowed.

† The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.) and 10 kg (20 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.

### TIEBREAK

If all 280 reps are completed before the time cap, there is no tiebreaker for this workout. If all 280 reps are NOT completed within the 20-minute time cap, your score will be the total number of reps completed, with ties being broken by the time of completion of the 60th bar-facing burpee. At the end of the burpees, time should be marked and recorded for score submission. In the case where two athletes have completed the same number of reps, the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.



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## MOVEMENT STANDARDS

### DUMBBELL SNATCH



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch and go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.



At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

### ROW



The monitor on the rower must be set to zero at the beginning of the row. The athlete must stay seated on the rower until the monitor reads 80 calories.

### BURPEE



Each burpee must be performed perpendicular to and facing the barbell. Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their burpee barbell on the center of that line. To ensure the athlete remains perpendicular to the barbell on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line in the bottom position. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping, landing or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell.



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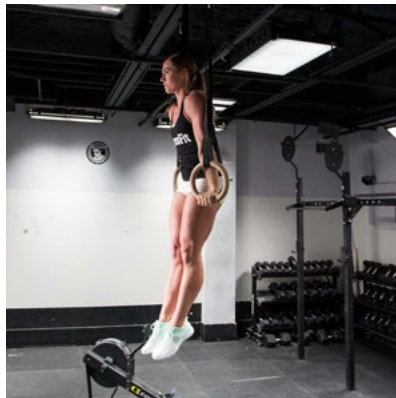


### MOVEMENT STANDARDS

#### MUSCLE-UP



In the muscle-up, the athlete must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and both feet off the ground.



At the top, the elbows must be fully locked out while the athlete supports their body weight above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. The heels may not rise above the bottom of the rings during the kip. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required. Athletes must pass through some portion of a dip to lockout over the rings.



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# TRIFECTA

## Workout 1

For time:

100 dumbbell snatches

80-calorie row

60 burpees

40 muscle-ups

Men use 50 lb.

Women use 35 lb.

Time Cap: 20 Minutes

## Workout 1 Variations

### Ages 16-17 and 35-54:

Men use.....50 lb.

Women use.....35 lb.

### Ages 14-15:

Boys use.....35 lb.

Girls use.....20 lb.

### Ages 55+:

Men use.....35 lb.

Women use.....20 lb.

100 DUMBBELL SNATCHES	100	
80 CALORIE ROW	180	
60 BURPEES	240	
40 MUSCLE-UPS	280	TIME

TIME

FINISH TIME: \_\_\_\_\_

or

REPS@20:00 \_\_\_\_\_ TIEBREAK \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_

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

FINISH TIME: \_\_\_\_\_

or

REPS@20:00 \_\_\_\_\_ TIEBREAK \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_

Print

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_

Name of Affiliate

Print

Initial

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