

OPEN WEEK 2

12 P.M. (NOON) PT THURSDAY, MARCH 7, THROUGH 5 P.M. PT MONDAY, MARCH 11

IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY IN THE UNITED STATES. TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE SUBMISSION DEADLINE.

Presented by

24.2:

As many rounds and reps as possible in 20 minutes of:

300-meter row

10 deadlifts

50 double-unders

♀ 125 lb (56 kg)

♂ 185 lb (83 kg)

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 125 lb (56 kg)

♂ 185 lb (83 kg)

Teenagers 14-15:

♀ 75 lb (34 kg)

♂ 115 lb (52 kg)

Masters 55+:

♀ 95 lb (43 kg)

♂ 135 lb (61 kg)

Scaled: (Ages 16-54)

♀ 95 lb (43 kg), single-unders

♂ 135 lb (61 kg), single-unders

Scaled Teenagers 14-15:

♀ 65 lb (29 kg), single-unders

♂ 95 lb (43 kg), single-unders

Scaled Masters 55+:

♀ 65 lb (29 kg), single-unders

♂ 95 lb (43 kg), single-unders

QUICK START

- Start seated on the rower with hands off the paddle.
- At the call of "Go," row 300 meters.
- Then complete 10 deadlifts.
- Finish the round by completing 50 double-unders.
- Continue the sequence of rowing, deadlifts, and double-unders for 20 minutes.
- Your score will be the total number of reps completed in 20 minutes.

NOTES

- There is no required floor plan.
- Gymnastics grips are **NOT** allowed during this workout.
- Athletes may receive assistance resetting the rower between rounds.
- There is no tiebreak.
- During the row, 10 meters = 1 rep, rounded down (e.g., 237 meters = 23 reps).
- If time expires during the row, record your score when the monitor has come to rest.

EQUIPMENT

- Barbell, plates, and collars.
- Concept2 rower. No other type of rower is allowed.
- Jump rope.

Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



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MOVEMENT STANDARDS

ROW

REQUIREMENTS



1. The monitor must be set to 0 at the beginning of each row.
 - The monitor must count UP to the designated distance.
 - Any damper setting may be used at any time.
2. Remain seated until the monitor clearly reads 300 meters.

COMMON NO REPS

NOTE: This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 300 meters.
- ✗ Starting the round without resetting the monitor to 0.

GEAR UP
FOR THE OPEN



MOVEMENT STANDARDS

DEADLIFT

REQUIREMENTS



1. The barbell starts on the ground (both plates touching the ground).
 - Hands must be outside the knees. No sumo deadlifts.
 - Any style of grip is permitted.
2. The rep is credited when:
 - Hips and knees reach full extension.
 - Head and shoulders are behind the bar when viewed from the side.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before reaching full extension of the knees or hips.



- ✗ Finishing with the head and/or shoulders in front of the bar.



- ✗ Deliberately bouncing the bar.

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MOVEMENT STANDARDS

DOUBLE-UNDER/SINGLE-UNDER (SCALED ONLY)

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

COMMON NO REPS

NOTE: This list is not exhaustive.

- ✗ Crediting attempts instead of successful reps.
- ✗ Spinning the rope backward.

24.2:

As many rounds and reps as possible in 20 minutes of:
300-meter row
10 deadlifts
50 double-unders
♀ 125 lb (56 kg)
♂ 185 lb (83 kg)

WORKOUT VARIATIONS

- Rx'd:** (Ages 16-54)
♀ 125 lb (56 kg)
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	300-METER ROW 10 METERS = 1 REP, ROUNDED DOWN	10 DEADLIFTS	50 DOUBLE-UNDERS
ROUND 1	30	40	90
ROUND 2	120	130	180
ROUND 3	210	220	270
ROUND 4	300	310	360
ROUND 5	390	400	450
ROUND 6	480	490	540
ROUND 7	570	580	630
ROUND 8	660	670	720
ROUND 9	750	760	810
ROUND 10	840	850	900
ROUND 11	930	940	990
ROUND 12	1,020	1,030	1,080

Judge _____
Judge Name

Reps at 20 Min. _____
☐ Rx'd ☐ Scaled

Athlete _____
Athlete Name Athlete Signature

Athlete Copy

WORKOUT 24.2

Reps at 20 Min. _____ ☐ Rx'd ☐ Scaled



Athlete Name _____
Print

Workout Location _____ Date _____

Judge _____
Judge Name Judge Signature

