



MASTERS QUALIFIER - EVENT 1

17:00 PT Thur, April 17 through 17:00 PT Mon, April 21

Presented by



WORKOUT

ALL DIVISIONS

1-rep-max clean

NOTES

In this event you will perform a clean for max load. There is no minimum or maximum number of attempts. Your score will be the load you successfully clean. You may not use plates smaller than 1 lb. or 0.5 kg. You may enter your score in either pounds or kilograms.

EQUIPMENT

- Barbell
- Plates to load to your max weight clean

VIDEO SUBMISSION STANDARDS

For this event only the heaviest lift repetition must be shown on video. The plates and barbell must be filmed before or after the successful lift so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person should be in the frame throughout the entire video. Shoot the video from the side so it is clear the elbows are in front of the bar while standing tall with the barbell.

MOVEMENT STANDARDS

CLEAN



The barbell begins on the ground.



A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

ATHLETE NAME _____ WEIGHT _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for Masters Qualifier - Event 1

Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ WEIGHT _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for Masters Qualifier - Event 1

Judge Signature Date