



MASTERS QUALIFIER – EVENT 2

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

Presented by



WORKOUT

Amanda

9-7-5 reps for time of:

MEN 40-44 AND 45-49	WOMEN 40-44 AND 45-49
Muscle-ups 135-lb. squat snatches	Muscle-ups 95-lb. squat snatches
MEN 50-54	WOMEN 50-54
Muscle-ups 115-lb. squat snatches*	Muscle-ups 65-lb. squat snatches*
MEN 55-59	WOMEN 55-59
Chest-to-bar pull-ups 115-lb. squat snatches*	Chest-to-bar pull-ups 65-lb. squat snatches*
MEN 60+	WOMEN 60+
Chest-to-bar pull-ups 95-lb. squat snatches*	Chest-to-bar pull-ups 55-lb. squat snatches*

*A power snatch to overhead squat is allowed for 50+ divisions.

NOTES

This workout begins with the athlete standing under the rings and ends when the last snatch is locked out. Every second counts in this workout. Your score will be the time it takes to complete all repetitions. There is no time cap for this workout.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weights for your division
- A set of gymnastic rings hung so you can successfully perform a muscle-up

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 61 kg for Men 40-49, 52 kg for Men 50-59, 43 kg for Men 60+ and Women 40-49, 29 kg for Women 50-59 and 24 kg for Women 60+.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used 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 with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear proper depth and lockout are being reached on the squat snatches, and that lockout is shown at the bottom and top of the muscle-up.



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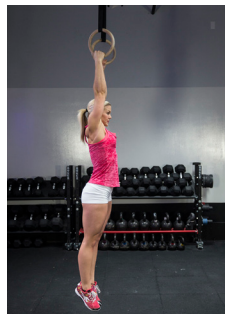
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MOVEMENT STANDARDS

MUSCLE-UP



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



The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

SQUAT SNATCH



The barbell begins on the ground. Touch-and-go is permitted. No bouncing.



Athletes MUST receive the barbell in the bottom of the overhead squat position, with the hip crease below the top of the knee. Catching the barbell in a power snatch position and then lowering to the bottom of the overhead squat is only permitted in the older divisions (see above).



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

CHEST-TO-BAR PULL-UP

Chest-to-bar pull-ups will be performed only by 55+ athletes. All younger divisions will perform muscle-ups.



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar below the collarbone.



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SCORECARD

Amanda

9-7-5 reps for time of:

Muscle-ups

Squat Snatches

Men 40-44 & 45-49Muscle-ups / 135 lb.
Men 50-54. Muscle-ups / 115 lb.
Men 55-59 Chest-to-bar pull-ups / 115 lb.
Men 60+Chest-to-bar pull-ups / 95 lb.
Women 40-44 & 45-49Muscle-ups / 95 lb.
Women 50-54Muscle-ups / 65 lb.
Women 55-59 Chest-to-bar pull-ups / 65 lb.
Women 60+Chest-to-bar pull-ups / 55 lb.

9 MUSCLE-UPS	
9 SQUAT SNATCHES	
7 MUSCLE-UPS	
7 SQUAT SNATCHES	
5 MUSCLE-UPS	
5 SQUAT SNATCHES	

ATHLETE NAME _____ TIME _____
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 2

Athlete Signature _____ Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TIME _____
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 2

Judge Signature _____ Date