



MASTERS QUALIFIER – EVENT 4

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

Presented by



WORKOUT For time:

MEN 40-44, 45-49 & 50-54	WOMEN 40-44, 45-49 & 50-54
100 pull-ups 100 wall-ball shots, 20 lb. to 10-foot target	100 pull-ups 100 wall-ball shots, 14 lb. to 9-foot target
MEN 55-59	WOMEN 55-59
75 pull-ups 100 wall-ball shots, 14 lb. to 10-foot target	75 pull-ups 100 wall-ball shots, 10 lb. to 9-foot target
MEN 60+	WOMEN 60+
50 pull-ups 100 wall-ball shots, 14 lb. to 10-foot target	50 pull-ups 100 wall-ball shots, 10 lb. to 9-foot target

NOTES

This workout begins with the athlete standing under the pull-up bar and finishes when the last wall-ball shot hits above the target. 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

- Pull-up bar
- A medicine ball of the appropriate weight for your division
- A wall mark or target set to the specified height

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall-ball target, as well as the weight of the ball. 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 movements from the side so it is clear that proper depth and height are being reached on the wall-ball shots and the chin can be seen over the height of the bar on the pull-ups.

MOVEMENT STANDARDS

PULL-UP



This is a standard 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 chin must break the horizontal plane of the bar.

WALL BALL



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.



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SCORECARD

For time:

Pull-ups

Wall-ball shots

Men 40-54..... 100 / 100 reps, 20-lb. to 10'
Men 55-59..... . 75 / 100 reps, 14-lb. to 10'
Men 60+ 50 / 100 reps, 14-lb. to 10'
Women 40-54 100 / 100 reps, 14-lb. to 9'
Women 55-59 75 / 100 reps, 10-lb. to 9'
Women 60+ 50 / 100 reps, 10-lb. to 9'

PULL-UPS	
WALL-BALL SHOTS	

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 4

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 4

Judge Signature Date