



MASTERS QUALIFIER

17:00 PT THUR, APRIL 21 THROUGH 17:00 PT MON, APRIL 25

Presented by



Event 2 Workout (All Divisions)

*(Masters Men 40-44, Masters Men 45-49, Masters Men 50-54,
Masters Women 40-44, Masters Women 45-49, Masters Women 50-54,
Masters Men 55-59, Masters Men 60+, Masters Women 55-59,
Masters Women 60+)*

1-rep-max deadlift

NOTES

The deadlift begins with the barbell on the ground and finishes when the athlete stands the weight to full extension of the knees and hips with their shoulders behind the bar at the top. Once the athlete has achieved lockout at the top, the barbell may be dropped.

The minimum weight increment allowed is 1 lb. Using plates smaller than 1/2 lb. is not permitted. There is no limit on the number of attempts.

Before or after the workout, the athlete will need to complete a weigh-in and show the barbell, as well as all the plates used for their max lift.

The score for this workout will be the maximum weight successfully completed.

TIEBREAK

This workout includes a tiebreak. In the event of a tie, the athlete with the lower body weight will be ranked higher.

VIDEO SUBMISSION STANDARDS

Prior to starting or after successfully completing the lift, film the plates and barbell so the loads can be seen clearly. Prior to each lift, the athlete must clearly state the weight being attempted.

This workout also requires a weigh-in, which may be completed prior to or after the lift. For the weigh-in procedure, shoes, weight belts and knee sleeves may be removed prior to recording body weight. Place the scale on a hard, even surface. Zoom in to show that the scale, whether digital or analog, is set to zero. Then show the athlete stepping onto the scale. You may need to zoom in and zoom out to show the athlete on the scale and the scale's reading of the athlete's weight.

Video submissions for this workout must display the heaviest successful deadlift, the plates and bar used and the weigh-in procedure in one uncut and unedited clip. Shoot the video from an angle so the exercise can be clearly seen meeting the movement standards.

EQUIPMENT

- Barbell
- Collars
- Scale
- Standard-sized bumper plates and metal change plates

Be sure the athlete has adequate space to safely complete the workout. 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.



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MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting from the ground, the barbell is lifted until the hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.



MASTERS QUALIFIER SCORECARD (ALL)

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Event 2 Workout

1-rep-max deadlift

1-rep-max deadlift	Body Weight

Event 2 Variations

None

ATHLETE NAME _____ MAX WEIGHT: _____ BODY WEIGHT: _____
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

ATHLETE NAME _____ MAX WEIGHT: _____ BODY WEIGHT: _____
Print

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial
Has Judge passed CrossFit's Online Judges Course? Y / N