



MASTERS QUALIFIER

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

Presented by



Event 1 Workout (40-54)

*(Masters Men 40-44, Masters Men 45-49, Masters Men 50-54,
Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)*

21-15-9 reps for time of:

Row for calories

Thrusters

Men use 95 lb.

Women use 65 lb.

Event 1 Workout (55-60+)

*(Masters Men 55-59, Masters Men 60+,
Masters Women 55-59, Masters Women 60+)*

21-15-9 reps for time of:

Row for calories

Thrusters

Men use 75 lb.

Women use 55 lb.

NOTES

This workout begins with the athlete seated on the rower and the monitor set to zero calories. At the call of "3, 2, 1 ... go," the athlete will grab the handle and begin rowing. Once the athlete has rowed 21 calories, they will move to the barbell for 21 thrusters, then back to the rower for 15 calories, followed by 15 thrusters, finishing with 9 calories on the rower and 9 thrusters. The workout ends when the final rep of the thrusters is locked out overhead.

Every second counts in this workout. The score will be the time it takes to complete all 90 repetitions. There is no time cap for this workout. Time will be recorded in full seconds. Do not round up. If you finish in 9:25.7, your score is 9:25.

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 an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- An indoor rower with a monitor that measures calories
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, 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.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 34 kg (75 lb.), 29 kg (65 lb.) and 25 kg (55 lb.).



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MOVEMENT STANDARDS

ROW FOR CALORIES



The athlete may begin the workout seated on the rower, but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round. The athlete or the judge may reset the monitor. The athlete must remain seated with their hands on the handle until the monitor displays the calories required for the round they are completing.

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar is taken from the ground. Using a ball, box or other object to check for proper depth is not allowed.



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



MASTERS QUALIFIER SCORECARD (ALL)

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

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Event 1 Workout

21-15-9 reps for time of:

Row for calories

Thrusters

Men use 95 lb.

Women use 65 lb.

Event 1 Variations

40-44: 21-15-9 reps for time of: Row for calories. Thrusters.

Masters Men use.....95 lb.

Masters Women use.....65 lb.

45-49: 21-15-9 reps for time of: Row for calories. Thrusters.

Masters Men use.....95 lb.

Masters Women use.....65 lb.

50-54: 21-15-9 reps for time of: Row for calories. Thrusters.

Masters Men use.....95 lb.

Masters Women use.....65 lb.

55-59: 21-15-9 reps for time of: Row for calories. Thrusters.

Masters Men use.....75 lb.

Masters Women use.....55 lb.

60+: 21-15-9 reps for time of: Row for calories. Thrusters.

Masters Men use.....75 lb.

Masters Women use.....55 lb.

ROUND	REPS
21-CALORIE ROW	
21 THRUSTERS	

15-CALORIE ROW	
15 THRUSTERS	

9-CALORIE ROW	
9 THRUSTERS	

TIME: _____

ATHLETE NAME _____

Print

TOTAL TIME: _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

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 _____

Print

TOTAL TIME: _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N