



MASTERS QUALIFIER

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

Presented by



Event 3 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)

Complete as many rounds and reps as possible in 15 minutes of:

- 55 double-unders
- 15 chest-to-bar pull-ups
- 5 hang power cleans

Men use 155 lb.

Women use 105 lb.

Event 3 Workout (55-59)

(Masters Men 55-59, Masters Women 55-59)

Complete as many rounds and reps as possible in 15 minutes of:

- 55 double-unders
- 15 chin-over-bar pull-ups
- 5 hang power cleans

Men use 135 lb.

Women use 95 lb.

NOTES

This workout begins with the athlete holding their jump rope. At the call of "3, 2, 1... go" the athlete will complete 55 double-unders, move to the pull-up bar to complete 15 chest-to-bar pull-ups, and then to the barbell to perform 5 hang power cleans. After the hang power cleans are completed, the athlete will return to the jump rope to begin the next round.

Every rep counts in this workout. Credit will be given for partially completed rounds. The score will be the total number of reps completed in 15 minutes.

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.

Event 3 Workout (60+)

(Masters Men 60+, Masters Women 60+)

Complete as many rounds and reps as possible in 15 minutes of:

- 55 double-unders
- 15 chin-over-bar pull-ups
- 5 hang power cleans

Men use 115 lb.

Women use 75 lb.

EQUIPMENT

- Jump rope
- Pull-up bar
- Barbell
- Collars
- Plates to load the barbell to the appropriate weight for your division

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 70 kg (155 lb.), 61 kg (135 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 34 kg (75 lb.).

MOVEMENT STANDARDS

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

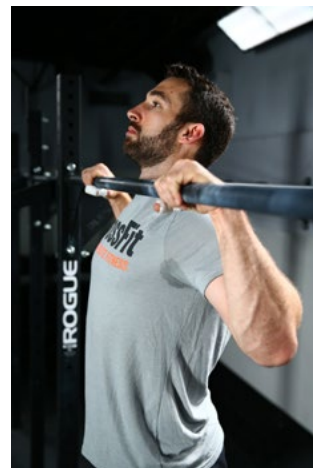
PULL-UP



The bottom position for both the chest-to-bar pull-up and chin-over-the-bar pull-up is the same. The athlete must hang from the pull-up bar with arms fully extended and the feet off the ground. Dead hang, kipping or butterfly pull-ups are allowed as long as all requirements are met.



At the top of the chest-to-bar pull-up the chest must clearly come into contact with the bar below the collarbone.



For Masters 55+, at the top the chin must break the horizontal plane of the bar.

HANG POWER CLEAN



Each repetition must start from the hang. Any repetition taken from the floor must achieve a deadlift lockout, with the hips and knees fully extended and shoulders behind the bar, before re-dipping to initiate the hang clean.



The bar may not be lowered past the knee after it has been deadlifted. If continuous reps are performed, the arms must reach full extension in the bottom of the hang position. Power cleaning the barbell from the ground in one continuous motion is not permitted. Any variation of the hang clean is acceptable (power, squat, split or muscle), as long as the above requirements are met.



The rep is complete when the athlete's hips and knees are fully extended, and the bar is racked on the shoulders with the elbows clearly in front of the bar. If a split clean is used, the feet must be brought back together under the athlete's body, with the hips and knees fully extended, before the repetition is counted.



MASTERS QUALIFIER SCORECARD (ALL)

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

Presented by



Event 3 Workout

Complete as many rounds and reps as possible in 15 minutes of:

55 double-unders
15 chest-to-bar pull-ups
5 hang power cleans

Event 3 Variations

40-44:

Masters Men use.....155 lb.
Masters Women use.....105 lb.

45-49:

Masters Men use.....155 lb.
Masters Women use.....105 lb.

50-54:

Masters Men use.....155 lb.
Masters Women use.....105 lb.

55-59:

Masters Men use.....135 lb.
Masters Women use.....95 lb.

60+:

Masters Men use.....115 lb.
Masters Women use.....75 lb.

ROUND	DOUBLE-UNDERS (55)	PULL-UPS (15)	HANG POWER CLEANS (5)	
1				75
2				150
3				225
4				300
5				375
6				450
7				525
8				600
9				675
10				750
11				825
12				900
13				975
14				1050
15				1125

ATHLETE NAME _____
Print

TOTAL REPS: _____

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

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS: _____

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