



Event 3

2 rounds for time of:

1,000-meter row

50 thrusters

30 chest-to-bar pull-ups

Men use 65 lb.

Women use 45 lb.

NOTES

This event begins seated on the rower with the monitor set to zero meters. At the call of “3-2-1 ... go,” the athlete will grab the handle and begin rowing. Once the athlete has rowed 1,000 meters, he or she will move to the barbell for 50 thrusters. Once the thrusters are complete, the athlete will move to the pull-up bar and complete 30 chest-to-bar pull-ups. When the athlete finishes the first round and returns to the rower, the monitor must be reset to zero before he or she starts the second round.

Every second counts in this event. Your score will be the time it takes to complete all the repetitions. There is no time cap for this event.

EQUIPMENT

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

For each event, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 29 / 20 kg for 40-44, 45-49 and 50-54 divisions, and 20 / 16 kg for 55-59 and 60+ divisions.

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.

ROW



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.

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 pass below the knees. A full squat clean into the thruster is allowed. Using a ball, box or other object to check for proper depth is not allowed.



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

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all 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.



For the chin-over-bar pull-up (older divisions only) the hang position is the same as the chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.



EVENT 3 WORKOUT VARIATIONS

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

40-44

(Masters Men 40-44, Masters Women 40-44)

2 rounds for time of:
1,000-meter row
50 thrusters
30 chest-to-bar pull-ups

*Men use 65 lb.
Women use 45 lb.*

45-49

(Masters Men 45-49, Masters Women 45-49)

2 rounds for time of:
1,000-meter row
50 thrusters
30 chest-to-bar pull-ups

*Men use 65 lb.
Women use 45 lb.*

50-54

(Masters Men 50-54, Masters Women 50-54)

2 rounds for time of:
1,000-meter row
50 thrusters
30 chest-to-bar pull-ups

*Men use 65 lb.
Women use 45 lb.*

55-59

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

2 rounds for time of:
1,000-meter row
50 thrusters
20 chin-over-bar pull-ups

*Men use 45 lb.
Women use 35 lb.*

60+

(Masters Men 60+, Masters Women 60+)

2 rounds for time of:
1,000-meter row
50 thrusters
20 chin-over-bar pull-ups

*Men use 45 lb.
Women use 35 lb.*



EVENT 3 SCORECARD (40-54)

Masters Men 40-44, Masters Women 40-44, Masters Men 45-49,
Masters Women 45-49, Masters Men 50-54, Masters Women 50-54

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

Event 3

2 rounds for time of:
1,000-meter row
50 thrusters
30 chest-to-bar pull-ups

ROUND	REPS
1,000-METER ROW	
50 THRUSTERS	
30 CHEST-TO-BAR PULL-UPS	

40-44

Men use 65 lb.
Women use 45 lb.

45-49

Men use 65 lb.
Women use 45 lb.

ROUND	REPS
1,000-METER ROW	
50 THRUSTERS	
30 CHEST-TO-BAR PULL-UPS	

50-54

Men use 65 lb.
Women use 45 lb.

ATHLETE NAME _____ **EVENT 3 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 the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **EVENT 3 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 the workout Judge Signature Date



EVENT 3 SCORECARD (55+)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59,
Masters Women 60+

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

Event 3

2 rounds for time of:
1,000-meter row
50 thrusters
20 chin-over-bar pull-ups

ROUND	REPS
1,000-METER ROW	
50 THRUSTERS	
20 CHIN-OVER-BAR PULL-UPS	

55-59

Men use 45 lb.
Women use 35 lb.

60+

Men use 45 lb.
Women use 35 lb.

ROUND	REPS
1,000-METER ROW	
50 THRUSTERS	
20 CHIN-OVER-BAR PULL-UPS	

ATHLETE NAME _____ **EVENT 3 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 the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **EVENT 3 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 the workout Judge Signature Date