

2016 Crosstown Throwdown Qualifier Workout 3 – “Three Labors of Hercules”

This workout will consist of THREE parts over the course of a 10-minute running clock:

Part 1 (for time): 500m row for time. (Program rower monitor to count down from 500m and display time at the end of 500m. Judges should mark time from monitor as the score for Part 1, including tenths of a second.)

Part 2 (for reps): After the row, you have until the 5-minute mark on the clock to perform as many reps of the following movement as possible. If you finish early, rest until the 5-minute mark (do not start bench press early).

MEN/WOMEN OPEN RX, MEN/WOMEN MASTERS 35-39, MEN MASTERS 40-49: Ring muscle ups.

WOMEN MASTERS 40-49, MEN MASTERS 50-59, MEN/WOMEN TEENS: Chest-to-bar pull-ups.

MEN/WOMEN OPEN SCALED, WOMEN MASTERS 50-59, MEN/WOMEN MASTERS 60+: Jumping chest-to-bar pull-ups.

Part 3 (for weight): At the 5-minute mark on the running clock, find your one-rep max bench press in the remaining 5 minutes.



You will have three scores for this workout: (1) 500m row time, (2) number of muscle up or designated scaled movement reps completed before the 5-minute mark, and (3) weight of your heaviest successful 1-rep-max bench press.

The barbell for the bench press must begin unloaded in the rack. The athlete must load and unload their own plates. Athletes should declare and confirm the weight of each attempt with their judge. The minimum weight increment on the bench press is 1 lb. Using plates smaller than 1/2 lb. is not allowed. There is no limit on the number of attempts within the 5-minute time limit.

IMPORTANT: *If you are or might be in the top 15 in Men/Women Rx or Scaled, top 10 in Men Masters 35-39 or 40s, or top 5 in Teens, you should videotape your performance in this workout in case we need to verify your score. These are divisions where we will be making a cut for the live event. We will ask for your video in case of any controversy or doubt.*

ADAPTIVE ATHLETES:

Adaptive athletes should contact Tony Kubitschek at crossfitstation@yahoo.com or (208) 841-4757 for specific movement substitutions.

Scoring / Submitting Your Scores

You must use a judge to ensure full range of movement (see Movement Standards) and successful completion of all reps. Have a CrossFit Level 1 certified trainer validate your score. Please fill out the attached scorecard and keep it for the duration of the competition in case of inquiry.

This workout will have THREE scores: (1) your 500m row time, (2) the number of muscle ups (or appropriate scaled movement) that you complete within the time cap, and (3) weight of your heaviest successful 1-rep-max bench press.

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You must submit your scores before 5:00 pm Mountain Time on Wednesday, August 10, 2016. Late scores will not be accepted--no exceptions! If you miss the deadline, you will remain in the competition, but receive a “zero” score for the workout. We are using a new online scoring system this year. Here’s how to submit your score:

1. When you registered via wodRocket, you created a User ID and password. Using this User ID and password, log in at www.wodRocket.com.
2. Go to the Crosstown Throwdown Leaderboard.
3. Select your category, find your name, and click the "Edit" link to submit your score. This functionality will be activated during each workout score submission period (Saturday morning through Wednesday at 5 PM Mountain Time).
4. Note: Be sure to enter three scores, one for each part of the workout. Enter your 500m row time to the tenth of a second. For example, 2:15.2 or 1:49.6.
5. Log out after submitting your score.
6. ***NOTE: DO NOT change or enter your score for the first and/or second online qualifier workouts. Participants who alter a previously entered score or enter a new score after the score submission period for that workout may be disqualified at the discretion of event organizers!***

Equipment Notes

- A 15 kg bar counts as 35# and a 20 kg bar counts as 45#.
- For the bench press, the weight loaded on your bar must be in one-pound increments. Athlete starts with empty barbell resting in rack and must load/unload their own plates.

Movement Standards

Rowing – The rower monitor must be programmed as follows: Select Workout, New Workout, Single Distance, and then set distance to 500m. The monitor should be programmed so that it counts down meters from 500m and at the end of 500m stops and displays the athlete’s time. The athlete must stay seated on the rower until the monitor stops and their time is displayed. The athlete’s time, which is their score for this portion of the workout, should be recorded to the tenth of a second.

Ring Muscle Ups – Standard ring muscle up. The athlete must begin with, or pass through, a hang below the rings with arms fully extended (with or without a “false grip”) and both feet off the ground. At the top, the elbows must be fully locked out while the athlete supports him or herself above the rings. Kipping is acceptable, but swings or rolls to support are not allowed. The heels may not rise above the bottom of the rings during the kip. If consecutive kipping muscle ups are performed, a change of direction below the rings is required. Athletes must pass through some portion of a dip to lockout over the rings.

Chest-to-Bar Pull-ups – Standard chest-to-bar 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 chest must clearly come into contact with the bar below the collarbone.

Jumping Chest-to-Bar Pull-ups – The bar should be at least six inches above the top of the athlete’s head when standing tall. The athlete may need to use plates or other stable platform to decrease the distance between the top of the head and the bar. 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.

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Bench Press – Head, shoulders, and buttocks must remain in contact with the bench. Feet must not be in contact with the bench or its supports. Barbell must make visible contact with the athlete’s chest at the bottom. At the top, athlete must press barbell up to straight arm’s length with elbows locked out. Athlete must achieve lock-out prior to barbell being returned to rest supports. Spotters may not make any contact with the athlete or barbell during the lift; if athlete is assisted in any way during the lift, it is a “no rep.” Spotters may assist athlete in re-racking the barbell after complete lock-out is achieved.

Note: Any uncommon movement or equipment used to alter the accepted standard or range of motion is disallowed. Athletes with physical limitations in a specific range of motion may be granted an exception on a case-by-case basis at the discretion of event organizers. However, this is a very rare occurrence and must be approved prior to the athlete completing the workout.

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Crosstown Throwdown 2016 Participant Name: _____

		SCORE
<u>PART 1:</u> 500m row	Monitor Time: (Include tenth of second)	
<u>PART 2: (starts immediately after row and ends at 5:00 mark)</u> <ul style="list-style-type: none"> • Ring Muscle Ups • Chest-to-Bar Pull-ups • Jumping Chest-to-Bar Pull-ups 	Number of reps completed by 5-minute mark:	
<u>PART 3: (starts at 5:00 mark and ends at 10:00 mark)</u> 1RM Bench Press	Heaviest weight: (Must be in 1 lb. increments.)	

We certify that the above athlete successfully completed the workout in the time specified and that all workout specifications were adhered to and all standards of movement were achieved.

Participant Signature: _____

Judge Signature: _____

Validating CFL1 Signature: _____

Follow the instructions below to submit your score for this workout. Be sure to read and complete all steps!

1. When you registered via wodRocket, you created a user ID and password. Using this user ID and password, log in at www.wodRocket.com.
2. Go to the Crosstown Throwdown leaderboard.
3. Select your category, find your name, and click the "Edit" link to submit your score. (Please note: this functionality is available only during the workout submission period from Saturday morning to the following Wednesday evening at 5 PM Mountain Time.)
4. This workout will be listed as three separate workouts: Part 1, Part 2, and Part 3. Part 1 is your 500m row time, Part 2 is your number of muscle up or pull-up reps, and Part 3 is your 1RM bench press weight. Please be sure to enter a score for each part! Enter your 500m row time to the tenth of a second (for example, 1:23.4).
5. Log out after submitting your scores.
6. **NOTE: DO NOT change or enter your score for the first or second online qualifier workouts. Participants who alter a previously entered score or enter a new score after the score submission period for that workout may be disqualified at the discretion of event organizers!**