

2017 Crosstown Throwdown Online Qualifier “Numero Dos”

MEN/WOMEN OPEN RX'D/MEN/WOMEN MASTERS 35-49:

For Time with a 15 minute time cap

- 12 – Power Cleans (115/85)
- 40 Double Unders
- 12 -- Shoulder To Over Head (115/85)
- 40 Double Unders
- 9 – Power Cleans (135/95)
- 40 Double Unders
- 9 – Shoulder To Over Head (135/95)
- 40 Double Unders
- 6 – Power Cleans (155/105)
- 40 Double Unders
- 6 – Shoulder To Over Head (155/105)
- 40 Double Unders
- 3 – Power Cleans (185/125)
- 40 Double Unders
- 3 – Shoulder To Over Head (185/125)
- 40 Double Unders

MEN/WOMEN OPEN SCALED:

For Time with a 15 minute time cap

- 12 – Power Cleans (95/65)
- 80 Single Unders
- 12 -- Shoulder To Over Head (95/65)
- 80 Single Unders
- 9 – Power Cleans (105/70)
- 80 Single Unders
- 9 – Shoulder To Over Head (105/70)
- 80 Single Unders
- 6 – Power Cleans (115/80)
- 80 Single Unders
- 6 – Shoulder To Over Head (115/80)
- 80 Single Unders
- 3 – Power Cleans (135/95)
- 80 Single Unders
- 3 – Shoulder To Over Head (135/95)
- 80 Single Unders

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MEN/WOMEN MASTERS 50-59:

For Time with a 15 minute time cap

- 12 - Power Cleans (95/45)
- 80 Single Unders
- 12 -- Shoulder To Over Head (95/45)
- 80 Single Unders
- 9 - Power Cleans (105/55)
- 80 Single Unders
- 9 - Shoulder To Over Head (105/55)
- 80 Single Unders
- 6 - Power Cleans (115/65)
- 80 Single Unders
- 6 - Shoulder To Over Head (115/65)
- 80 Single Unders
- 3 - Power Cleans (135/85)
- 80 Single Unders
- 3 - Shoulder To Over Head (135/85)
- 80 Single Unders

MEN/WOMEN MASTERS 60+

For Time with a 15 minute time cap

- 12 - Power Cleans (95/45)
- 80 Single Unders
- 12 -- Shoulder To Over Head (95/45)
- 80 Single Unders
- 9 - Power Cleans (105/55)
- 80 Single Unders
- 9 - Shoulder To Over Head (105/55)
- 80 Single Unders
- 6 - Power Cleans (115/65)
- 80 Single Unders
- 6 - Shoulder To Over Head (115/65)
- 80 Single Unders
- 3 - Power Cleans (135/85)
- 80 Single Unders
- 3 - Shoulder To Over Head (135/85)
- 80 Single Unders

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MEN/WOMEN TEENS

For Time with a 15 minute time cap

- 12 – Power Cleans (95/65)
- 40 Double Unders
- 12 -- Shoulder To Over Head (95/65)
- 40 Double Unders
- 9 – Power Cleans (105/75)
- 40 Double Unders
- 9 – Shoulder To Over Head (105/75)
- 40 Double Unders
- 6 – Power Cleans (115/85)
- 40 Double Unders
- 6 – Shoulder To Over Head (115/85)
- 40 Double Unders
- 3 – Power Cleans (135/95)
- 40 Double Unders
- 3 – Shoulder To Over Head (135/95)
- 40 Double Unders

Equipment Notes

- A 15 kg bar counts as 35# and a 20 kg bar counts as 45#.
- You must use full-size bumper plates on the barbell.
- **ONLY 1 Bar is allowed – The Athlete must change their own weights**

Movement Standards

Power Clean – This is a standard Power clean from the ground to the shoulders. The barbell begins on the ground. Touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

Shoulder to Over Head – Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Each round, the barbell must begin on the ground. Using a rack is not permitted.

Double Unders – Jump rope begins on the ground! Athlete may not begin the workout holding their jump rope! Standard double under in which the rope passes

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under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Single Unders – Jump rope begins on the ground! Athlete may not begin the workout holding their jump rope! Standard single under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

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.

Scoring / Submitting Your Score

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. Your score will be the total time in which it took you to complete the work out. There is a time cap of 15 minutes. In the event the athlete does not complete the workout in the allotted 15 minute time the athlete will enter their total time “15:___” plus a one second penalty for each remaining rep uncompleted. For example: Helen hits the time cap with 13 reps left. Helen's score is 15:13. Tom hits the cap with 2 reps remaining. Tom's score is 15:02.

It is recommended you set your clock to count up.

Please fill out the attached scorecard and keep it for the duration of the competition in case of inquiry.

You must submit your score before 5:00 pm Mountain Time on Wednesday, August 2, 2017. 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. Please log into <https://www.breezescoring.com/> to submit your score

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Scorecard

Participant Name: _____

Date: _____

Location: _____

	Judge's Tally	Total Reps	
12 Power Cleans		12	
40/80 Jump Rope		52 / 92	Time: _____
12 Shoulder to OH		64 / 104	
40/80 Jump Rope		104 / 184	Time: _____
9 Power Cleans		113 / 193	
40/80 Jump Rope		153 / 273	Time: _____
9 Shoulder to OH		162 / 282	
40/80 Jump Rope		202 / 362	Time: _____
6 Power Cleans		208 / 368	
40/80 Jump Rope		248 / 448	Time: _____
6 Shoulder to OH		254 / 454	
40/80 Jump Rope		294 / 534	Time: _____
3 Power Cleans		297 / 537	
40/80 Jump Rope		337 / 617	Time: _____
3 Shoulder to OH		340 / 620	
40/80 Jump Rope		380 / 700	Time: _____

If athlete finished workout within 15-minute time cap:

Time: _____

If athlete did not finish within 15-minute time cap:

Time: ____ 15:00_+_____

Plus 1 sec penalty for each remaining rep Time:

We certify that the above athlete achieved the designated time or number of reps for the workout and that all workout specifications were adhered to and all standards of movement were achieved.

Participant Signature: _____

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Judge Signature: _____

Validating CFL1 Signature: _____