

# 2017 Crosstown Throwdown Online Qualifier “Numero Tres”

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

3 Rounds for time of:

- 15/12 – Calorie Row
- 12 – Power Snatch (95/65)

## MEN/WOMEN OPEN SCALED:

3 Rounds for time of:

- 15/12 – Calorie Row
- 12 – Power Snatch (75/55)

## MEN/WOMEN MASTERS 50-59:

3 Rounds for time of:

- 15/12 – Calorie Row
- 12 – Power Snatch (75/55)

## MEN/WOMEN MASTERS 60+:

3 Rounds for time of:

- 15/12 – Calorie Row
- 12 – Power Snatch (65/45)

## MEN/WOMEN TEENS:

3 Rounds for time of:

- 15/12 – Calorie Row
- 12 – Power Snatch (95/65)

### 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.
- \*Rower that counts calories, similar in type and calibration to a Concept2 rower.

### Movement Standards

**Row** – The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 15 calories for the Men 12 calories for the Women.

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**Power Snatch** – This workout begins from the standing position with the barbell loaded to the starting weight. In the Snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. A clean and jerk is not permitted. The barbell begins on the ground. Touch and go is permitted. No bouncing. If in a division that begins with an empty barbell, each repetition must begin with the barbell below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

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 number of reps you complete in 10 minutes. 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 9, 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: \_\_\_\_\_

<b>ROUND 1</b>	<b>Judge's Tally</b>
<b>15 / 12</b> Calorie Row	
<b>12</b> Power Snatch	
<b>ROUND 2</b>	
<b>15 / 12</b> Calorie Row	
<b>12</b> Power Snatch	
<b>ROUND 3</b>	
<b>15 / 12</b> Calorie Row	
<b>12</b> Power Snatch	

Time: \_\_\_\_\_

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

Participant Signature: \_\_\_\_\_

Judge Signature: \_\_\_\_\_

Validating CFL1 Signature: \_\_\_\_\_