

2018 CROSSTOWN THROWDOWN

Qualifier Workout 1 "Singin' in the Rain"

For time with a 15-minute time cap:

- 3 rounds of
 - 100 double unders
 - 30 box-overs (24"/20" for all divisions)
 - 30 wall balls (20/14 lb and 10'/9' target for all divisions)

Specifics by Division:

- 60+ (men/women): may perform 100 singles in lieu of double unders and may step up onto box.
- Open Scaled (men/women): may perform 100 singles in lieu of double unders and may step up onto box.

Equipment needed: Jump rope, 24"/20" box, and 20/14 lb medicine ball.

Standards of Movement: Reference the most recent CrossFit® Open movement standards for double unders and wall balls. Both feet must make contact with the top of the box on the box-overs. You do not have to reach full extension on top of the box. Each rep is counted when both of the athlete's feet make contact with the ground on the opposite side of the box. All athletes must jump onto the box with a two-foot take-off except Open Scaled and 60+ divisions may step up onto the box. *Any out-of-the-ordinary movement or equipment that shortens or changes the accepted range of motion is not allowed.*

Judge/Scoring: You must have a judge count your reps and verify that all standards of movement are met. Your score is the time it takes you to complete all reps. There is a 15-minute time cap on this workout. If you do not complete all of the reps within the time cap, your score is the time cap plus one second per rep not completed within the time cap.

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Qualifier Workout 1 Scorecard

Athlete Name: _____

Round 1	Double Unders	100	
	Box-Overs	30	
	Wall Balls	30	
Round 2	Double Unders	100	
	Box-Overs	30	
	Wall Balls	30	
Round 3	Double Unders	100	
	Box-Overs	30	
	Wall Balls	30	

PLEASE KEEP THIS SCORECARD IN CASE OF INQUIRY

If athlete finished in 15 minutes or less:

Score = Finish time: _____

If athlete did not finish in 15 min. or less:

Reps not completed: _____

Score = 15 min. + 1 sec for each rep not completed: _____

I hereby certify that athlete performed the workout as written and achieved all standards of movement.

Judge's Signature: _____