



INTERMEDIATE TEAMS

EVENT 1

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

800m Deadball Carry

60 Deadball Cleans (swap every 10 reps)

800m Deadball Carry

60 Pull-ups (share the reps)

Deadball Carry Weight:

♂ 60kg

♀ 40kg

Deadball Clean Weight:

♂ 50kg

♀ 30kg

Notes:

This event begins with each team member's hand on the chess piece. After the beep, the team will run out of WIN Stadium down the beach to the where they will see their Deadball.

The team will then carry the Deadball 800m along the beach and make their way up the stairs at the end of the beach. At the top of the stairs, they will continue moving towards the lighthouse and enter the lane that matches the number on their chess piece at the start of the event. The team will then begin their 60 Deadball Cleans, swapping every 10 reps.

Once the 60 Deadball Cleans are completed the team will make their way back down the stairs and carry the Deadball along the beach and drop it where they picked it up at the start of the event.

The team will make their way back in to WIN Stadium. Once the team arrives at the rig, they will work through 60 Pull-ups, sharing the reps as they like.

Once the 60 Pull-ups are completed the team will sprint to the start/ finish line.

The score will be the total time taken to complete the event or the total number of reps completed before the 25-minute time CAP.

This event is worth 100 points.



INTERMEDIATE TEAMS

EVENT 1

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Deadball Carry

Beginning:

- The Deadball is supported by the athlete's body or arms.

Middle:

- Athletes must follow the course markers.
- Teams may share the work as they like.

End:

- The distance is credited when the athlete's feet cross the finish line while still holding the Deadball.

Additional Standards:

- The Deadball must be carried, it can't be thrown, pushed, dragged or rolled.



Pull-ups

Beginning:

- Athletes must start each rep with their arms fully extended and feet off the ground.
- Any style of Pull-up or grip is allowed.

Middle:

- N/A

End:

- The rep is counted when the athlete's chin breaks the horizontal plane of the pull-up bar.



Deadball Clean

Beginning:

- The Deadball starts on the ground.

Middle:

- N/A

End:

- The rep is counted when the Deadball passes over the shoulder with the athlete's hips and knees fully extended.
- The Deadball must be dropped behind the athlete.

Additional Standards:

- The Deadball must always stay in the athlete's lane.





INTERMEDIATE TEAMS

EVENT 1

SCORECARD

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)
 800m Deadball Carry
 60 Deadball Cleans (swap every 10 reps)
 800m Deadball Carry
 60 Pull-ups (share the reps)

Deadball Carry Weight:

♂ 60kg

♀ 40kg

Deadball Clean Weight:

♂ 50kg

♀ 30kg

800m Deadball Carry				8
60 Deadball Cleans	A1: 10 reps	A2: 10 reps	A3: 10 reps	
	A1: 10 reps	A2: 10 reps	A3: 10 reps	68
800m Deadball Carry				76
60 Pull-ups				136
Run to the finish				137

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



INTERMEDIATE TEAMS

EVENT 2

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

ON YA BIKE

AMRAP in 12mins of:

60/ 45 Calorie C2 Bike + Overhead KB Hold

60/ 45 Toes to Bar + Overhead KB Hold

30 Burpee Box Jump Overs

30 Deadlifts

♂ 24" | 85kg | 16kg Kettlebells

♀ 20" | 52.5kg | 12kg Kettlebells

Notes:

This event begins with each team member's hand on the chess piece. After the beep, the team will move to the C2 Bike and Kettlebells.

One athlete will hold the Kettlebells overhead while one athlete completes the 20 (men)/ 15 (women) C2 Bike calories.

One athlete must hold both Kettlebells overhead for the C2 Bike calories to count.

Once the C2 Bike monitor reads 20/ 15 calories all athletes will rotate.

The athlete holding the Kettlebells overhead will rest. The athlete on the C2 Bike will move to the Kettlebells and the athlete resting will move to the bike.

Once the C2 Bike monitor reads 40/ 30 calories all athletes will rotate for the final time, in the same fashion as the previous set.

When the C2 Bike monitor reads 60/ 45 calories the team will begin sharing the Toes to Bar reps however they like (there is no minimum work requirement per athlete). One athlete must hold both Kettlebells overhead for the Toes to Bar to count.

Once the 60 (men)/ 45 (women) Toes to Bar are completed the team will move to 30 Burpee Box Jump Overs with one person working at a time (there is no minimum work requirement per athlete).

Once the 30 Burpee Box Jump Overs are completed the team will move to the 30 Deadlifts with one person working at a time (there is no minimum work requirement per athlete).

The team will continue in this fashion until the 12-minute time CAP.

The score will be the total number of reps completed before the 12-minute time CAP.

This event is worth 100 points.



INTERMEDIATE TEAMS

EVENT 2

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

C2 Bike

Beginning:

- The monitor will be set to zero at the beginning of each round.

Middle:

- N/A

End:

- The athlete must reach the designated number of calories before moving off the bike.

Additional Standards:

- The athlete can adjust the seat and damper at any time.
- The athlete must not touch the monitor.



Dual Kettlebell Overhead Hold

Beginning:

- The athlete must hold both kettlebells overhead with the arms and legs extended.

Middle:

- The athlete must maintain holding the Kettlebells overhead with the arms and legs extended.

End:

- N/A.



Toes to Bar

Beginning:

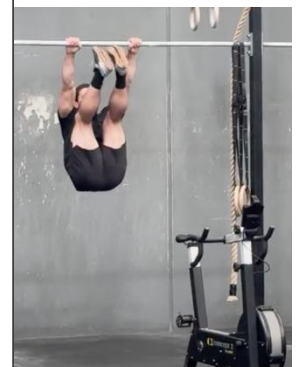
- At the start of each rep, the arms must be extended, and the heels must be brought back behind the bar with the feet off the ground.
- Overhand, underhand, or mixed grip are all allowed.

Middle:

- N/A

End:

- The rep is completed when both feet come in contact with the bar at the same time, between the hands.
- Any part of the feet may contact the bar.





INTERMEDIATE TEAMS

EVENT 2

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Burpee Box Jump Over

Beginning:

- The Burpee Box Jump Over starts with the athlete perpendicular to the box while touching their chest and thighs on the ground.

Middle:

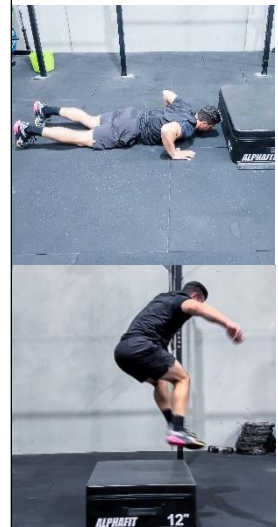
- A two-foot take off is required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side. If the athlete lands on the box, both feet must touch the top of the box before stepping or jumping off.
- Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.

End:

- Each rep is completed when both feet are on the ground on the opposite side of the box. From there, the athlete may begin their next rep.

Additional Standards:

- If there is a no rep for any reason, the entire rep must be repeated, including the burpee. The athlete may start on any side if given a no rep.



Deadlift

Beginning:

- The barbell starts on the ground.
- The athlete's hands must be outside the legs.

Middle:

- N/A

End:

- The rep is counted when the athlete's hips and knees reach full extension and the athlete's shoulders are behind the bar.

Additional Standards:

- Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound.



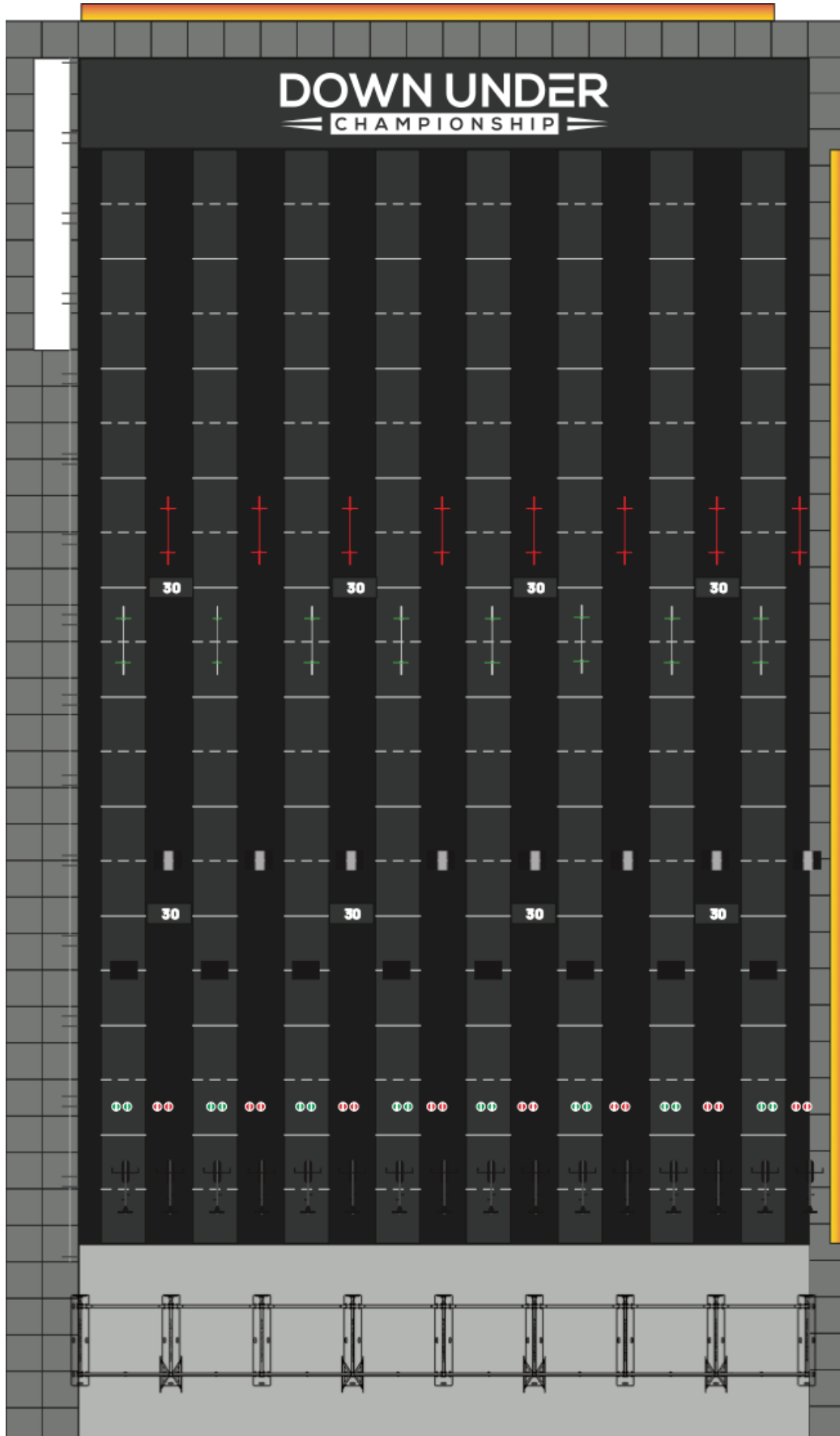


INTERMEDIATE TEAMS

EVENT 2

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





INTERMEDIATE TEAMS

EVENT 2

SCORECARD

CrossFit LICENSED EVENT | 2023

ON YA BIKE

AMRAP in 12mins of:

60/ 45 Calorie C2 Bike + Overhead KB Hold

60/ 45 Toes to Bar + Overhead KB Hold

30 Burpee Box Jump Overs

30 Deadlifts

♂ 24" | 85kg | 16kg Kettlebells

♀ 20" | 52.5kg | 12kg Kettlebells

20/ 15 Calorie C2 Bike + KB OH Hold	20/ 15
Rotate: KB→ Rest→ Bike→ KB	
40/ 30 Calorie C2 Bike + KB OH Hold	40/ 30
Rotate: KB→ Rest→ Bike→ KB	
60/ 45 Calorie C2 Bike + KB OH Hold	60/ 45
60/ 45 Toes to Bar + KB OH Hold	120/ 90
30 Burpee Box Jump Overs	150/ 120
30 Deadlifts	180/ 150
20/ 15 Calorie C2 Bike + KB OH Hold	200/ 165
Rotate: KB→ Rest→ Bike→ KB	
40/ 30 Calorie C2 Bike + KB OH Hold	220/ 180
Rotate: KB→ Rest→ Bike→ KB	
60/ 45 Calorie C2 Bike + KB OH Hold	240/ 195
60/ 45 Toes to Bar + KB OH Hold	300/ 240
30 Burpee Box Jump Overs	330/ 270
30 Deadlifts	360/ 300

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ REPS _____



INTERMEDIATE TEAMS

EVENT 3

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

FULL SEND

For load: (9min CAP)

45/ 30 Calorie SkiErg

9 Rope Climbs

1 Rep Max Squat Clean in the remaining time

-Share the Calories and Rope Climbs as you like.

Notes:

This event begins with each athlete's hand on the chess piece. After the beep, all athletes will run down their lane and begin working through their SkiErg calories which is 45 for the men and 30 for the women. One person works at a time and there is no minimum work requirement per athlete. Once the 45/ 30 calories have been completed the athletes will move to the climbing rope to complete 9 reps. One person works at a time and there is no minimum work requirement per athlete.

The three athletes will then move to the barbell to complete 1 Squat Clean as heavy as possible in the remaining time. All three athletes need to complete their 1 rep under the 9-minute time CAP to contribute to the team score.

The athletes may go up and down in weight and have as many attempts as they like, they just need to complete the full lift within the time CAP.

Only one athlete may be on the lifting platform while a lift is being performed. Athletes may help each other with loading the barbell. If any weight plates that are not being lifted are left on the lifting platform, the rep will not count.

There will be a tiebreaker in this event. Time will be recorded for the tiebreaker when all three athletes are standing on their lifting platform after completing their 9 Rope Climbs.

The team's score will be the best lift from each of the three athletes added together.

This event is worth 100 points.



INTERMEDIATE TEAMS

EVENT 3

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Ski

Beginning:

- The monitor will be set to zero at the beginning.

Middle:

- N/A

End:

- The athlete must keep holding the handles until the monitor reads 45/30 calories.

Additional Standards:

- The athlete can adjust the damper at any time.
- The athlete must not touch the monitor.



Rope Climb

Beginning:

- Jumping up to begin each ascent is allowed.

Middle:

- Any style of climbing is allowed.

End:

- The rep is counted when the athlete touches the designated mark with any part of the hand, including the fingers.

Additional Standards:

- There is no requirement during the descent of the climb.



Squat Clean

Beginning:

- Collars must be on the barbell on the outside of all the plates.
- The rep will not count if there are any loose plates or additional team members on the platform.
- The barbell begins on the ground.

Middle:

- The crease of the athlete's hip must clearly pass below the top of the athlete's knees with the barbell in the front rack position (resting on the shoulders).
- Receiving the barbell in the bottom of the squat is not required. A Power Clean followed by a Front Squat is allowed.
- A Deadlift followed by a Hang Clean is NOT allowed.

End:

- The athlete's feet must be stationary (not moving).
- The athlete's hips and knees are fully extended with the barbell resting on the shoulders and the elbows in front of the barbell.
- The athlete must always remain on the lifting platform during the lift. If the athlete steps off the platform (or on the line that marks the platform), the rep will not count.



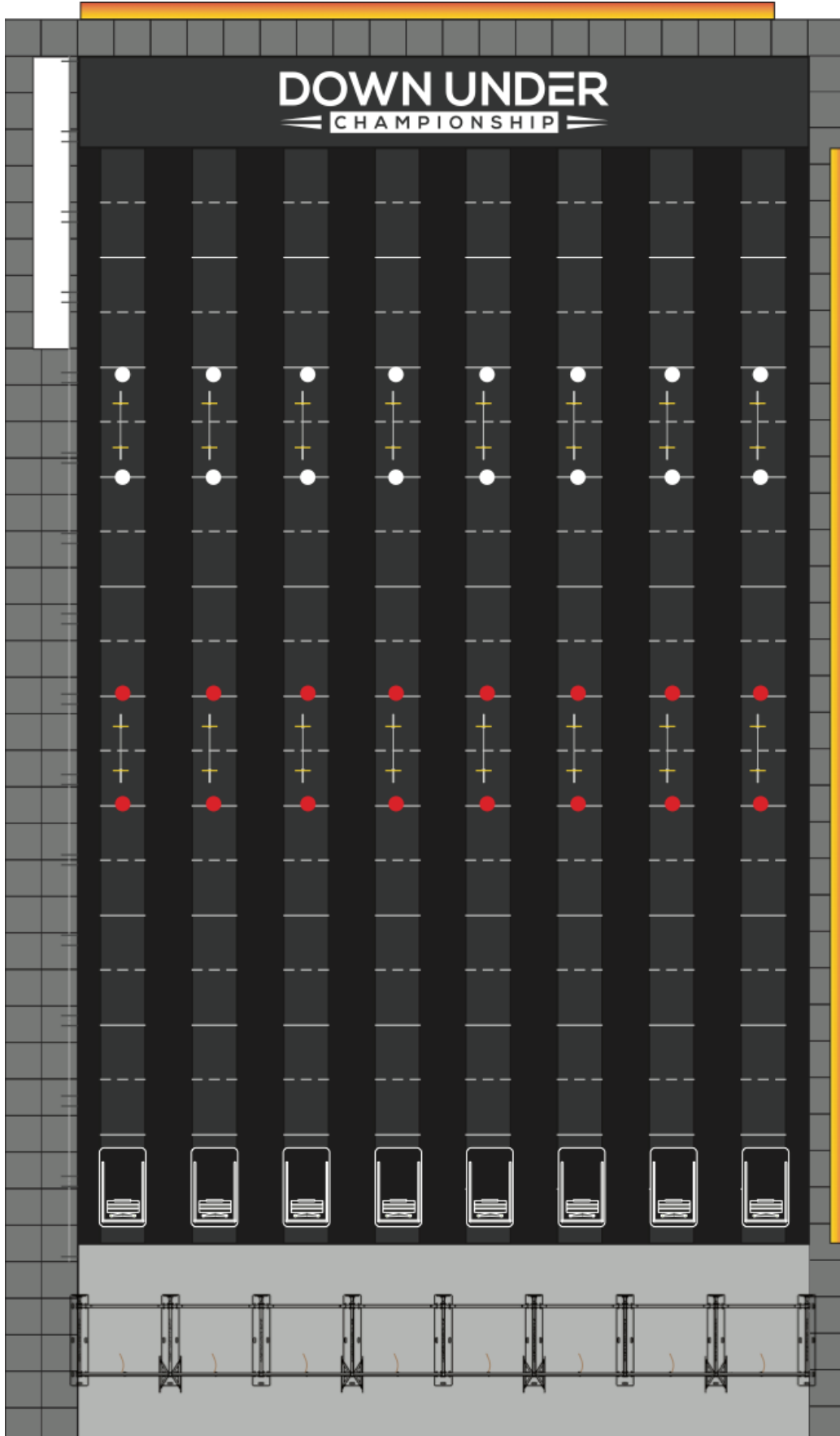


INTERMEDIATE TEAMS

EVENT 3

FLOOR PLAN

CrossFit LICENSED EVENT | 2023





INTERMEDIATE TEAMS

EVENT 3

SCORECARD

CrossFit LICENSED EVENT | 2023

FULL SEND

For load: (9min CAP)

45/ 30 Calorie SkiErg
9 Rope Climbs
1 Rep Max Squat Clean in the remaining time

-Share the Calories and Rope Climbs as you like.

45/ 30 Calorie Ski Erg	
9 Rope Climbs	
Run & Stand on the lifting platform	(all three team members)
Record their tiebreak time	
1 Squat Clean (A1)	LOAD
1 Squat Clean (A2)	LOAD
1 Squat Clean (A3)	LOAD

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____

A1 MAX WEIGHT _____ A2 MAX WEIGHT _____ A3 MAX WEIGHT _____

TOTAL WEIGHT _____ (scoring team only)



INTERMEDIATE TEAMS

EVENT 4

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

80m Bear Crawl

10 Synchro Single Arm Hang KB/ DB Snatches on each side

120m Carry*

10 Synchro Single Arm Hang KB/ DB Snatches on each side

120m Carry*

10 Synchro Single Arm Hang KB/ DB Snatches on each side

80m Bear Crawl

*Dual KB Farmers Carry, Single Arm DB Carry, Deadball Bear Hug Carry

♂ Kettlebell weight: 24kg | Dumbbell weight: 25kg | Deadball weight: 50kg

♀ Kettlebell weight: 16kg | Dumbbell weight: 15kg | Deadball weight: 30kg

Notes:

This event begins with each team member's hand on the chess piece. After the beep, the team will start working through the 80-meter Bear Crawl.

Each team member must cross the line 40 meters from the start line, then make their way back to the start line covering an additional 40 meters.

Once all three athletes have completed the 80-meter Bear Crawl, the team will complete 10 Synchro Single Arm Hang KB/ DB Snatches on each side. Two athletes will have a Kettlebell and one athlete will have a Dumbbell. It doesn't matter who has each implement.

Once the Snatches are completed the team will complete a carry which is 60 meters down the field and 60 meters back. One athlete will Farmers Carry the two Kettlebells, one athlete will Single Arm Farmers Carry the Dumbbell and one athlete will Bear Hug Carry the Deadball. It doesn't matter who has each implement. Each 60-meter section must be unbroken.

Once the 120-meter Carry has been completed the team will complete another 10 Synchro Single Arm Hang KB/ DB Snatches on each side.

The team will then move through the rest of the event in the same fashion.

The score will be the total time taken to complete the event or the total number of reps completed before the 15-minute time CAP.

This event is worth 100 points.



CrossFit LICENSED EVENT | 2023

INTERMEDIATE TEAMS

EVENT 4

MOVEMENT STANDARDS

Bear Crawl

Beginning:

- The athlete must start with their hands (including the fingers) behind the line.
- The athlete's hips must be above the height of their head.

Middle:

- The athlete's hips must remain above the height of their head.
- The athlete must always remain in their lane.

End:

- Both hands and feet must be completely over the line marking the end of the 40-meter section.
- Each 40-meter section will count as 1 rep.

Additional Standards:

- Athletes must bear crawl forward.



Single Arm Kettlebell/ Dumbbell Snatch

Beginning:

- The Kettlebell/ Dumbbell starts on the ground or from the hang position (off the ground between the legs).

Middle:

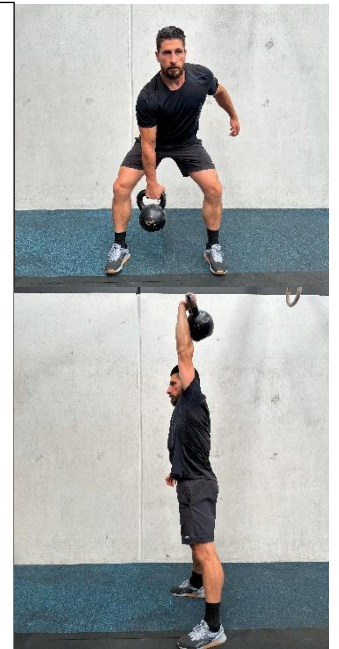
- The athlete must lift the Kettlebell/ Dumbbell overhead in one motion. A Clean and Jerk is not allowed.
- The non-lifting hand or arm must not contact the legs or other parts of the body during the rep.

End:

- The rep is counted when the Kettlebell/ Dumbbell is locked out overhead, with the arm, hips and legs extended. The Kettlebell/ Dumbbell is over or slightly behind the centre of the body, with the feet in line.

Additional Standards:

- Dropping the Kettlebell/ Dumbbell is NOT allowed. If the Kettlebell/ Dumbbell is dropped (the hand isn't in contact with the Kettlebell/ Dumbbell until it reaches the floor) the previous rep will not count.





INTERMEDIATE TEAMS

EVENT 4

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Dual Kettlebell Farmers Carry

Beginning:

- The athlete must be standing behind the line holding the Kettlebells by their side.

Middle:

- The athlete must maintain holding the Kettlebells by their side.
- The athlete must always remain in their lane.

End:

- The section is counted when the athlete's feet are clearly over the line.
- Each 60-meter section must be unbroken.

Additional Standards:

- Dropping the Kettlebells is NOT allowed. If the Kettlebells are dropped (hands aren't in contact with the Kettlebells until they reach the floor) the previous section will not count.



Single Arm Dumbbell Farmers Carry

Beginning:

- The athlete must be standing behind the line holding the Dumbbell by their side.

Middle:

- The athlete must maintain holding the Dumbbell by their side.
- The athlete must always remain in their lane.

End:

- The section is counted when the athlete's feet are clearly over the line.
- Each 60-meter section must be unbroken.

Additional Standards:

- Dropping the Dumbbell is NOT allowed. If the Dumbbell is dropped (hand isn't in contact with the Dumbbell until it reaches the floor) the previous section will not count.



Deadball Bear Hug Carry

Beginning:

- The Deadball must be held in front of the athlete's body in a 'bear hug' position. The Deadball must not touch the legs.

Middle:

- The athlete must maintain holding the Deadball in the 'bear hug' position without touching the legs.
- The athlete must always remain in their lane.

End:

- The section is counted when the athlete's feet are clearly over the line.
- Each 60-meter section must be unbroken.



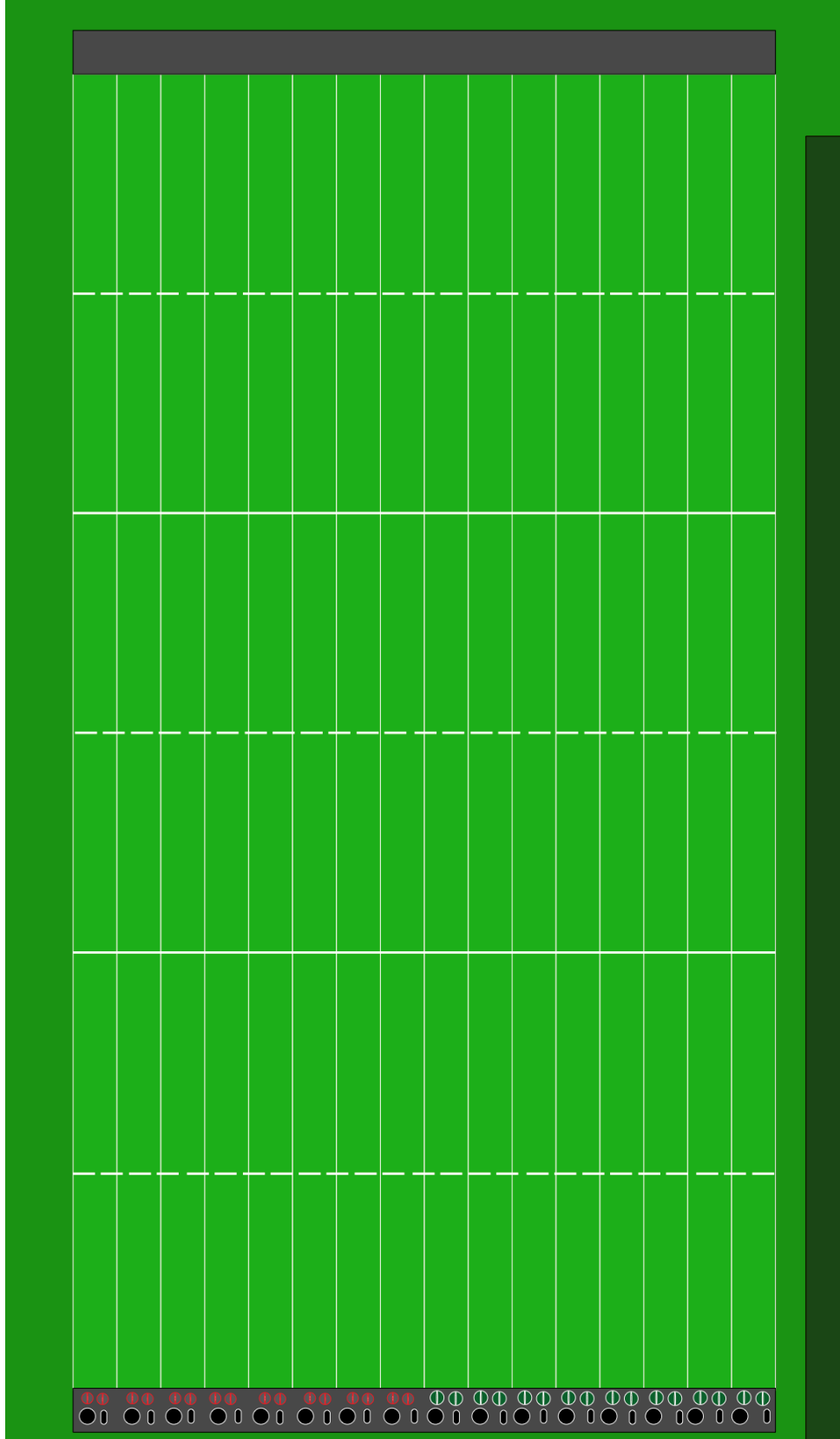


INTERMEDIATE TEAMS

EVENT 4

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





INTERMEDIATE TEAMS

EVENT 4

SCORECARD

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

80m Bear Crawl

10 Synchro Single Arm Hang KB/ DB Snatches on each side

120m Carry*

10 Synchro Single Arm Hang KB/ DB Snatches on each side

120m Carry*

10 Synchro Single Arm Hang KB/ DB Snatches on each side

80m Bear Crawl

*Dual KB Farmers Carry, Single Arm DB Carry, Deadball Bear Hug Carry

♂ Kettlebell weight: 24kg | Dumbbell weight: 25kg | Deadball weight: 50kg

♀ Kettlebell weight: 16kg | Dumbbell weight: 15kg | Deadball weight: 30kg

40m Bear Crawl	20m Section	20m Section
40m Bear Crawl	20m Section	20m Section
Team Regroups		
10 Synchro KB/ DB Snatches each side	10 reps	10 reps
120m Carry	60m Unbroken Section	60m Unbroken Section
10 Synchro KB/ DB Snatches each side	10 reps	10 reps
120m Carry	60m Unbroken Section	60m Unbroken Section
10 Synchro KB/ DB Snatches each side	10 reps	10 reps
40m Bear Crawl	20m Section	20m Section
40m Bear Crawl	20m Section	20m Section
Record the time when the last team member crosses the finish line		

TEAM NAME _____ TIME _____

HEAT # _____ LANE # _____ JUDGE NAME _____



INTERMEDIATE TEAMS

EVENT 5

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

9 Wall Walks

15 Synchro Squats*

9 Wall Walks

15 Synchro Squats*

9 Wall Walks

15 Synchro Squats*

*Athletes must change implement for each set of 15 Synchro Squats.

Kettlebell Weight:

♂ 24kg

♀ 16kg

Barbell Weight:

♂ 65kg

♀ 40kg

Deadball Weight:

♂ 50kg

♀ 30kg

Notes:

This event begins with each team member's hand on the chess piece. After the beep, the team will run down their lane and begin working through 9 Wall Walks. There is no minimum work requirement per athlete.

Once the 9 Wall Walks have been completed the team will move down the floor to the three implements that they will use to complete 15 Synchro Squats. Athlete 1 will use the Kettlebells, athlete 2 will use the Barbell and athlete 3 will use the Deadball.

Once the 15 reps have been completed the team will move back to the rig to complete their 9 Wall Walks.

Once the 9 Wall Walks have been completed the team will move down the floor to the three implements to complete another 15 Synchro Squats, although they must use a different implement. Athlete 1 will use the Barbell, athlete 2 will use the Deadball and athlete 3 will use the Kettlebells.

Once the 15 reps have been completed the team will move back to the rig to complete their 9 Wall Walks.

Once the 9 Wall Walks have been completed the team will move down the floor to the three implements to complete another 15 Synchro Squats, although they must use a different implement. Athlete 1 will use the Deadball, athlete 2 will use the Kettlebells and athlete 3 will use the Barbell.

The team will continue in the same fashion as round one although after the final 15 Synchro Squats, they must run to the start/ finish line.

The score will be the total time taken to complete the event or the total number of reps completed before the 16-minute time CAP.

This event is worth 100 points.



INTERMEDIATE TEAMS

EVENT 5

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Wall Walk

Beginning:

- The athlete must start with their chest, thighs and feet touching the floor and both hands on the first tape line.
- The athlete must get both feet on the wall before moving their hands off the tape line.
- The athlete must have both hands touching the tape line 250mm from the wall. Any portion of the athlete's hands may be touching the line, including their fingers.

Middle:

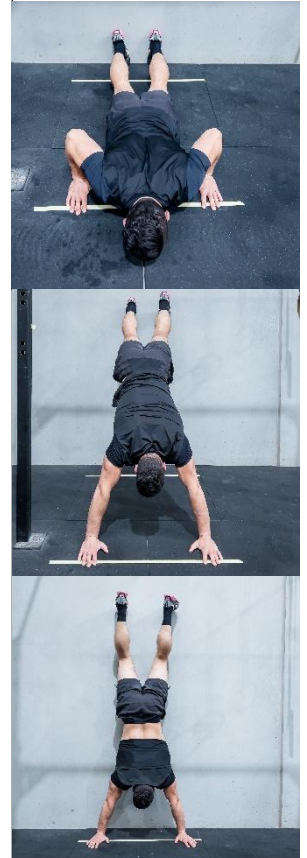
- The athlete will walk their hands towards the wall until both hands are touching the tape line 250mm from the wall. Any portion of the athlete's hands may be touching the line, including their fingers.
- The athlete will then walk their hands back out to the first tape line before the feet touch the ground.
- If the feet touch the ground before both hands are on the tape line, the rep will not count.

End:

- The athlete must finish with their chest, thighs and feet touching the floor and both hands on the first tape line.

Additional Standards:

- Athletes must stay in their lane especially when they come off the wall. If the athlete contacts the athlete next to them or enters their lane, the previous rep completed will not count.





INTERMEDIATE TEAMS

EVENT 5

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Dual Kettlebell Squat

Beginning:

- The athlete must face the start/ finish line.
- The athlete's hips and knees are fully extended with the kettlebells resting on the shoulders directly over the middle of their body.

Middle:

- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.

End:

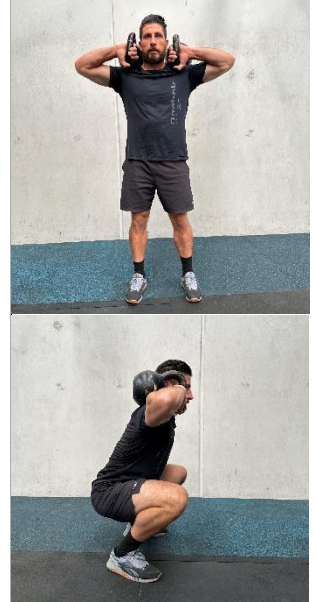
- The athlete's hips and knees are fully extended with the kettlebells resting on the shoulders directly over the middle of their body.

Synchronised Portion:

- The "middle"- all three athletes must have the crease of their hip below the top the knee at the same time.

Additional Standards:

- Dropping the Kettlebells is NOT allowed. If the Kettlebells are dropped (hands aren't in contact with the Kettlebells until they reach the floor) the previous rep will not count.



Barbell Back Squat

Beginning:

- The athlete must face the media lane (left-hand side of the floor plan).
- The athlete's hips and knees are fully extended with the barbell resting on the athlete's back (behind the neck).

Middle:

- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.

End:

- The athlete's hips and knees are fully extended with the barbell resting on the athlete's back (behind the neck).

Synchronised Portion:

- The "middle"- all three athletes must have the crease of their hip below the top the knee at the same time.

Additional Standards:

- Dumping the barbell off the back is allowed but the athlete must stop their barbell from rolling out of their lane before advancing to the next movement.



Deadball Squat

Beginning:

- The athlete must face towards the rig.
- The athlete's hips and knees are fully extended with the Deadball resting on the athlete's shoulder or back.

Middle:

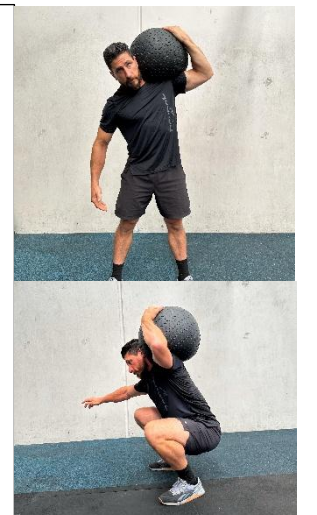
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.

End:

- The athlete's hips and knees are fully extended with the Deadball resting on the athlete's shoulder or back.

Synchronised Portion:

- The "middle"- all three athletes must have the crease of their hip below the top the knee at the same time.



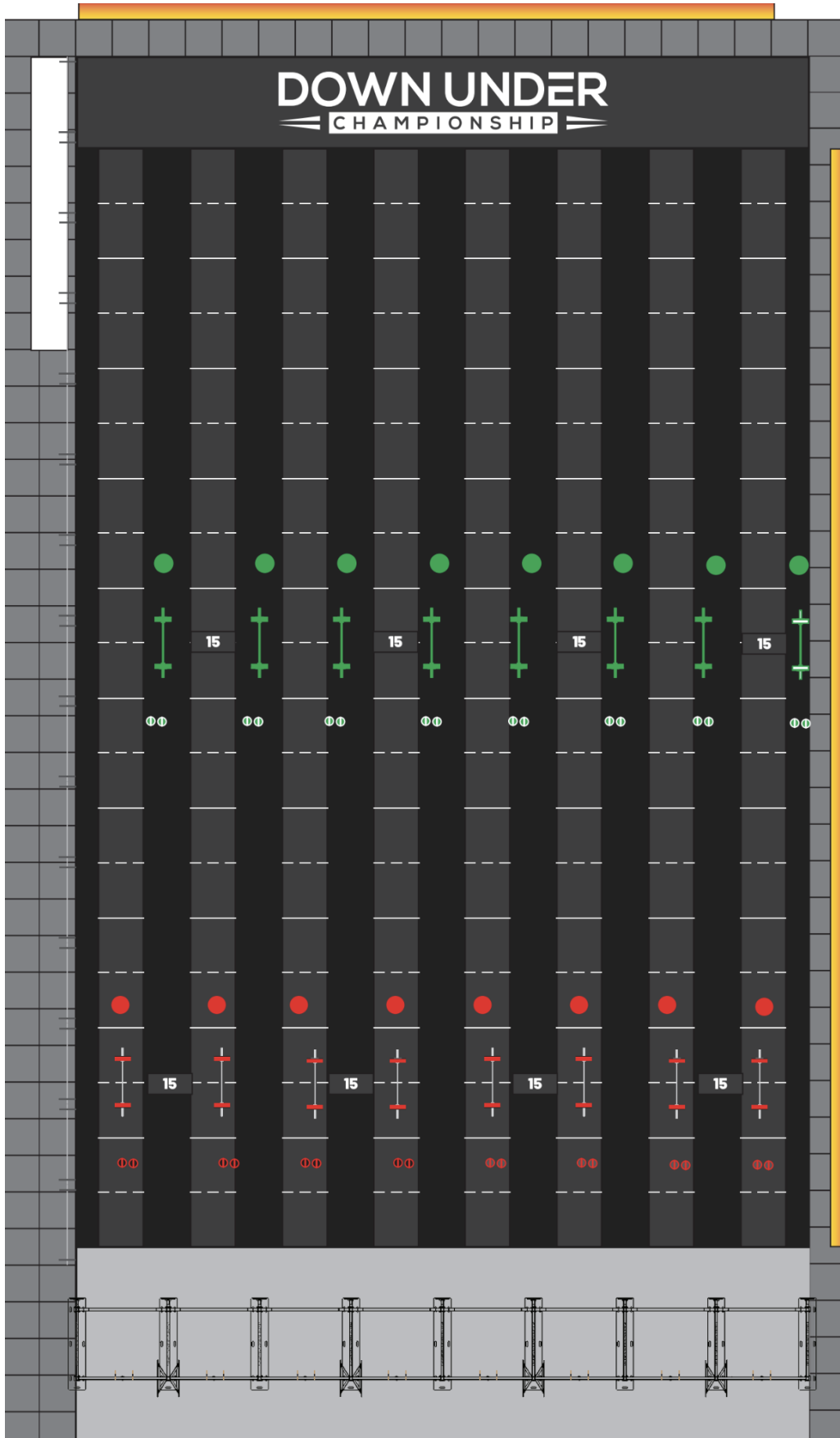


INTERMEDIATE TEAMS

EVENT 5

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





INTERMEDIATE TEAMS

EVENT 5

SCORECARD

CrossFit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

- 9 Wall Walks
- 15 Synchro Squats*
- 9 Wall Walks
- 15 Synchro Squats*
- 9 Wall Walks
- 15 Synchro Squats*

*Athletes must change implement for each set of 15 Synchro Squats.

Kettlebell Weight:

♂ 24kg

♀ 16kg

Barbell Weight:

♂ 65kg

♀ 40kg

Deadball Weight:

♂ 50kg

♀ 30kg

	Round 1	Round 2
9 Wall Walks		
15 Synchro Squats Kettlebells: A1, Barbell: A2, Deadball: A3		
9 Wall Walks		
15 Synchro Squats Kettlebells: A3, Barbell: A1, Deadball: A2		
9 Wall Walks		
15 Synchro Squats Kettlebells: A2, Barbell: A3, Deadball: A1		
		Advance to the finish line

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



INTERMEDIATE TEAMS

EVENT 6

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

TRIPLE GRACE

For time: (10min CAP)
90 Clean & Jerks*

*Each team member will complete 30 reps for time.

♂ 50kg

♀ 35kg

Notes:

This event begins with the first athlete's hand on the chess piece facing the barbell. After the beep, the athlete will start their first set of Clean & Jerks (20 reps). Once the 20 reps have been completed the athlete will advance the barbell to the next section and complete 10 reps to finish Grace (30 reps).

The athlete will then run back to the start/ finish line to tag their next team member.

Athlete two will advance the barbell forward to the number 50 and begin their first set of Clean & Jerks (20 reps). Once the 20 reps have been completed the athlete will advance the barbell to the next section and complete 10 reps to finish Grace (30 reps).

The athlete will then run back to the start/ finish line to tag the final team member.

Athlete three will advance the barbell forward to the number 80 and begin their first set of Clean & Jerks (20 reps). Once the 20 reps have been completed the athlete will advance the barbell to the next section and complete 10 reps to finish Grace (30 reps).

The athlete will then run back to the start/ finish line to finish the event.

The score will be the total time taken to complete 90 reps or the total number of reps completed before the 10-minute time CAP.

This event is worth 100 points.



INTERMEDIATE TEAMS

EVENT 6

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Clean & Jerk

Beginning:

- Start each rep with the barbell on the ground.
- Power Cleans, Squat Cleans, and Split Cleans are allowed. Hang cleans are not allowed.
- If dropped, the barbell must settle on the ground before the start of the next rep.

Middle:

- The lift must have two distinct phases: the Clean and the Jerk. Snatching is not allowed.
- The barbell must make contact with the shoulders. It is NOT necessary to lock out the hips and legs to complete the Clean before lifting the bar overhead.

End:

- The rep is counted when the barbell is locked out overhead, with the arms, hips and legs extended. The bar is over or slightly behind the centre of the body, with the feet in line.
- A Press, Push Press, Push Jerk, or Split Jerk are all allowed if the required finish position is achieved.

Additional Standards:

- Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound.



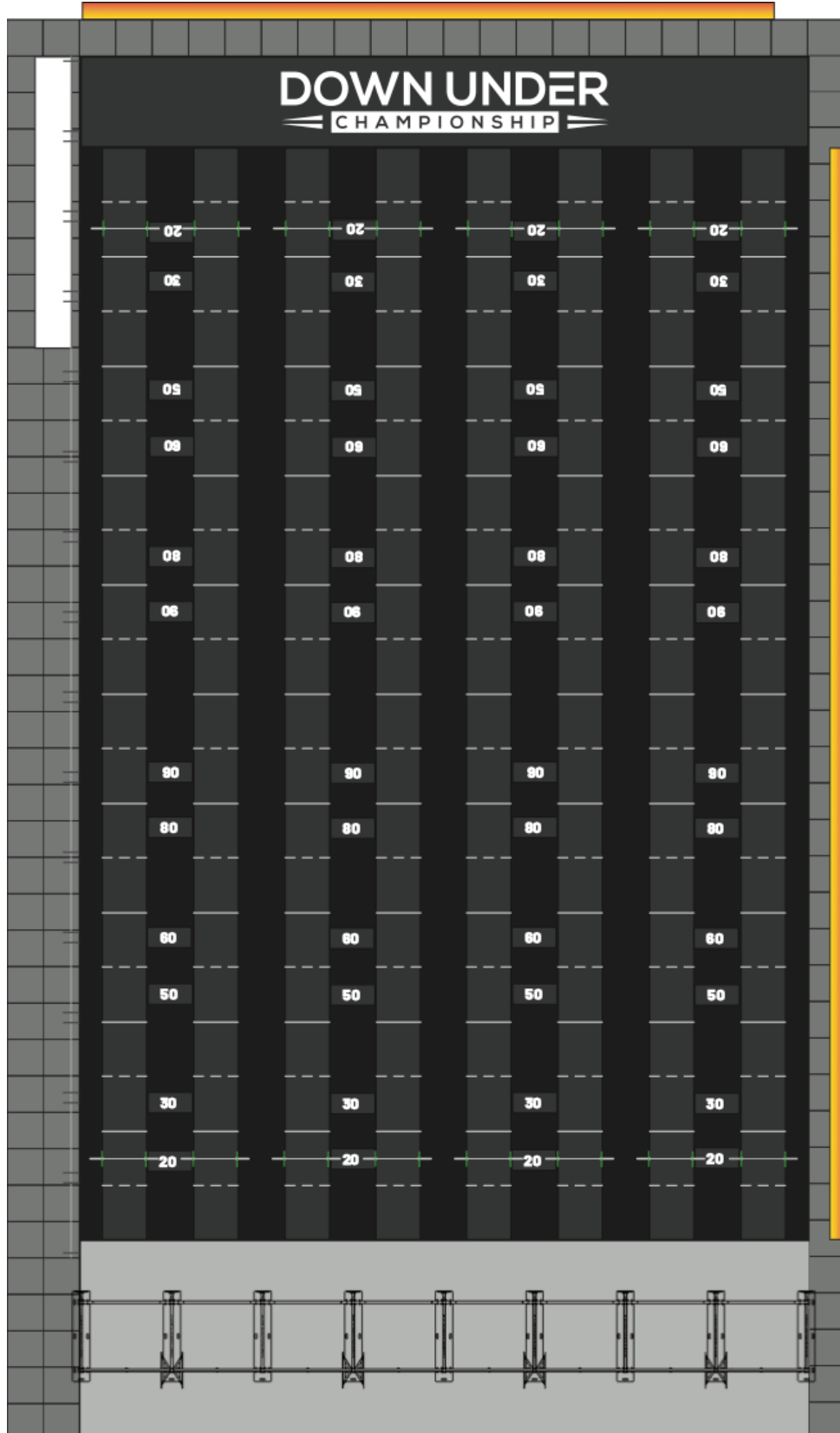


INTERMEDIATE TEAMS

EVENT 6

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





INTERMEDIATE TEAMS

EVENT 6

SCORECARD

CrossFit LICENSED EVENT | 2023

TRIPLE GRACE

For time: (10min CAP)
90 Clean & Jerks*

*Each team member will complete 30 reps for time.

♂ 50kg
♀ 35kg

20 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Run back & tag athlete 2	
Advance the barbell	
20 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Run back & tag athlete 3	
Advance the barbell	
20 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Run to the start/ finish line	
Record their time	

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____