



ADAPTIVE

EVENT 1

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

25 Deadball Cleans

1km Dumbbell Carry

50 Chest to Bar Pull-ups*

*CTB/ Pull-up or Banded Pull-up

Deadball Weight: Dumbbell Weight:

♂ 50kg

♂ 25kg

♀ 30kg

♀ 15kg

Notes:

This event begins with the athlete's back to the Deadball. After the call of go, the athlete will begin their 25 Deadball Cleans.

Once the 25 Deadball Cleans are completed the athlete will make their way down to the beach. They will then pick up a Dumbbell and make their way to WIN Stadium.

Once the athlete arrives at the rig, they will work through 50 Chest to Bar Pull-ups/ Pull-ups/ Banded Pull-ups.

Once the 50 Chest to Bar Pull-ups/ Pull-ups/ Banded Pull-ups are completed the athlete 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.



ADAPTIVE

EVENT 1

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Chest to Bar Pull-up

Beginning:

- Athletes must start each rep with their arm/ 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 chest clearly contacts the bar at or below the collarbone.



Pull-ups

Beginning:

- Athletes must start each rep with their arm/ 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.





ADAPTIVE

EVENT 1

EVENT MAP/ FLOOR PLAN

CrossFit LICENSED EVENT | 2023





ADAPTIVE

EVENT 1

SCORECARD

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

25 Deadball Cleans

1km Dumbbell Carry

50 Chest to Bar Pull-ups*

*CTB/ Pull-up or Banded Pull-up

Deadball Weight: Dumbbell Weight:

♂ 50kg

♂ 25kg

♀ 30kg

♀ 15kg

25 Deadball Cleans	25
1km Dumbbell Carry	35
50 CTB/ PU/ Banded PU	85
Run to the finish	86

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



ADAPTIVE

EVENT 2

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

ON YA BIKE

For time: (12min CAP)
27 Burpee Box Get Overs

Then,
21-15-9-7-5 reps of:
C2 Bike Calories
Deadlifts

♂ 24" | 80kg

♀ 20" | 52.5kg

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will move to the box and begin working through their 27 Burpee Box Get Overs. Once the 27 reps have been completed the athlete will move to the C2 Bike to complete 21 Calories.

The athlete will then move to the barbell to complete 21 Deadlifts. Once the 21 Deadlifts are completed the athlete will advance the barbell to the number 15 to signify that they're starting the round of 15.

The athlete will continue in this fashion except after the last set of Deadlifts the athlete does not need to advance the barbell. They will drop the barbell and make their way back 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 12-minute time CAP.

This event is worth 100 points.



ADAPTIVE

EVENT 2

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Burpee Box Get Over

Beginning:

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

Middle:

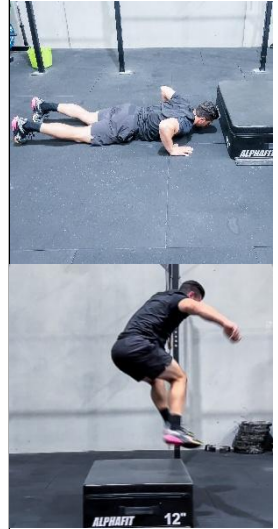
- The athlete can get over the box any way they like (jump, step, use their hands).
- There is no requirement to stand tall while on top of the box.

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.



C2 Bike

Beginning:

- The monitor will be set to zero for each set of calories.

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.



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.



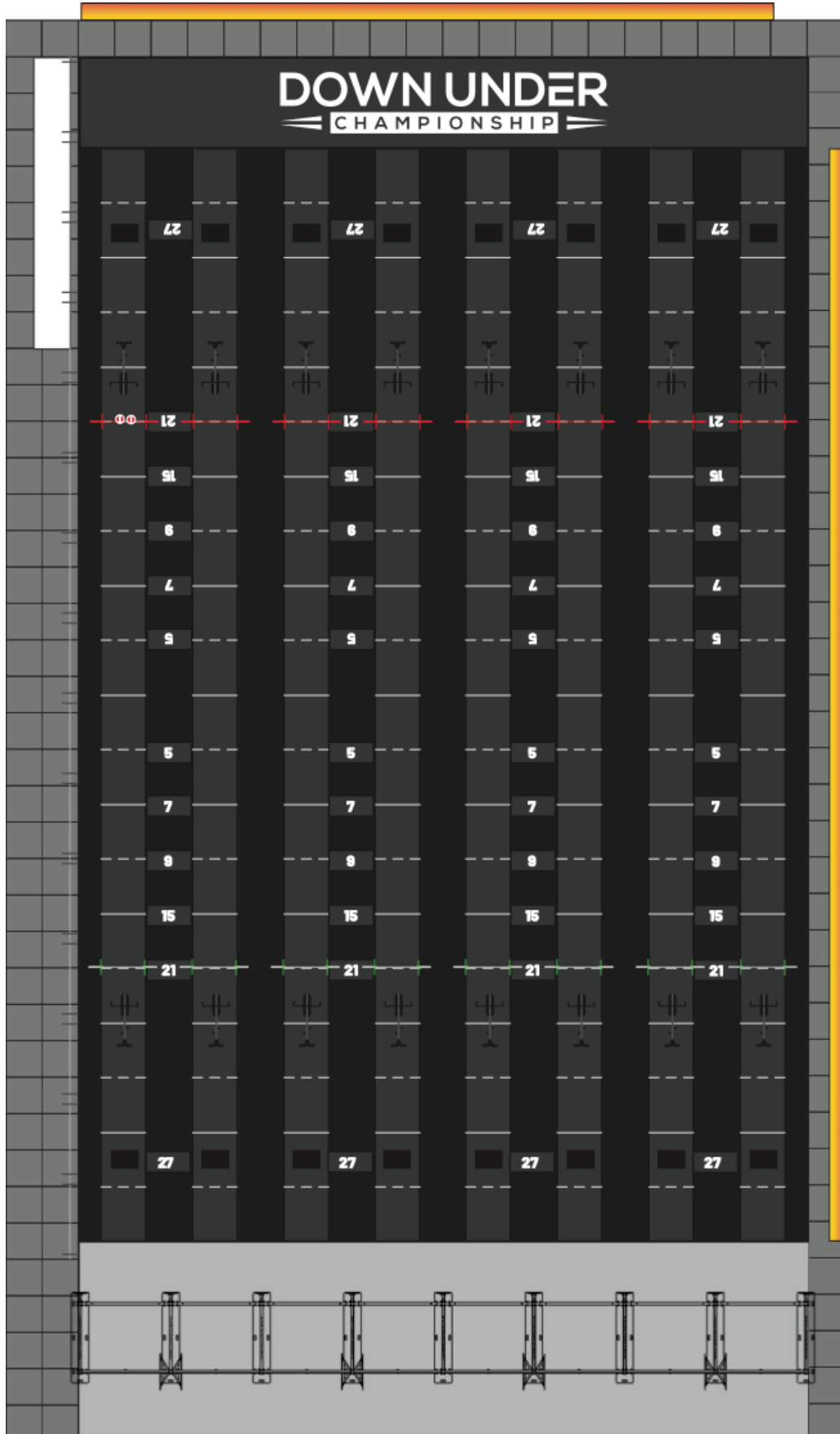


ADAPTIVE

EVENT 2

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ADAPTIVE

EVENT 2

SCORECARD

CrossFit LICENSED EVENT | 2023

ON YA BIKE

For time: (12min CAP)
27 Burpee Box Get Overs

Then,
21-15-9-7-5 reps for time of:
C2 Bike Calories
Deadlifts

♂ 24" | 80kg
♀ 20" | 52.5kg

27 Burpee Box Get Overs	
21 Calorie C2 Bike	
21 Deadlifts	
Advance the barbell	
15 Calorie C2 Bike	
15 Deadlifts	
Advance the barbell	
9 Calorie C2 Bike	
9 Deadlifts	
Advance the barbell	
7 Calorie C2 Bike	
7 Deadlifts	
Advance the barbell	
5 Calorie C2 Bike	
5 Deadlifts	
Run to the start/ finish line	

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



ADAPTIVE

EVENT 3

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

FULL SEND

For load:

0:00 – 2:00

15/ 10 Calorie SkiErg

1 Rope Climb

3 Cleans (for load)

8:00 – 10:00

15/ 10 Calorie SkiErg

1 Rope Climb

1 Clean (for load)

2:00 – 4:00

Rest

4:00 – 6:00

15/ 10 Calorie SkiErg

1 Rope Climb

2 Cleans (for load)

6:00 – 8:00

Rest

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will move down their lane and begin working through their SkiErg calories which is 15 for the males and 10 for the females. Once the 15/ 10 calories have been completed the athlete will move to the climbing rope to complete 1 rep.

The athlete will then move to the barbell to complete 3 Cleans as heavy as possible in the remaining time. The athlete needs to complete 3 consecutive reps at the same weight under the 2-minute time CAP. Touch & Go is not required, they can be three separate singles.

The athlete may go up and down in weight and have as many attempts as they like, they just need to complete the required number of reps within the time CAP at the same weight.

The athlete will then have a 2-minute rest and make their way back to the start line. During the rest they're able to set the barbell at the weight they want to complete the next round of Cleans.

They will continue in this fashion for three rounds although the second round will be 2 Cleans for load and the third round will be 1 Clean for load.

There will be a tiebreaker in this event. Time will be recorded for the tiebreaker when the athlete touches either their barbell or the weights attached to their barbell after completing their 1 Rope Climb on the first round only.

The score will be the athlete's best 3 rep Clean plus their best 2 rep Clean plus their best 1 rep Clean.

This event is worth 100 points.



ADAPTIVE

EVENT 3

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Ski

Beginning:

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

Middle:

- N/A

End:

- The athlete must keep holding the handles until the monitor reads 15/10 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.



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 on the platform.
- The barbell begins on the ground.

Middle:

- Receiving the barbell in the bottom of the squat is not required. A Power Clean 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.

Additional Standards:

- Touch & go is allowed.
- No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next rep.



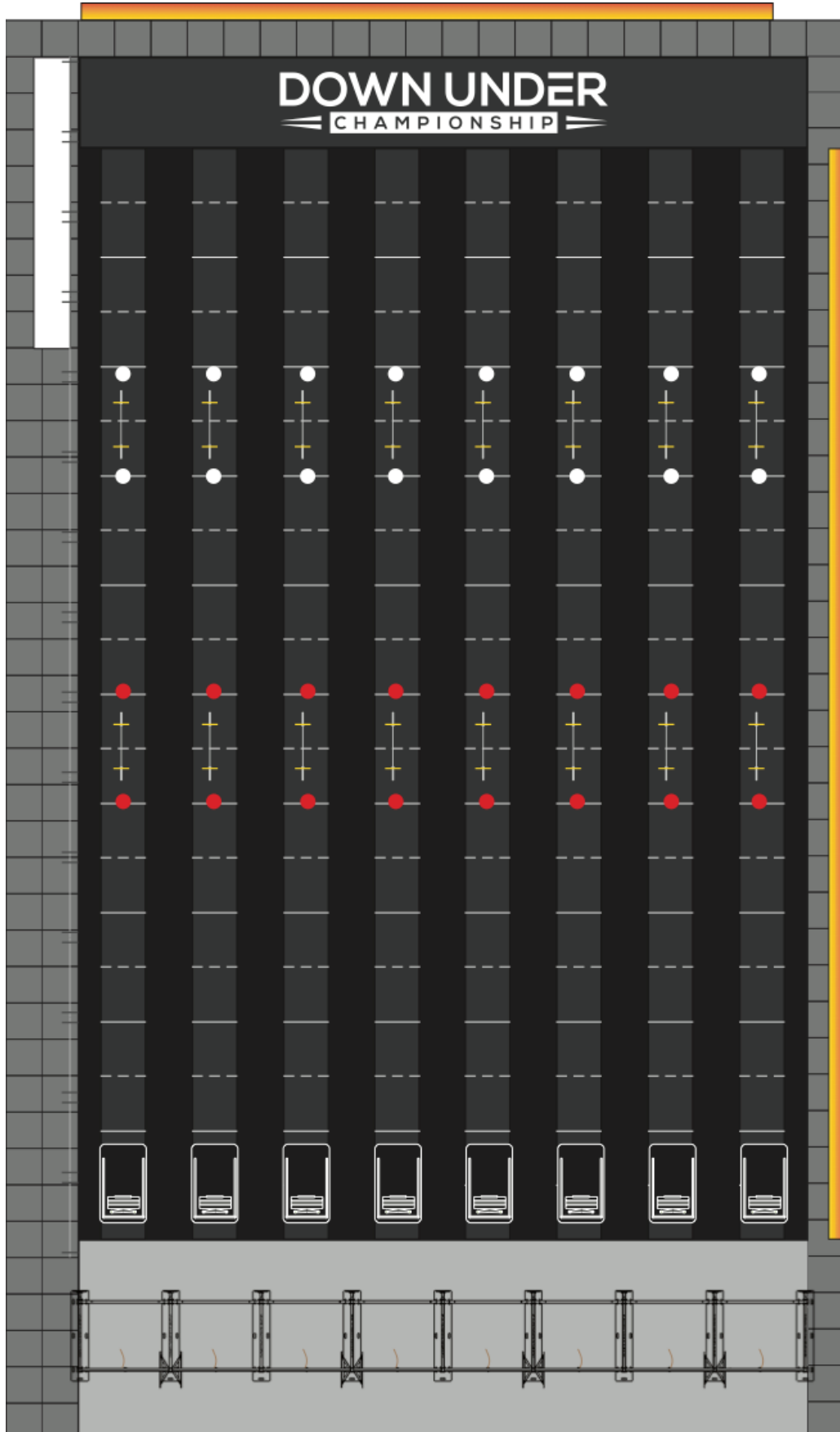


ADAPTIVE

EVENT 3

FLOOR PLAN

CrossFit LICENSED EVENT | 2023





ADAPTIVE

EVENT 3

SCORECARD

CrossFit LICENSED EVENT | 2023

FULL SEND

For load:

0:00 – 2:00

15/ 10 Calorie SkiErg

1 Rope Climb

3 Cleans (for load)

2:00 – 4:00

Rest

4:00 – 6:00

15/ 10 Calorie SkiErg

1 Rope Climb

2 Cleans (for load)

6:00 – 8:00

Rest

8:00 – 10:00

15/ 10 Calorie SkiErg

1 Rope Climb

1 Clean (for load)

15/ 10 Calorie Ski Erg	
1 Rope Climb	
Run & Touch Barbell or Weights	
Record their tiebreak time	
3 Cleans	LOAD
2-minute Rest	
15/ 10 Calorie Ski Erg	
1 Rope Climb	
2 Cleans	LOAD
2-minute Rest	
15/ 10 Calorie Ski Erg	
1 Rope Climb	
1 Clean	LOAD

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____

3 REP MAX WEIGHT _____ 2 REP MAX WEIGHT _____ 1 REP MAX WEIGHT _____

TOTAL WEIGHT _____ (scoring team only)



ADAPTIVE

EVENT 4

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

20m Handstand Walk/ 60m Single Arm Overhead KB Carry

10 Single Arm Kettlebell Snatches on each side*

120m Dual Kettlebell Farmers Carry

10 Single Arm Kettlebell Snatches on each side*

120m Dual Kettlebell Farmers Carry

10 Single Arm Kettlebell Snatches on each side*

20m Handstand Walk/ 60m Single Arm Overhead KB Carry

*Upper Extremity Athletes complete 20 reps on the same arm.

♂ 16kg

♀ 12kg

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will begin working through the 20m Handstand Walk/ 60m Single Arm Overhead KB Carry.

Once that is completed the athlete will move back to the start line to complete 10 Single-arm Kettlebell Snatches on each side.

Once the Kettlebell Snatches have been completed the athlete will pick up two Kettlebells and Farmers Carry 60 meters down the field, then turn around and travel 60 meters back to the start line. The 60-meter sections must be unbroken, if the Kettlebells are dropped the athlete must take the Kettlebells back to the start.

Once the 120-meter Farmers Carry has been completed the athlete will complete another 10 Single-arm Kettlebell Snatches on each side.

The athlete 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.



ADAPTIVE

EVENT 4

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Handstand Walk

Beginning:

- The athlete must start with their hands (including the fingers) behind the line.
- If at any time the athlete comes down from their hands, the judge will mark where the athlete's hands reached before the feet touched the ground. The athlete will then progress from that point.

Middle:

- The athlete must always remain in their lane.

End:

- Both hands, including the palms and fingers, must touch the ground completely clear of the line marking the end of the 10-meter section before the feet touch the ground.
- Each 10-meter section will count as 1 rep.

Additional Standards:

- Athletes must handstand walk forward.



Single Arm Overhead Kettlebell Carry

Beginning:

- The athlete must be standing behind the line holding the Kettlebell overhead.

Middle:

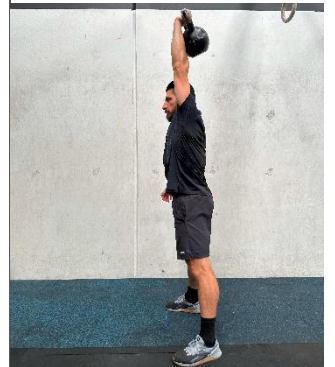
- The athlete must maintain holding the Kettlebell overhead.

End:

- The section is counted when the athlete's feet are clearly over the line.

Additional Standards:

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





CrossFit LICENSED EVENT | 2023

ADAPTIVE

EVENT 4

MOVEMENT STANDARDS

Single Arm Kettlebell Snatch

Beginning:

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

Middle:

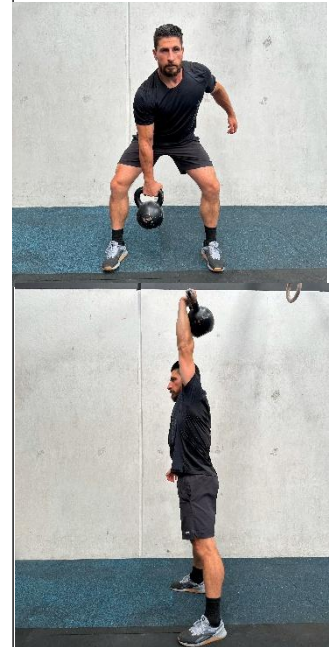
- The athlete must lift the Kettlebell overhead in one motion. A Clean and Jerk is not allowed.
- The non-lifting hand or arm must not contact the legs or other parts of the body during the rep.

End:

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

Additional Standards:

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



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.

End:

- The section is counted when the athlete's feet are clearly over the line.

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.



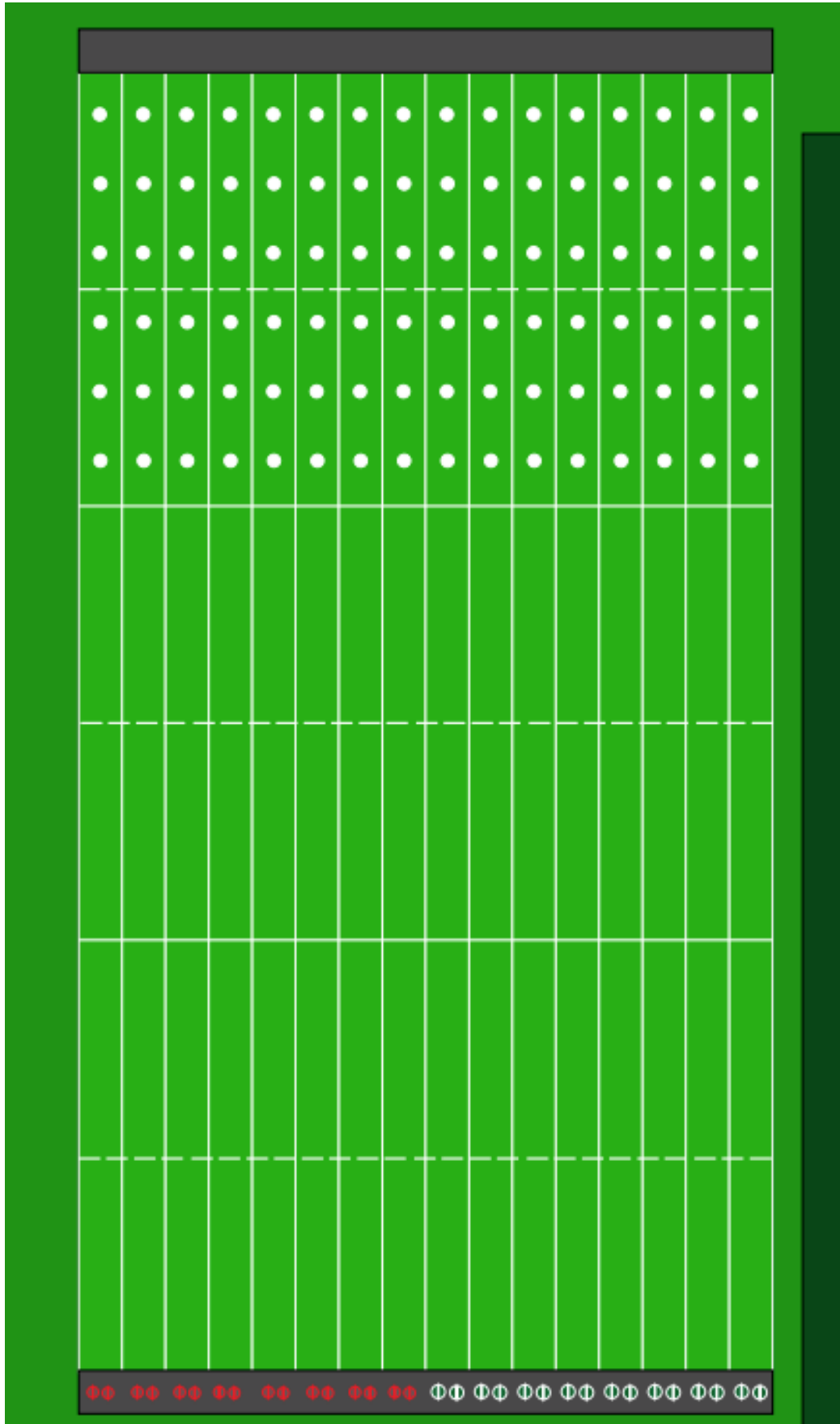


ADAPTIVE

EVENT 4

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ADAPTIVE

EVENT 4

SCORECARD

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

20m Handstand Walk/ 60m Single Arm Overhead KB Carry

10 Single Arm Kettlebell Snatches on each side*

120m Dual Kettlebell Farmers Carry

10 Single Arm Kettlebell Snatches on each side*

120m Dual Kettlebell Farmers Carry

10 Single Arm Kettlebell Snatches on each side*

20m Handstand Walk/ 60m Single Arm Overhead KB Carry

*Upper Extremity Athletes complete 20 reps on the same arm.

♂ 16kg

♀ 12kg

20m HSW/ 60m OH Carry		
10 KB Snatches each side	10 reps	10 reps
120m Farmers Carry	60m Unbroken Section	60m Unbroken Section
10 KB Snatches each side	10 reps	10 reps
120m Farmers Carry	60m Unbroken Section	60m Unbroken Section
10 KB Snatches each side	10 reps	10 reps
20m HSW/ 60m OH Carry		

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



ADAPTIVE

EVENT 5 & 6

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

GRACE & DOUBLE GRACE

For time: (9min CAP)
60 Clean & Jerks*

*The first 30 reps will be for time and will be scored separately to the 60 reps for time. Both parts of the event are worth 50 points each.

♂ 50kg

♀ 35kg

Notes:

This event begins with the 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 for time).

The athlete will then immediately start working through the next 30 reps, advancing the barbell every 10 reps.

The score will be the total time taken to complete event 6 (30 reps for time) and the total time taken to complete event 7 (60 reps for time) or the total number of reps completed before the 9-minute time CAP.

Each event is worth 50 points.



ADAPTIVE

EVENT 5 & 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.



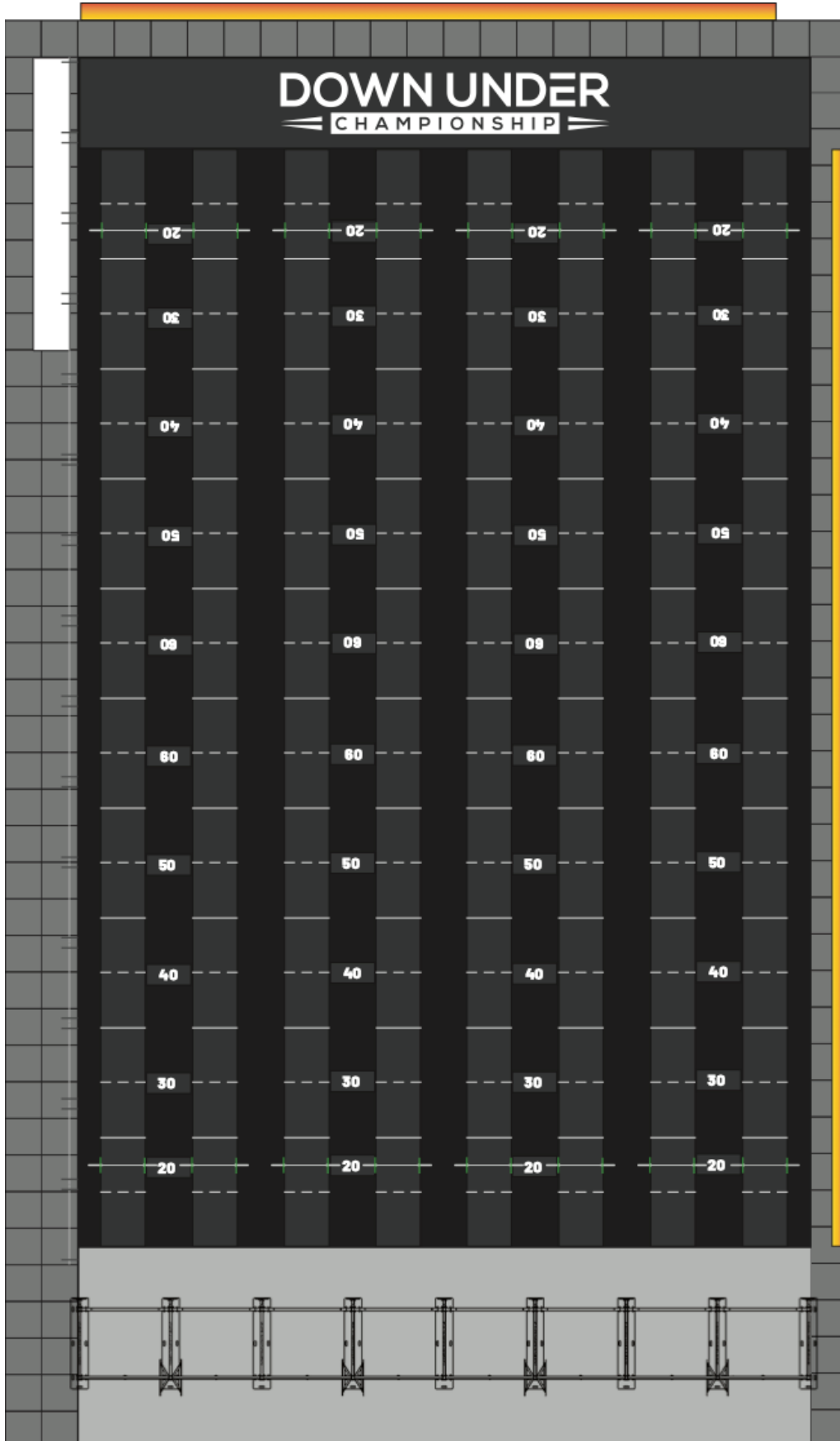


ADAPTIVE

EVENT 5 & 6

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ADAPTIVE

EVENT 5 & 6

SCORECARD

CrossFit LICENSED EVENT | 2023

GRACE & DOUBLE GRACE

For time:
60 Clean & Jerks*

*The first 30 reps will be for time and will be scored separately to the 60 reps for time. Both parts of the event are worth 50 points each.

♂ 50kg

♀ 35kg

Note: This workout begins with the athlete's hand on the chess piece and facing the barbell.

20 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Record their time	
Advance the barbell	
10 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Advance the barbell	
10 Clean & Jerks	
Run to the finish	
Record their time	

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ GRACE TIME _____

DOUBLE GRACE TIME _____