



MASTERS

EVENT 1

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

15 Bar Muscle-ups

20 Chest to Bar Pull-ups

1km Beach Run

25 Deadball Cleans

1km Beach Run

20 Chest to Bar Pull-ups

15 Bar Muscle-ups

35-40

♂ 60kg

♀ 40kg

41-47

20 CTB then 15 BMU

Tiebreak time included

♂ 60kg

♀ 40kg

48-54

20 CTB then 15 BMU

Tiebreak time included

♂ 50kg

♀ 30kg

55+

Zero BMU & 20 CTB

♂ 50kg

♀ 30kg

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will move to the rig. Once the athlete reaches the rig, they will begin working through their 15 Bar Muscle-ups followed by 20 Chest to Bar Pull-ups.

Once the 20 Chest to Bar Pull-ups are completed, the athlete will run outside WIN Stadium, 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 running to the lighthouse and enter the lane that matches the number on their chess piece at the start of the event. The athlete will then begin their 25 Deadball Cleans.

Once the 25 Deadball Cleans are completed the athlete will make their way back down the stairs and run the same route back to WIN Stadium.

Once the athlete arrives at the rig, they will work through 20 Chest to Bar Pull-ups, followed by 15 Bar Muscle-ups.

Once the 15 Bar Muscle-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.



MASTERS

EVENT 1

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Chest to Bar Pull-up

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 chest clearly contacts the bar at or below the collarbone.



Bar Muscle-up

Beginning:

- Athletes must start each rep with their arms fully extended and their feet off the ground.

Middle:

- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip.
- The athlete must pass through some portion of a dip before locking out over the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.

End:

- The rep is completed when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar.

Additional Standards:

- Removing the hands and resting in the support position is not allowed.



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.





MASTERS

EVENT 1

EVENT MAP/ FLOOR PLAN

CrossFit LICENSED EVENT | 2023





MASTERS

EVENT 1

SCORECARD 35-40

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

15 Bar Muscle-ups

20 Chest to Bar Pull-ups

1km Beach Run

25 Deadball Cleans

1km Beach Run

20 Chest to Bar Pull-ups

15 Bar Muscle-ups

35-40

♂ 60kg

♀ 40kg

15 Bar Muscle-ups	15
20 Chest to Bar Pull-ups	35
Run 1km	45
25 Deadball Cleans	70
Run 1km	80
20 Chest to Bar Pull-ups	100
15 Bar Muscle-ups	115
Run to the finish	116

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 1

SCORECARD 41-54

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

20 Chest to Bar Pull-ups

1km Beach Run

25 Deadball Cleans

1km Beach Run

15 Bar Muscle-ups

41-47 48-54

♂ 60kg ♂ 50kg

♀ 40kg ♀ 30kg

20 Chest to Bar Pull-ups	20
Run 1km	30
25 Deadball Cleans	55
Run 1km	65
Record Tiebreak Time	Time is recorded when the athlete touches the rig
15 Bar Muscle-ups	80
Run to the finish	81

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____

REPS COMPLETED _____ TIEBREAK TIME _____



MASTERS

EVENT 1

SCORECARD 55+

CrossFit LICENSED EVENT | 2023

GET TO THE POINT

For time: (25min CAP)

20 Chest to Bar Pull-ups

1km Beach Run

25 Deadball Cleans

1km Beach Run

20 Chest to Bar Pull-ups

55+

♂ 50kg

♀ 30kg

20 Chest to Bar Pull-ups	20
Run 1km	30
25 Deadball Cleans	55
Run 1km	65
20 Chest to Bar Pull-ups	85
Run to the finish	86

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 2

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

ON YA BIKE

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

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

35-47

♂ 24" | 100kg

♀ 20" | 70kg

48-54

♂ 24" | 90kg

♀ 20" | 60kg

55+

*21 Burpee Box Jump Overs

♂ 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 Jump 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.



MASTERS

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:

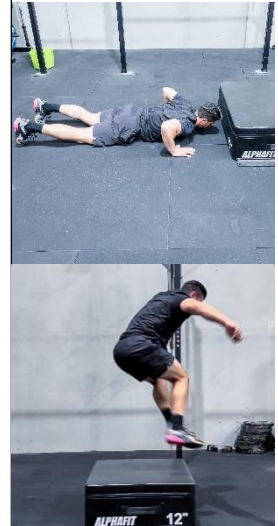
- A two-foot take off is required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side. If the athlete lands on the box, both feet must touch the top of the box before stepping or jumping off.
- Alternatively, the athlete may jump 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.



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:

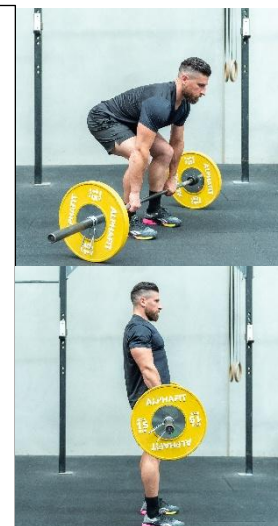
- N/A

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.



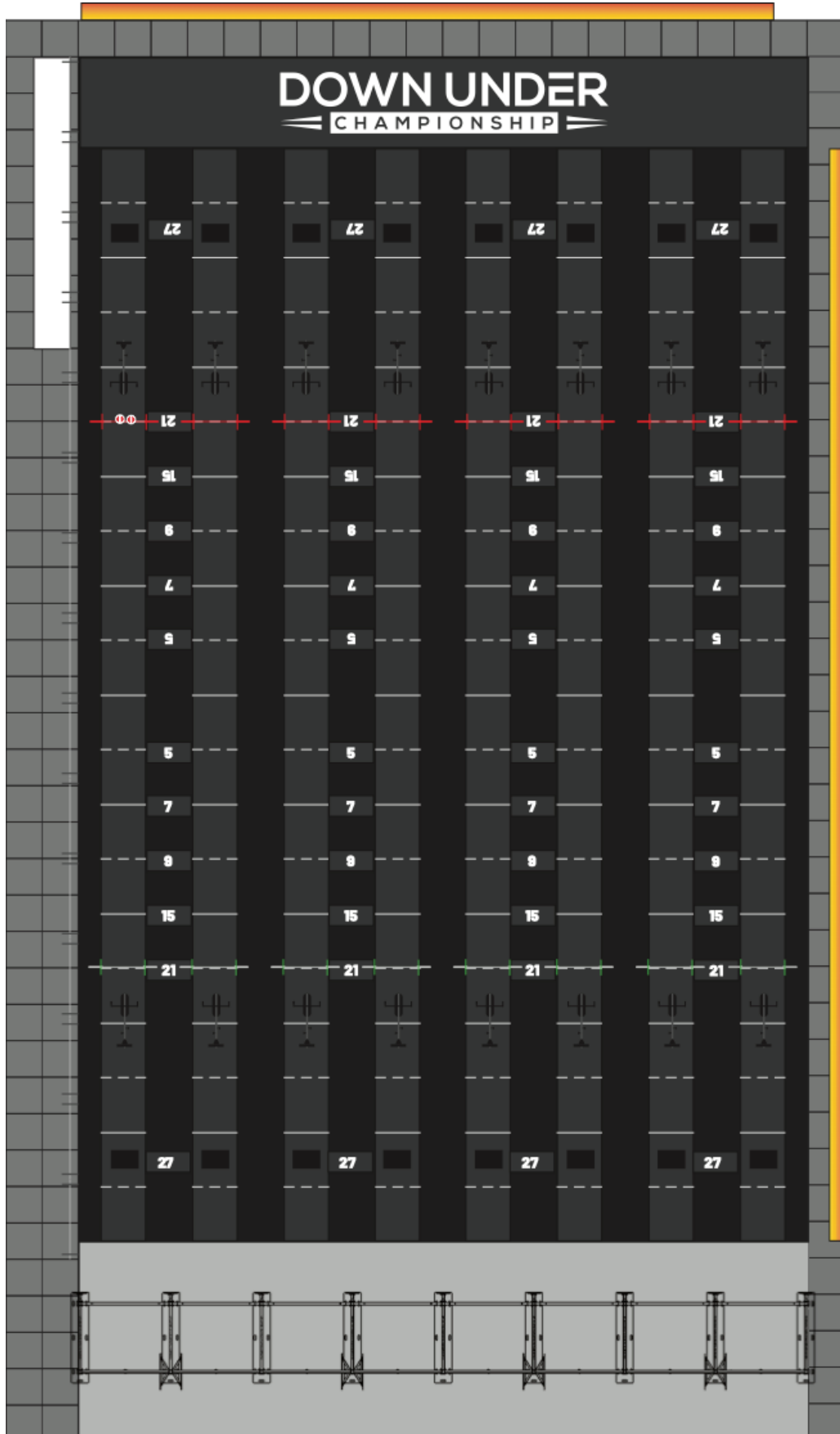


MASTERS

EVENT 2

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





MASTERS

EVENT 2

SCORECARD

CrossFit LICENSED EVENT | 2023

ON YA BIKE

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

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

35-47

♂ 24" | 100kg
♀ 20" | 70kg

48-54

♂ 24" | 90kg
♀ 20" | 60kg

55+

*21 Burpee Box Jump Overs
♂ 24" | 80kg
♀ 20" | 52.5kg

27 Burpee Box Jump Overs (21 reps for 55+)	
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 _____



MASTERS

EVENT 3

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

FULL SEND

For load:

0:00 – 2:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

3 Squat Cleans (for load)

8:00 – 10:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

1 Squat Clean (for load)

2:00 – 4:00

Rest

55+

*1 Rope Climb

4:00 – 6:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

2 Squat 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 run down their lane and begin working through their SkiErg calories which is 15 for the men and 10 for the women. Once the 15/ 10 calories have been completed the athlete will move to the climbing rope to complete 2 reps.

The athlete will then move to the barbell to complete 3 Squat 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 Squat Cleans.

They will continue in this fashion for three rounds although the second round will be 2 Squat Cleans for load and the third round will be 1 Squat 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 2 Rope Climbs on the first round only.

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

This event is worth 100 points.



MASTERS

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.



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 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.

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.



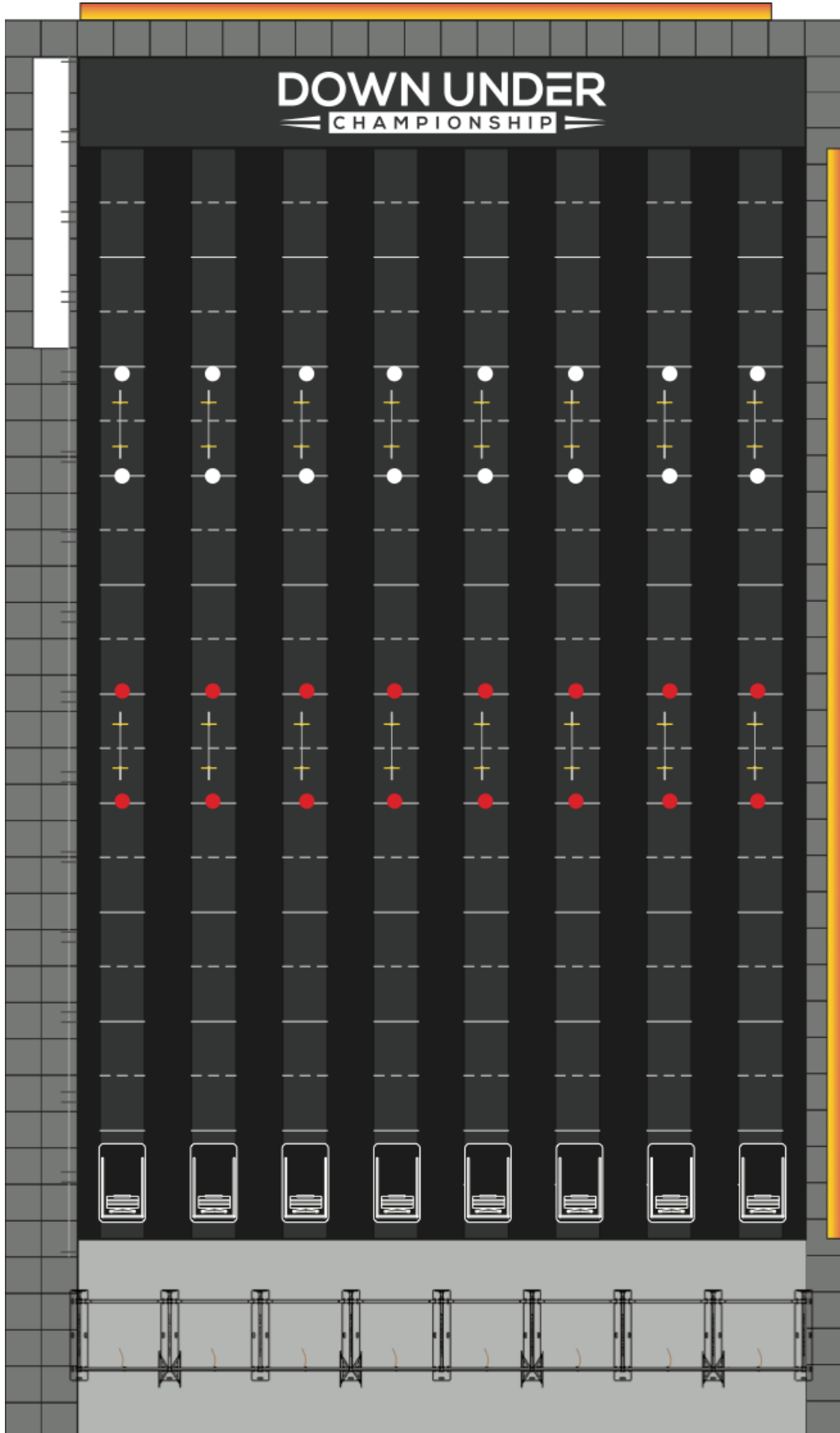


MASTERS

EVENT 3

FLOOR PLAN

CrossFit LICENSED EVENT | 2023





MASTERS

EVENT 3

SCORECARD

CrossFit LICENSED EVENT | 2023

FULL SEND

For load:

0:00 – 2:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

3 Squat Cleans (for load)

2:00 – 4:00

Rest

4:00 – 6:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

2 Squat Cleans (for load)

6:00 – 8:00

Rest

8:00 – 10:00

15/ 10 Calorie SkiErg

2 Rope Climbs*

1 Squat Clean (for load)

55+

*1 Rope Climb

15/ 10 Calorie Ski Erg	
2 Rope Climbs (55+ 1 RC)	
Run & Touch Barbell or Weights	
Record their tiebreak time	
3 Squat Cleans	LOAD
2-minute Rest	
15/ 10 Calorie Ski Erg	
2 Rope Climbs (55+ 1 RC)	
2 Squat Cleans	LOAD
2-minute Rest	
15/ 10 Calorie Ski Erg	
2 Rope Climbs (55+ 1 RC)	
1 Squat 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)



MASTERS

EVENT 4

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

40m Handstand Walk

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

20m Slalom Handstand Walk*

35-40

♂ 32kg

♀ 24kg

41-47

*No Slalom (40m HSW)

♂ 24kg

♀ 16kg

48-54

20m HSW at the end

♂ 24kg

♀ 16kg

55+

20m HSW at the end

♂ 16kg

♀ 12kg

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will run down their lane and begin working through the first 40 meters of Handstand Walking.

Once the 40 meters of Handstand Walking is completed the athlete will run 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, although the last 20 meters of Handstand Walking the athlete must navigate around bollards to perform a Slalom Handstand Walk.

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.



MASTERS

EVENT 4

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Handstand Walk

Beginning:

- The athlete must start with their hands (including the fingers) behind the line.

Middle:

- 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.
- 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.
- For the slalom the athlete must not touch the bollards with any part of their body.



Single Arm Kettlebell Snatch

Beginning:

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

Middle:

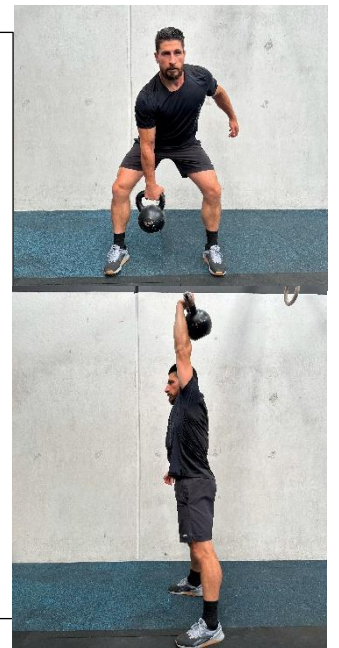
- The athlete must lift the Kettlebell overhead in one motion. A Clean and Jerk is not allowed.
- The non-lifting hand or arm must not contact the legs or other parts of the body during the rep.

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.



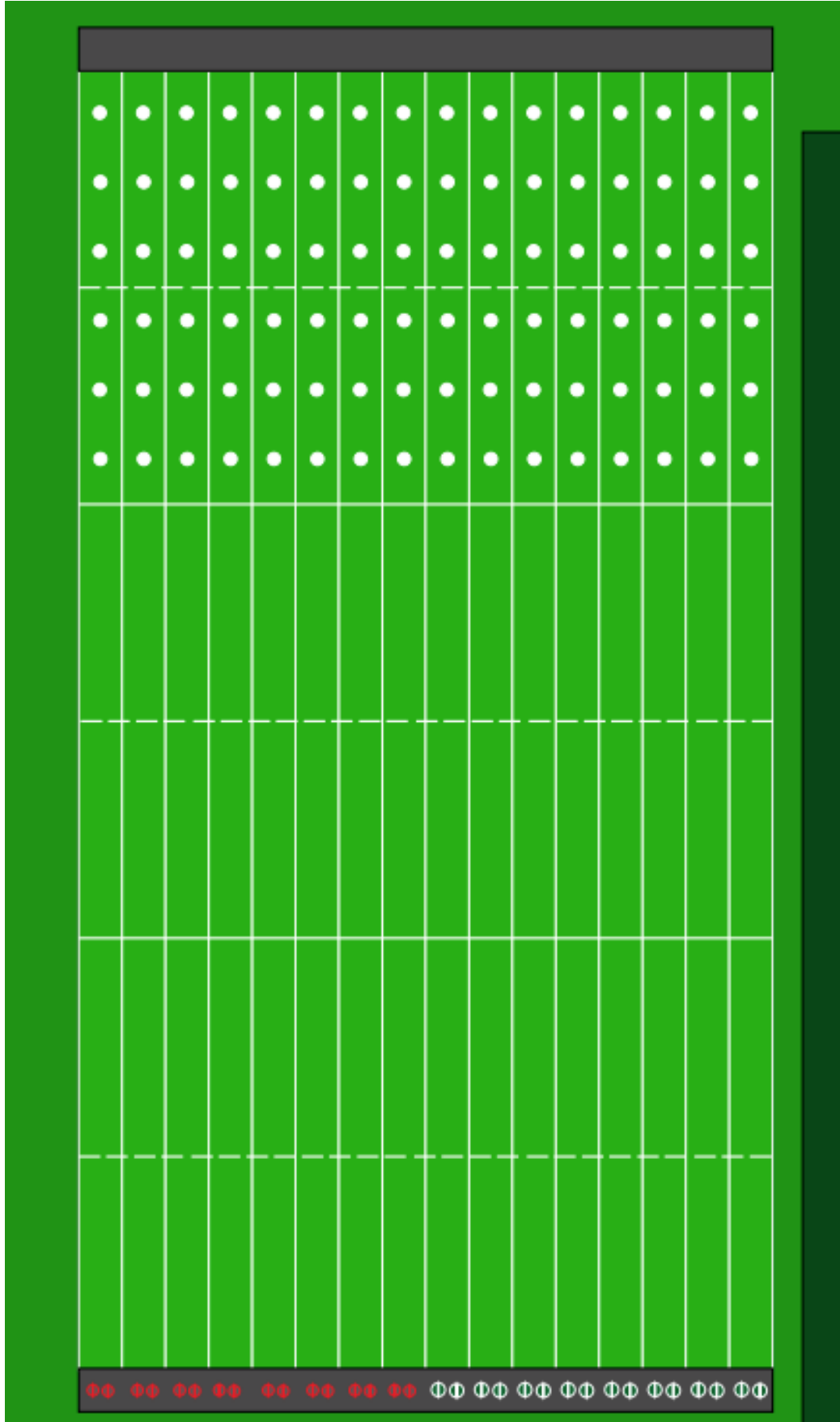


MASTERS

EVENT 4

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





MASTERS

EVENT 4

SCORECARD 35-40

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

40m Handstand Walk

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

20m Slalom Handstand Walk

35-40

♂ 32kg

♀ 24kg

40m Handstand Walk	10m Section	10m Section
	10m Section	10m 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
120m Farmers Carry	60m Unbroken Section	60m Unbroken Section
10 KB Snatches each side	10 reps	10 reps
20m Handstand Walk	10m Section	10m Section
20m Slalom HSW (no slalom for 41-47)	10m Section	10m Section

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 4

SCORECARD 41-47

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

40m Handstand Walk

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

40m Handstand Walk

41-47

♂ 24kg

♀ 16kg

40m Handstand Walk	10m Section	10m Section
	10m Section	10m 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
120m Farmers Carry	60m Unbroken Section	60m Unbroken Section
10 KB Snatches each side	10 reps	10 reps
40m Handstand Walk	10m Section	10m Section
	10m Section	10m Section

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 4

SCORECARD 48-55+

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (15min CAP)

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

48-54

55+

♂ 24kg

♂ 16kg

♀ 16kg

♀ 12kg

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 Handstand Walk	10m Section	10m Section

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 5

WORKOUT DESCRIPTION

Crossfit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

10 Strict Wall-facing Handstand Push-ups*

18 Dual Kettlebell Squats

10 Strict Wall-facing Handstand Push-ups*

15 Barbell Back Squats

10 Strict Wall-facing Handstand Push-ups*

12 Deadball Squats

35-40

*As written

Kettlebell Weight:

♂ 32kg

♀ 24kg

Barbell Weight:

♂ 85kg

♀ 60kg

Deadball Weight:

♂ 70kg

♀ 50kg

41-47

*Regular Strict HSPU

Kettlebell Weight:

♂ 32kg

♀ 24kg

Barbell Weight:

♂ 80kg

♀ 55kg

Deadball Weight:

♂ 60kg

♀ 40kg

48-54

*Regular Strict HSPU

Kettlebell Weight:

♂ 24kg

♀ 16kg

Barbell Weight:

♂ 75kg

♀ 50kg

Deadball Weight:

♂ 60kg

♀ 40kg

55+

*Abmat Strict HSPU

Kettlebell Weight:

♂ 16kg

♀ 12kg

Barbell Weight:

♂ 65kg

♀ 40kg

Deadball Weight:

♂ 50kg

♀ 30kg

Notes:

This event begins with the athlete's hand on the chess piece. After the beep, the athlete will run down their lane and begin working through their 10 Strict Handstand Push-ups. Once the 10 reps have been completed the athlete will move to the Kettlebells to complete 18 Dual Kettlebell Squats.

Once the 18 reps have been completed the athlete will move back to the wall to complete 10 Strict Handstand Push-ups. Once the 10 reps have been completed the athlete will move to the Barbell to complete 15 Barbell Back Squats.

Once the 15 reps have been completed the athlete will move back to the wall to complete 10 Strict Handstand Push-ups. Once the 10 reps have been completed the athlete will move to the Deadball to complete 12 Deadball Squats.

Once the 12 reps have been completed the athlete will advance the Deadball to the R2 marker to signify they are starting round two.

The athlete will continue in the same fashion as round one although after the final 12 Deadball Squats, the athlete must carry the Deadball over the 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.



MASTERS

EVENT 5

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Strict Wall-facing Handstand Push-up

Beginning:

- The athlete must start with their chest and thighs touching the floor before moving to the lockout position (Wall Walk).
- 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.
- The arms must be fully extended and in line with the body before the athlete can descend.

Middle:

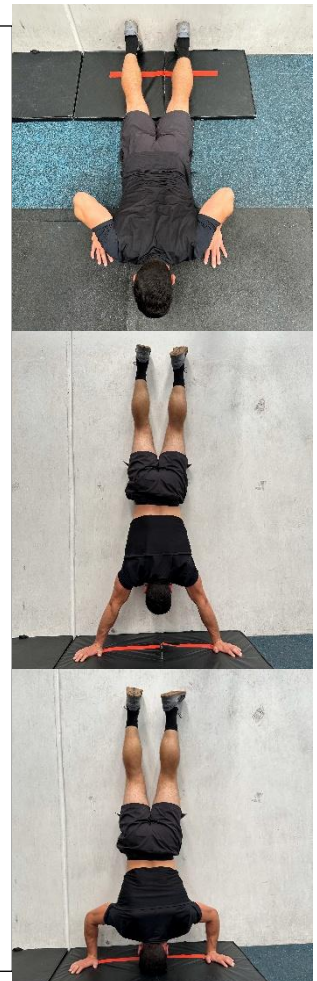
- At the bottom, the head must contact the ground.
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

End:

- Each rep is counted when the athlete returns to the lockout position with the feet on the wall, arms, hips, and legs fully extended with the shoulders in line with the body.

Additional Standards:

- The feet may not be wider than the hands at any time during the movement.
- The legs must remain straight throughout the rep. Athletes may not attempt to "climb" the wall with their feet or legs.
- 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.



Regular Strict Handstand Push-up

Beginning:

- The athlete must perform the handstand push-ups with both hands touching the tape line 250mm from the wall.
- Any part of the athlete's hands may be touching the line, including the fingers.
- Each rep begins with the athlete in the lockout position with the heels against the wall and arms extended.

Middle:

- At the bottom, the head must contact the ground (or Abmat for 55+).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- The handstand push-up must be strict. Kipping is NOT allowed. Any rep that is assisted by the hips or legs will not count. Only the heels may touch the wall during the rep.
- The feet may be no wider than the width of the hands at any point.

End:

- Each rep is counted when the athlete returns to the lockout position with the heels on the wall and the arms, hips, and legs fully extended with shoulders in line with the body.
- 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.





MASTERS

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:

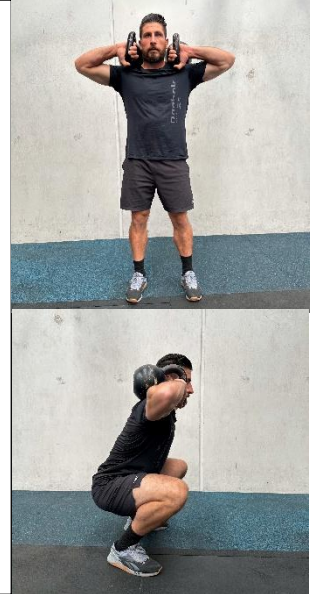
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.

End:

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

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).

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 the start/ finish line.
- 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.





MASTERS

EVENT 5

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





MASTERS

EVENT 5

SCORECARD

CrossFit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

10 Strict Wall-facing Handstand Push-ups

18 Dual Kettlebell Squats

10 Strict Wall-facing Handstand Push-ups

15 Barbell Back Squats

10 Strict Wall-facing Handstand Push-ups

12 Deadball Squats

	Round 1	Round 2
10 Strict HSPU		
18 Dual Kettlebell Squats		
10 Strict HSPU		
15 Barbell Back Squats		
10 Strict HSPU		
12 Deadball Squats		
Advance the Deadball	Advance to R2	Advance to the finish line

HEAT # _____ LANE # _____ JUDGE NAME _____

ATHLETE NAME _____ TIME _____



MASTERS

EVENT 6 & 7

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.

35-47

♂ 60kg

♀ 42.5kg

48-54

♂ 50kg

♀ 35kg

55+

♂ 45kg

♀ 30kg

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.



MASTERS

EVENT 6 & 7

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.



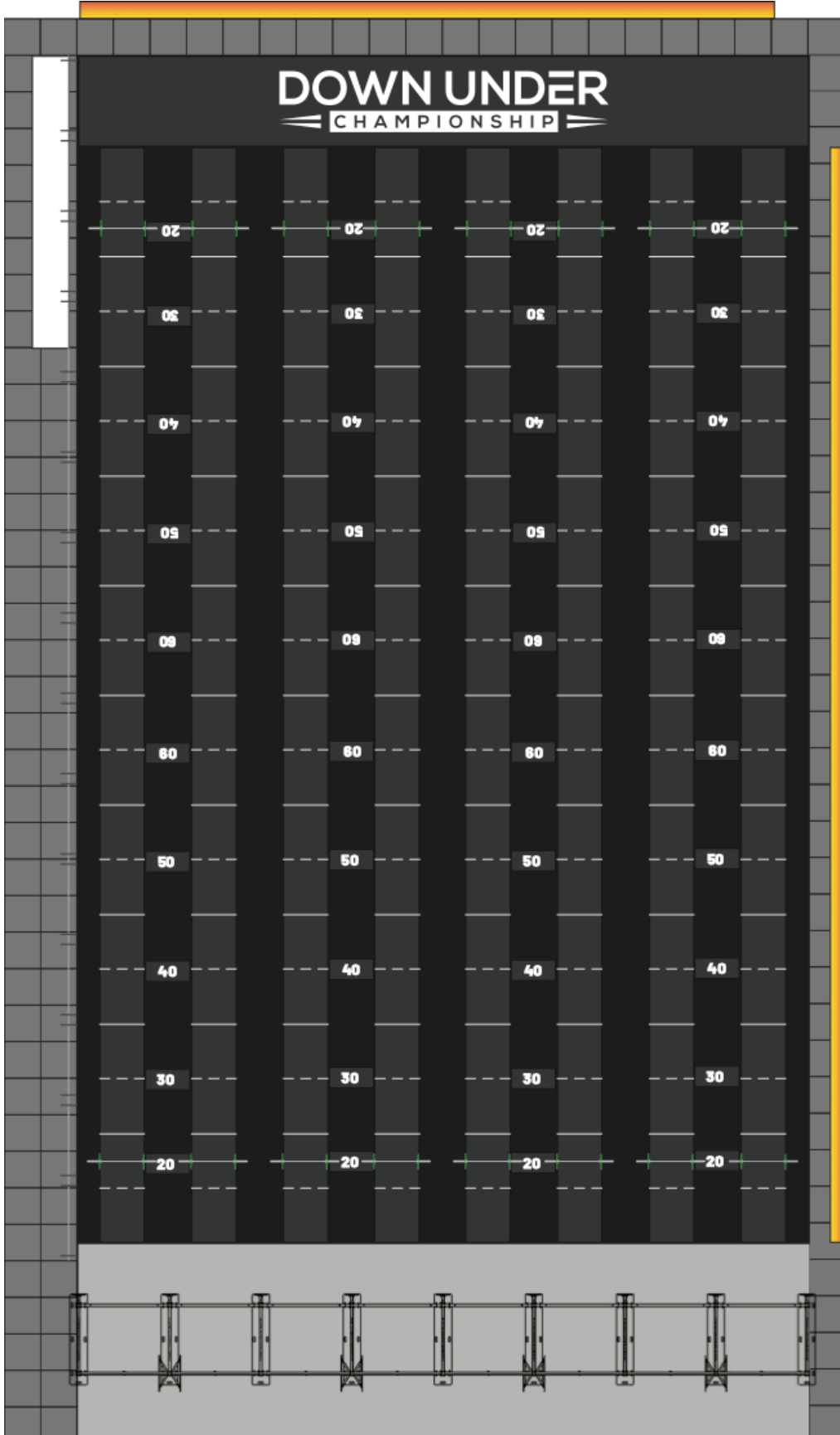


MASTERS

EVENT 6 & 7

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





MASTERS

EVENT 6 & 7

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.

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

35-47	48-54	55+
♂ 60kg	♂ 50kg	♂ 45kg
♀ 42.5kg	♀ 35kg	♀ 30kg

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 _____