



ELITE 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 Bar Muscle-ups (share the reps)

Deadball Carry Weight:

♂ 60kg

♀ 40kg

Deadball Clean Weight:

♂ 70kg

♀ 50kg

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 Bar Muscle-ups, sharing the reps as they like.

Once the 60 Bar Muscle-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.



ELITE 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.



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.





ELITE TEAMS

EVENT 1

EVENT MAP/ FLOOR PLAN

CrossFit LICENSED EVENT | 2023





ELITE 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 Bar Muscle-ups (share the reps)

Deadball Carry Weight:

♂ 60kg

♀ 40kg

Deadball Clean Weight:

♂ 70kg

♀ 50kg

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 Bar Muscle-ups				136
Run to the finish				137

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



ELITE TEAMS

EVENT 2

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

ON YA BIKE

For time: (12min CAP)

90/ 66 Calorie C2 Bike + 105 Toes to Bar + Overhead KB Hold
Then,

15 Burpee Box Jump Overs each (clearing the entire box)

27 Deadlifts each

♂ 24" | 110kg | 24kg Kettlebells

♀ 20" | 75kg | 16kg 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, Kettlebells, and rig.

One athlete will hold the Kettlebells overhead while one athlete completes the 30/ 22 C2 Bike calories, and the third athlete will complete 35 Toes to Bar.

One athlete must hold both Kettlebells overhead for the C2 Bike calories to count. The athlete doing the Toes to Bar can continue if the Kettlebells come down.

Once the C2 Bike monitor reads 30/ 22 calories and the 35 Toes to Bar are completed all athletes will rotate.

The athlete holding the Kettlebells overhead will move to the Toes to Bar. The athlete on the Toes to Bar will move to the C2 Bike and the athlete on the bike will move to the Kettlebells.

Once the C2 Bike monitor reads 60/ 44 calories and the 35 Toes to Bar are completed all athletes will rotate for the final time, in the same fashion as the previous set.

When the C2 Bike monitor reads 90/ 66 calories and the 35 Toes to Bar are completed one athlete will begin their 15 Burpee Box Jump Overs.

When the first athlete finishes the 15 reps, they will move to the barbell, once they reach the barbell the second athlete can start their 15 Burpee Box Jump Overs while the first athlete completes 27 Deadlifts.

Once the first athlete finishes the 27 Deadlifts, they move to the finish line. When the second athlete reaches the barbell the third athlete will begin working through 15 Burpee Box Jump Overs while the second athlete completes the 27 Deadlifts.

When the second athlete finishes the 27 Deadlifts, they move to the finish line. Once the second athlete reaches the finish line the third athlete can move to the barbell to complete their 27 Deadlifts. They will then move to the finish line when the 27 Deadlifts are completed.

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.



ELITE TEAMS

EVENT 2

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Toes to Bar

Beginning:

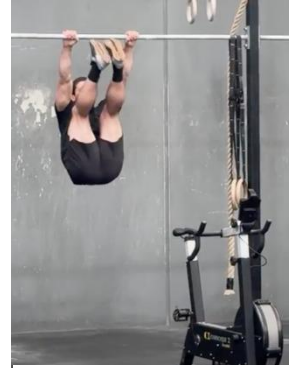
- At the start of each rep, the arms must be extended, and the heels must be brought back behind the bar with the feet off the ground.
- Overhand, underhand, or mixed grip are all allowed.

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.



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.



C2 Bike

Beginning:

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

Middle:

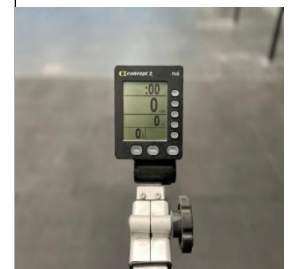
- N/A

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.





ELITE 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:

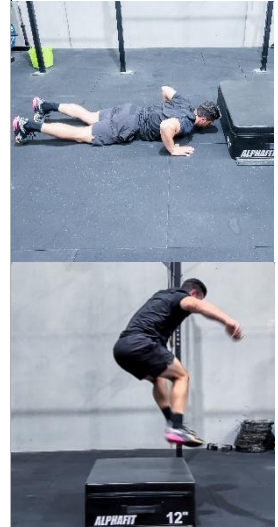
- A two-foot take off is required, and the athlete must jump over the entire box.
- The feet must pass over the box, not around it.
- A run-up to clear the box is allowed as long as a two-foot take off is used.

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.



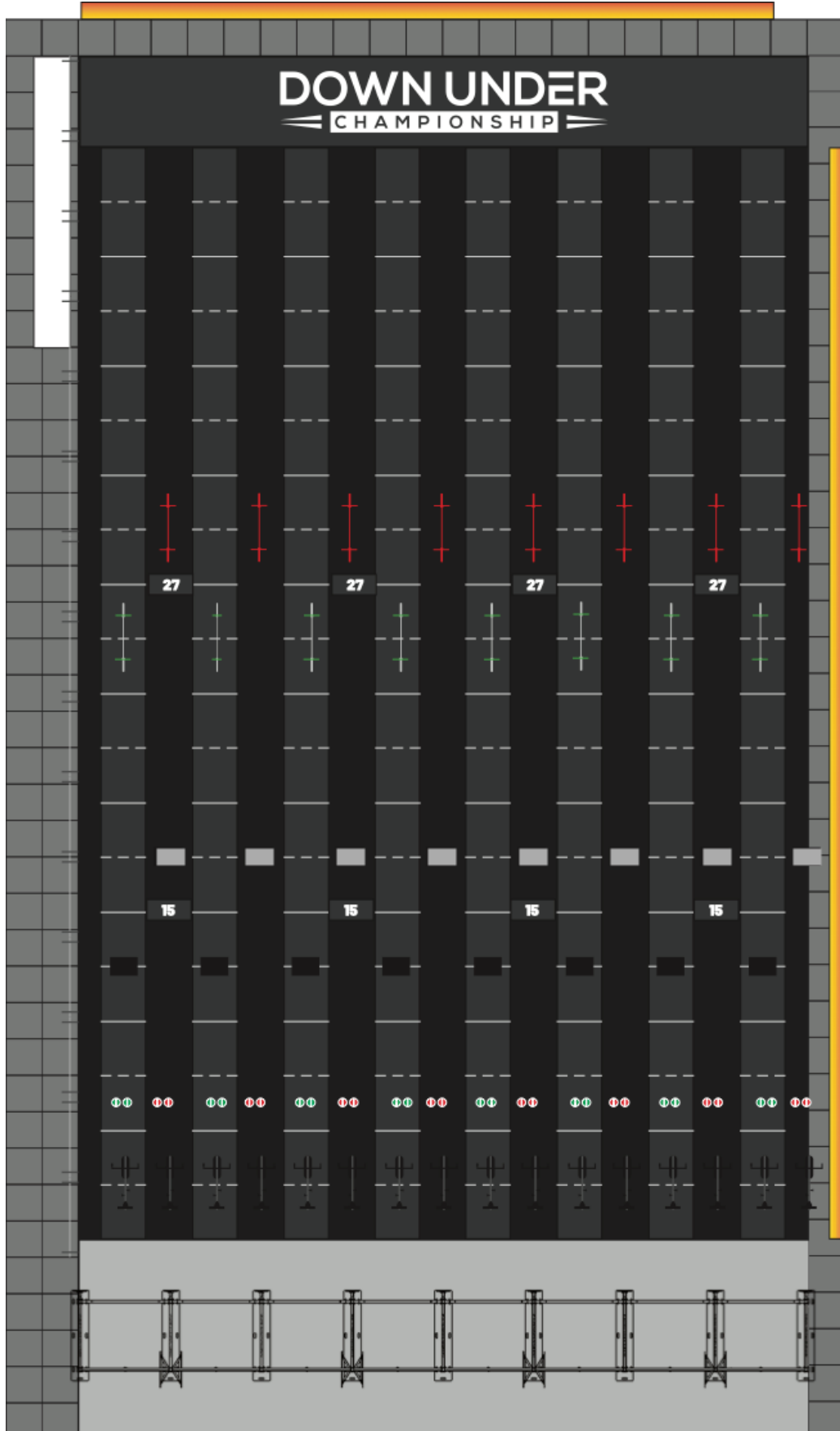


ELITE TEAMS

EVENT 2

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 2

SCORECARD

CrossFit LICENSED EVENT | 2023

ON YA BIKE

For time: (12min CAP)

90/ 66 Calorie C2 Bike + 105 Toes to Bar + Overhead KB Hold
Then,

15 Burpee Box Jump Overs each (clearing the entire box)

27 Deadlifts each

♂ 24" | 110kg | 24kg Kettlebells

♀ 20" | 75kg | 16kg Kettlebells

30/ 22 Calorie C2 Bike + KB OH Hold	
35 Toes to Bar	
Rotate: KB→ TTB→ Bike→ KB	
60/ 44 Calorie C2 Bike + KB OH Hold	
35 Toes to Bar	
Rotate: KB→ TTB→ Bike→ KB	
90/ 66 Calorie C2 Bike + KB OH Hold	
35 Toes to Bar	
A1: 15 Burpee Box Jump Overs	
A1: 27 Deadlifts	
Run to the finish line	
A2: 15 Burpee Box Jump Overs	
A2: 27 Deadlifts	
Run to the finish line	
A3: 15 Burpee Box Jump Overs	
A3: 27 Deadlifts	
Run to the finish line	

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



ELITE TEAMS

EVENT 3

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

FULL SEND

For time: (9min CAP)

Athlete 1

30/ 20 Calorie SkiErg

6 Rope Climbs

9 Overhead Squats ♂ 90kg ♀ 65kg

Athlete 2

30/ 20 Calorie SkiErg

6 Rope Climbs

7 Overhead Squats ♂ 100kg ♀ 70kg

Athlete 3

30/ 20 Calorie SkiErg

6 Rope Climbs

5 Overhead Squats ♂ 110kg ♀ 75kg

Notes:

This event begins with the first 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 30 for the men and 20 for the women. Once the 30/ 20 calories have been completed the athlete will move to the climbing rope to complete 6 reps. When athlete one touches the rope, athlete two may enter the floor to complete their SkiErg calories.

After completing 6 Rope Climbs athlete one must touch either the barbell or the weights to allow athlete two to move to the rope. Athlete two must touch the rope before athlete three may enter the floor to complete their calories.

Athlete one will then complete 9 Overhead Squats at 90kg/ 65kg. Once athlete one has finished the Overhead Squats, they will roll the barbell forward and increase the weight. Once the barbell is loaded (with collars on), they will roll the barbell forward to the number 7 and move to the start/ finish line.

Once athlete one has moved to the finish line, athlete two may move to the barbell to complete their 7 Overhead Squats at 100kg/ 70kg. Athlete three may move to the rope once athlete two has either touched the barbell or the weights.

Once athlete two has finished the Overhead Squats, they will roll the barbell forward and increase the weight. Once the barbell is loaded (with collars on), they will roll the barbell forward to the number 5 and move to the start/ finish line.

When athlete two reaches the finish line, athlete three may start their 5 Overhead Squats at 110kg/ 75kg.

Once athlete three finishes their 5 Overhead Squats, they will run to the finish line to finish the event.

The score will be the total time taken to complete the event or the total number of reps completed before the 9-minute time CAP.

This event is worth 100 points.



ELITE TEAMS

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 30/ 20 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.



Overhead Squat

Beginning:

- Collars must be on the barbell on the outside of all the plates.
- The barbell begins on the ground. The athlete may get the barbell from the floor to the locked-out overhead position as they like.
- A Squat Snatch is permitted and will count for the first rep. A Snatch Balance is NOT permitted.

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, knees, and arms are fully extended with the barbell directly over the middle of their body.



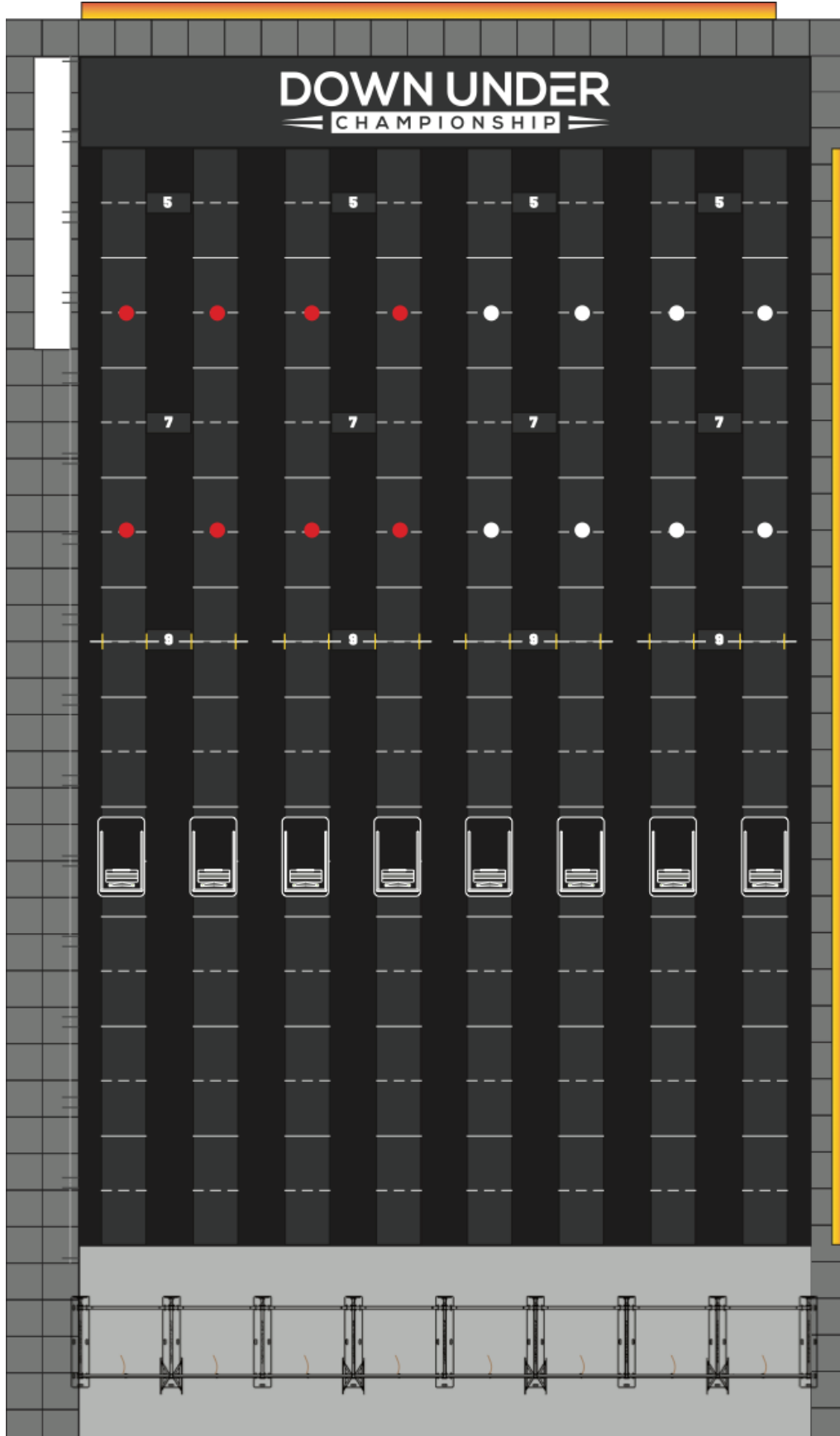


ELITE TEAMS

EVENT 3

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 3

SCORECARD

CrossFit LICENSED EVENT | 2023

FULL SEND

For time: (9min CAP)
30/ 20 Calorie SkiErg
6 Rope Climbs
9-7-5 Overhead Squats

♂ 90-100-110kg
♀ 65-70-75kg

A1: 30/ 20 Calorie Ski Erg	
Run & Touch the Rope	
A1: 6 Rope Climbs	
Run & Touch Barbell or Weights	
A1: 9 Overhead Squats	
Roll Barbell Forward & Load Weights	
Roll Barbell Forward to number 7	
Run to the finish line	
A2: 30/ 20 Calorie Ski Erg	
Run & Touch the Rope	
A2: 6 Rope Climbs	
Run & Touch Barbell or Weights	
A2: 7 Overhead Squats	
Roll Barbell Forward & Load Weights	
Roll Barbell Forward to number 5	
Run to the finish line	
A3: 30/ 20 Calorie Ski Erg	
A3: 6 Rope Climbs	
A3: 5 Overhead Squats	
Run to the finish line	

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



ELITE TEAMS

EVENT 4

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (17min CAP)

20m Handstand Walk each

20m Slalom Handstand Walk each

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

20m Handstand Walk each

20m Slalom Handstand Walk each

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

♂ Kettlebell weight: 32kg | Dumbbell weight: 35kg | Deadball weight: 70kg

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

Notes:

This event begins with each team member's hand on the chess piece. After the beep, the team will run to the first 20-meter line and begin the 40 meters of Handstand Walking.

Each athlete must complete 10-meter sections unbroken, and it is the responsibility of the team to maintain a safe distance between each team member.

The entire team must re-group at the 40-meter mark (the end of the field) before running back to the start line to 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 17-minute time CAP.

This event is worth 100 points.



CrossFit LICENSED EVENT | 2023

ELITE TEAMS

EVENT 4

MOVEMENT STANDARDS

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 during the 10-meter section, they must restart from the previous line.
- 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/ Dumbbell Snatch

Beginning:

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

Middle:

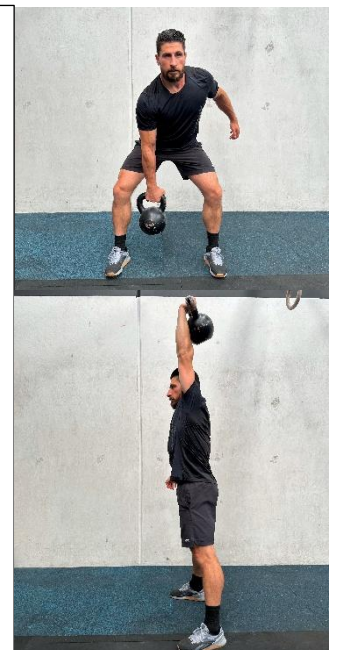
- The athlete must lift the Kettlebell/ Dumbbell overhead in one motion. A Clean and Jerk is not allowed.
- The non-lifting hand or arm must not contact the legs or other parts of the body during the rep.

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.





ELITE 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:

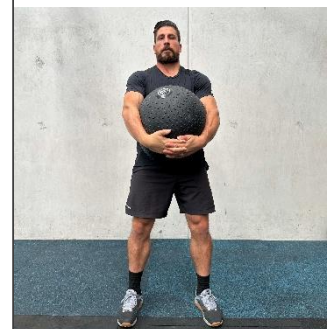
- The Deadball must be held in front of the athlete's body in a 'bear hug' position. The Deadball must not touch the legs.

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.



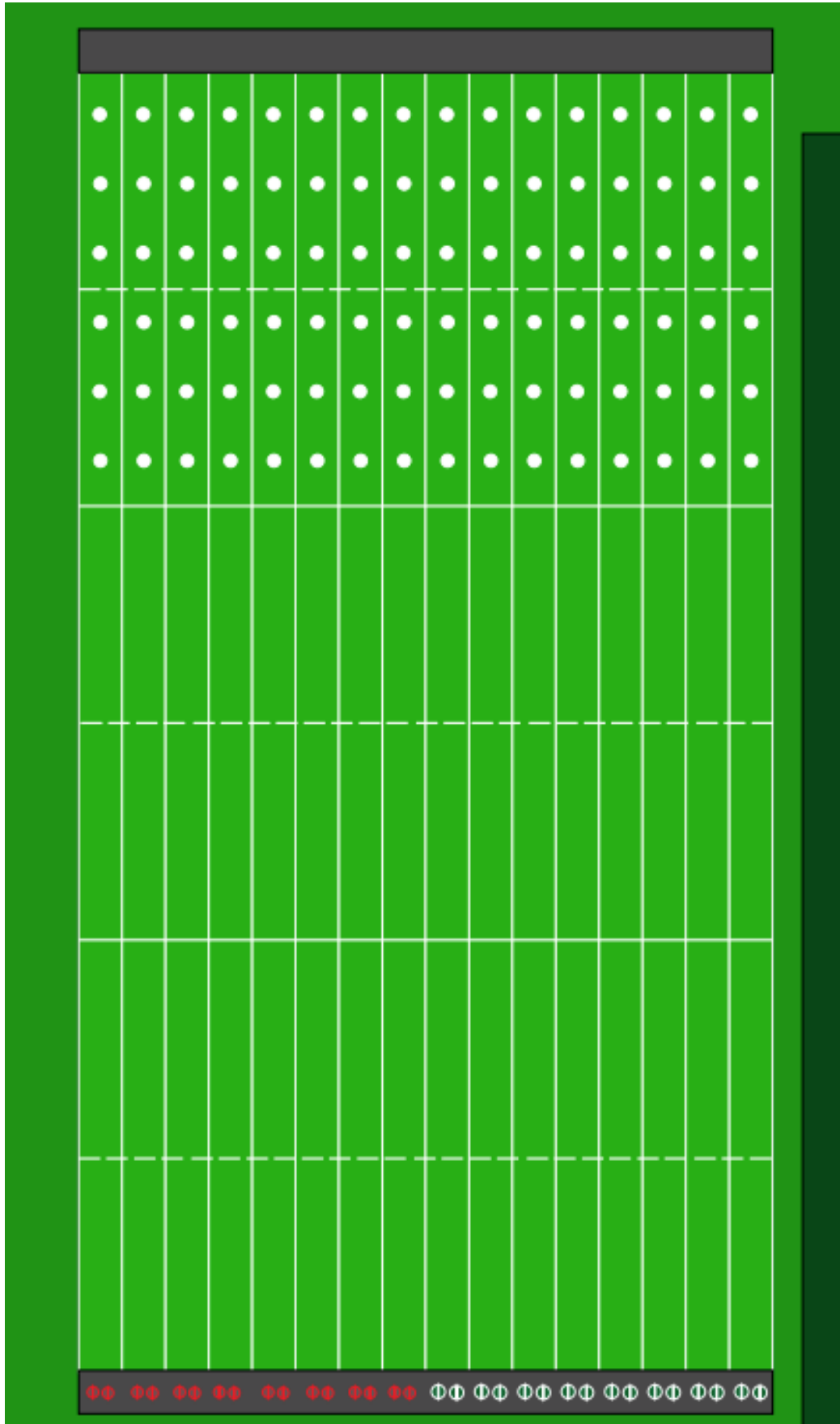


ELITE TEAMS

EVENT 4

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 4

SCORECARD

CrossFit LICENSED EVENT | 2023

HARD YAKKA

For time: (17min CAP)
 20m Handstand Walk each
 20m Slalom Handstand Walk each
 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
 20m Handstand Walk each
 20m Slalom Handstand Walk each

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

♂ Kettlebell weight: 32kg | Dumbbell weight: 35kg | Deadball weight: 70kg

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

20m Handstand Walk	10m Unbroken Section	10m Unbroken Section
20m Slalom HSW	10m Unbroken Section	10m Unbroken 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
20m Handstand Walk	10m Unbroken Section	10m Unbroken Section
20m Slalom HSW	10m Unbroken Section	10m Unbroken Section
Record the time when the last team member crosses the finish line		

HEAT # _____ LANE # _____ JUDGE NAME _____



ELITE TEAMS

EVENT 5

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

CRIKEY

For load:

0:00 – 3:00

10/ 8 Ring Muscle-ups

3 Squat Cleans (for load)

3:00 – 4:00

Rest

4:00 – 7:00

10/ 8 Ring Muscle-ups

2 Squat Cleans (for load)

7:00 – 8:00

Rest

8:00 – 13:00

10/ 8 Ring Muscle-ups

1 Squat Clean (for load)

Notes:

This event begins with one hand on the chess piece from each team member. After the beep, all three athletes will move down their lane to the rings. Athlete 1 will jump up on the set of rings on the left-hand side when facing the start/ finish line and begin working through 5 (men)/ 4 (women) Ring Muscle-ups while the other two athletes rest.

Once athlete 1 finishes their 5/ 4 Ring Muscle-ups they will come down and move to the set of rings on the right-hand side. Athlete 2 will then move to the rings on the left-hand side to complete their first set (5/ 4) of Ring Muscle-ups synchronised with athlete 1.

Once athlete 1 and 2 have completed 5/ 4 Ring Muscle-ups synchronised, athlete 1 will advance to the barbell to start working through their 3-rep max Squat Clean. Athlete 2 and 3 will then complete 5/4 Ring Muscle-ups synchronised with athlete 3 on the rings to the left and athlete 2 on the rings to the right.

Once athlete 2 and 3 have completed 5/ 4 Ring Muscle-ups synchronised, athlete 2 will advance to the barbell to start working through their 3-rep max Squat Clean. Athlete 3 will then move to the rings on the right-hand side to complete their final set of 5/ 4 Ring Muscle-ups. Once completed athlete 3 will advance to the barbell to start working through their 3-rep max Squat Clean.

Athletes need to complete 3 consecutive reps at a given weight under the 3:00 time CAP. Touch & Go is not required; they can be three separate singles.

Athletes 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 a given weight.

Teams will then have a 60 second 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. The time in the third round is extended to 5 minutes.

The score will be each athlete's best 3 rep Squat Clean plus their best 2 rep Squat Clean plus their best 1 rep Squat Clean to make up a team total.

This event is worth 100 points.



ELITE TEAMS

EVENT 5

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Ring Muscle-up

Beginning:

- The athlete must face the start/ finish line.
- The athlete must begin with or pass through a hang below the rings with the arms fully extended (with or without false grip) and the feet off the ground.

Middle:

- Any part of the foot must not rise above the height of the rings during the kip.
- Swings or rolls to support are not allowed.

End:

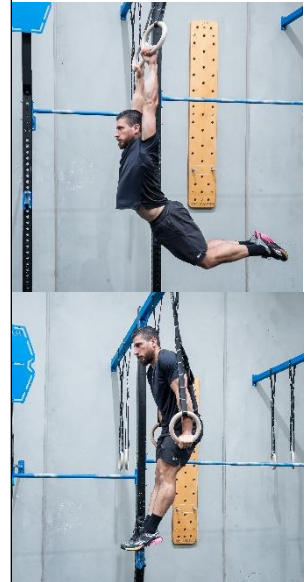
- The rep is counted when the athlete's elbows are locked out while in the support position directly above the rings.
- Locking out the elbows while pushing away from the rings will not count.

Synchronised Portion:

- The synchronised portion is at the top/ finish position when both athlete's elbows are locked out while in the support position directly above the rings.

Additional Standards:

- When consecutive kipping Muscle-ups are performed, a change of direction below the rings is required.



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.

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.



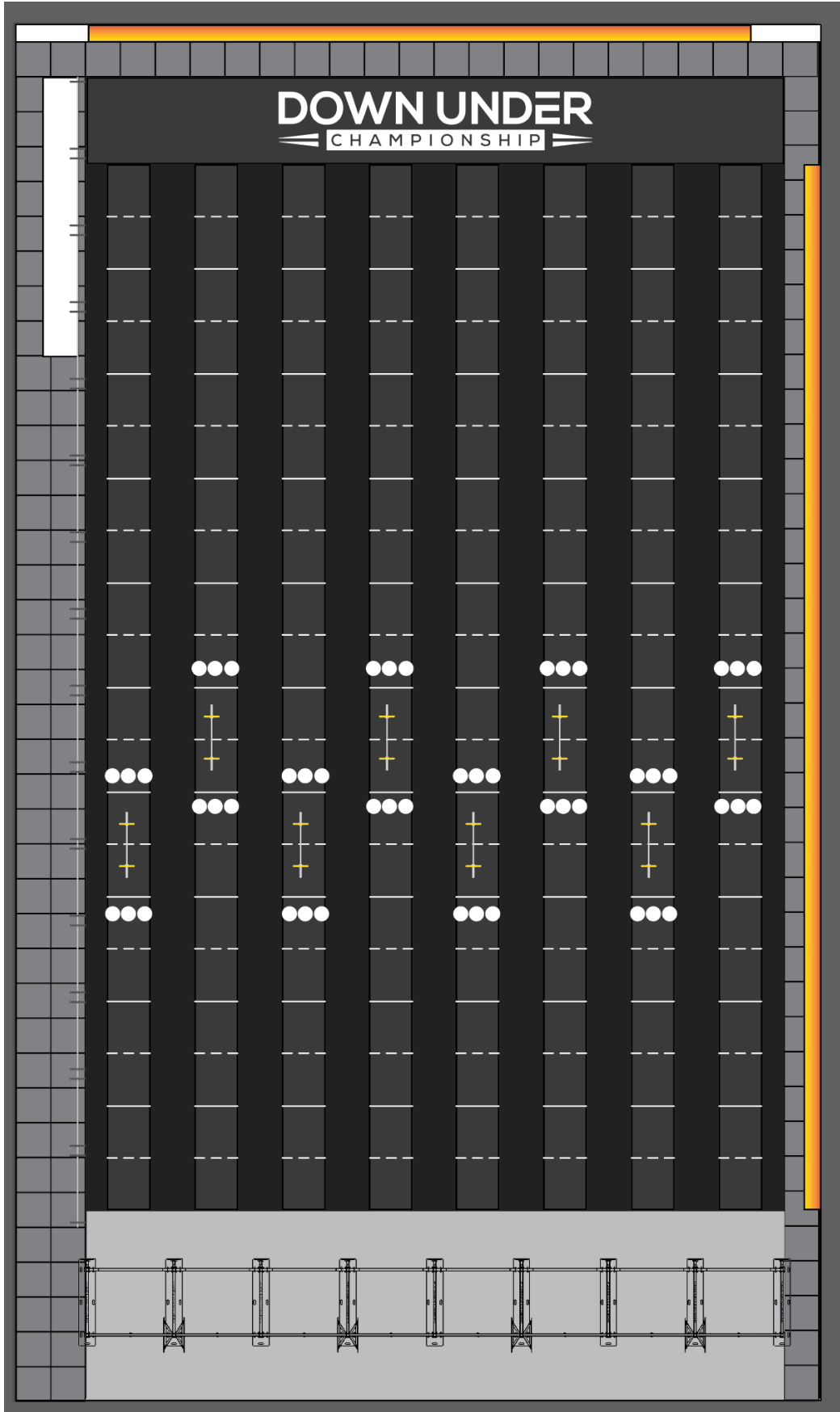


ELITE TEAMS

EVENT 5

FLOOR PLAN

CrossFit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 5

SCORECARD

CrossFit LICENSED EVENT | 2023

CRIKEY

For load:
0:00 – 3:00
10/ 8 Ring Muscle-ups
3 Squat Cleans (for load)

3:00 – 4:00
Rest

4:00 – 7:00
10/ 8 Ring Muscle-ups
2 Squat Cleans (for load)

7:00 – 8:00
Rest

8:00 – 13:00
10/ 8 Ring Muscle-ups
1 Squat Clean (for load)

A1: 5 Ring Muscle-ups	A1: 3 Rep Max Clean	LOAD
A1 & A2: 5 Synchro MU	A2: 3 Rep Max Clean	LOAD
A2 & A3: 5 Synchro MU	A3: 3 Rep Max Clean	LOAD
A3: 5 Ring Muscle-ups		
60sec Rest		
A1: 5 Ring Muscle-ups	A1: 2 Rep Max Clean	LOAD
A1 & A2: 5 Synchro MU	A2: 2 Rep Max Clean	LOAD
A2 & A3: 5 Synchro MU	A3: 2 Rep Max Clean	LOAD
A3: 5 Ring Muscle-ups		
60sec Rest		
A1: 5 Ring Muscle-ups	A1: 1 Rep Max Clean	LOAD
A1 & A2: 5 Synchro MU	A2: 1 Rep Max Clean	LOAD
A2 & A3: 5 Synchro MU	A3: 1 Rep Max Clean	LOAD
A3: 5 Ring Muscle-ups		

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____

A1 TOTAL WEIGHT _____ A2 TOTAL WEIGHT _____ A3 TOTAL WEIGHT _____

TEAM TOTAL WEIGHT _____ (scoring team only)



ELITE TEAMS

EVENT 6

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats**

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats

*One team member must perform a Ring Support Hold for the reps to count.

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

Kettlebell Weight:

♂ 32kg

♀ 24kg

Barbell Weight:

♂ 85kg

♀ 60kg

Deadball Weight:

♂ 70kg

♀ 50kg

Notes:

This event begins with the three athlete's hand on the chess piece. After the beep, the team will run down their lane and begin working through their 30 Strict Wall-facing Handstand Push-ups while one team member performs a Ring Support Hold for the reps to count (2 work, 1 rests). There is no minimum work requirement per athlete.

Once the 30 reps 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 wall to complete 30 Strict Wall-facing Handstand Push-ups while one team member performs a Ring Support Hold for the reps to count.

Once the 30 reps 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 wall to complete 30 Strict Wall-facing Handstand Push-ups while one team member performs a Ring Support Hold for the reps to count.

Once the 30 reps 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.



ELITE TEAMS

EVENT 6

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.
- The athlete's teammate must be performing a Ring Support Hold.

Middle:

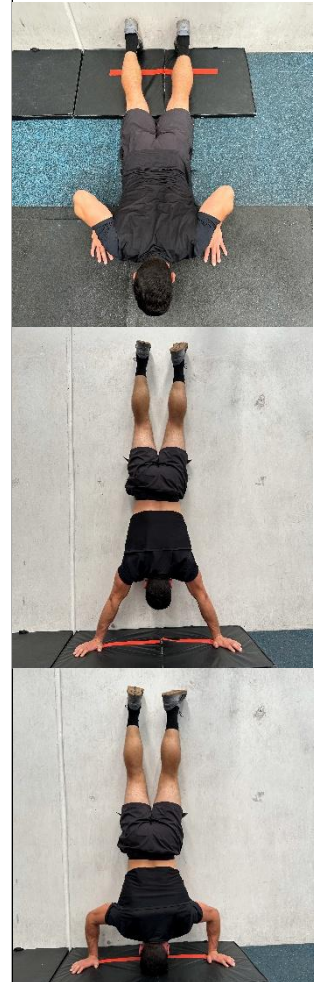
- At the bottom, the head must contact the ground.
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- The athlete's teammate must be performing a Ring Support Hold.

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.
- The athlete's teammate must be performing a Ring Support Hold.

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.



Ring Support Hold

Beginning:

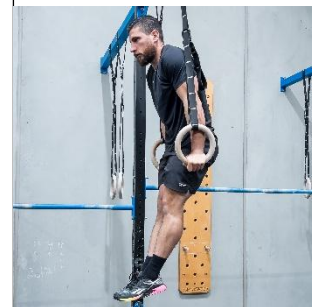
- The athlete must be supporting their bodyweight with the arms fully extended and their feet off the ground.

Middle:

- The arms must remain extended.
- The feet must remain off the ground.

End:

- N/A





ELITE TEAMS

EVENT 6

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:

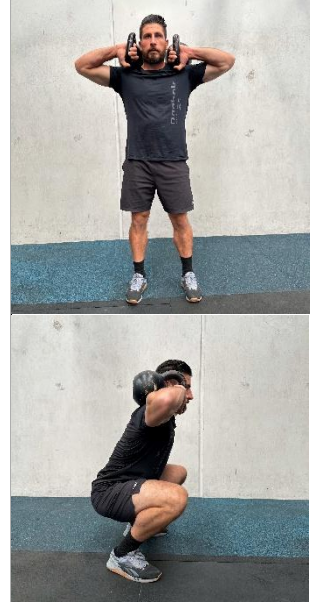
- The athlete's hips and knees are fully extended with the kettlebells resting on the shoulders directly over the middle of their body.

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:

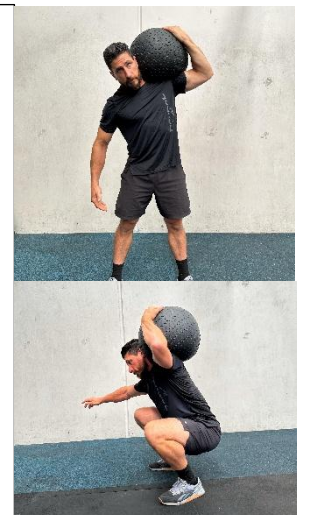
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.

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.



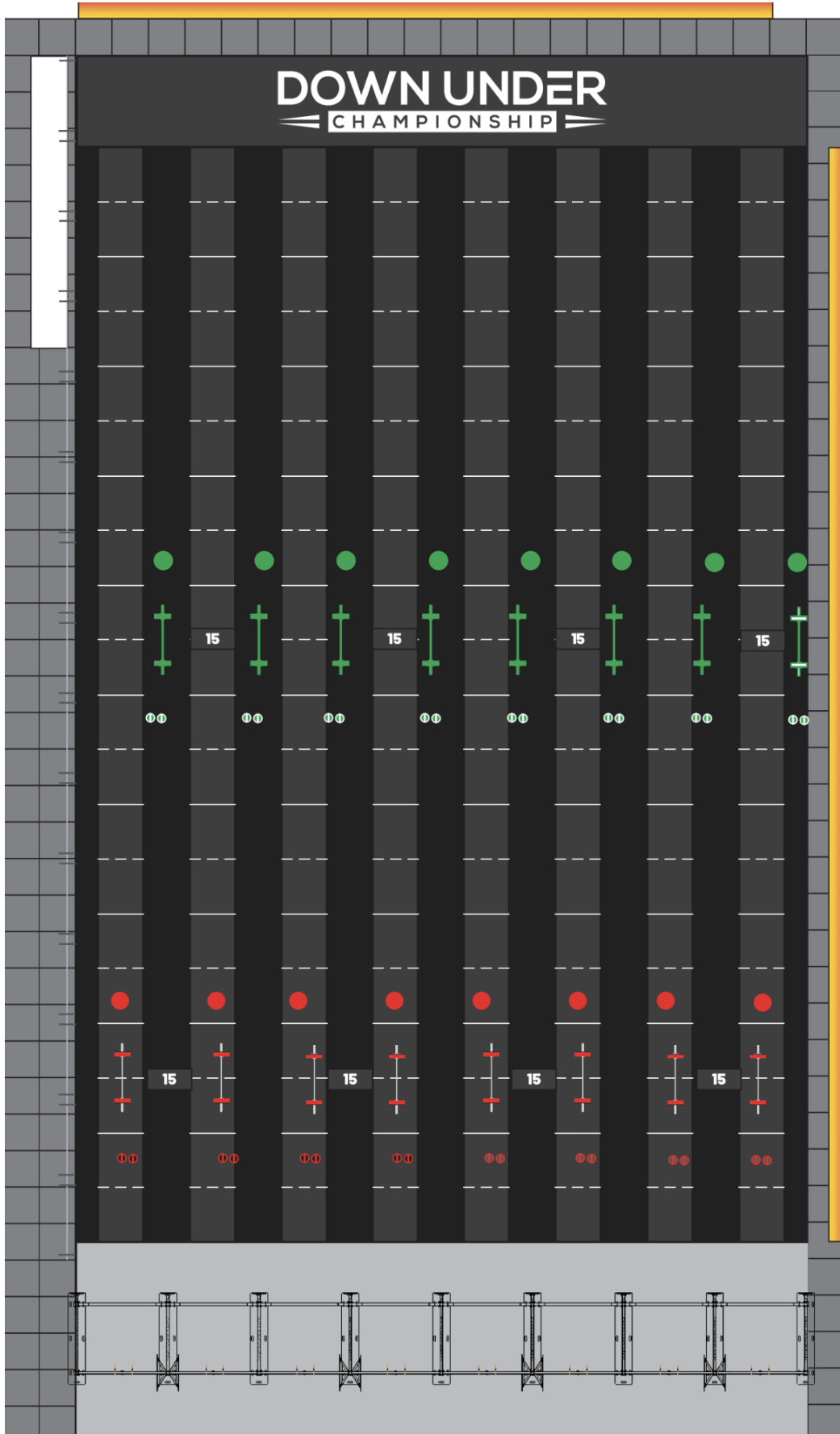


ELITE TEAMS

EVENT 6

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 6

SCORECARD

CrossFit LICENSED EVENT | 2023

CATCH YA LATER

2 Rounds for time of: (16min CAP)

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats**

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats

30 Strict Wall-facing Handstand Push-ups*

15 Synchro Squats

*One team member must perform a Ring Support Hold for the reps to count.

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

Kettlebell Weight:

♂ 32kg

♀ 24kg

Barbell Weight:

♂ 85kg

♀ 60kg

Deadball Weight:

♂ 70kg

♀ 50kg

	Round 1	Round 2
30 Strict Wall-facing HSPU While one team member performs a Ring Support Hold		
15 Synchro Squats Kettlebells: A1, Barbell: A2, Deadball: A3		
30 Strict Wall-facing HSPU While one team member performs a Ring Support Hold		
15 Synchro Squats Kettlebells: A3, Barbell: A1, Deadball: A2		
30 Strict Wall-facing HSPU While one team member performs a Ring Support Hold		
15 Synchro Squats Kettlebells: A2, Barbell: A3, Deadball: A1		
		Advance to the finish line

HEAT # _____ LANE # _____ JUDGE NAME _____

TEAM NAME _____ TIME _____



ELITE TEAMS

EVENT 7

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

TRIPLE GRACE

For time: (10min CAP)

90 Clean & Jerks*

*Each team member will complete 30 reps for time.

♂ 65kg

♀ 45kg

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.



ELITE TEAMS

EVENT 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.



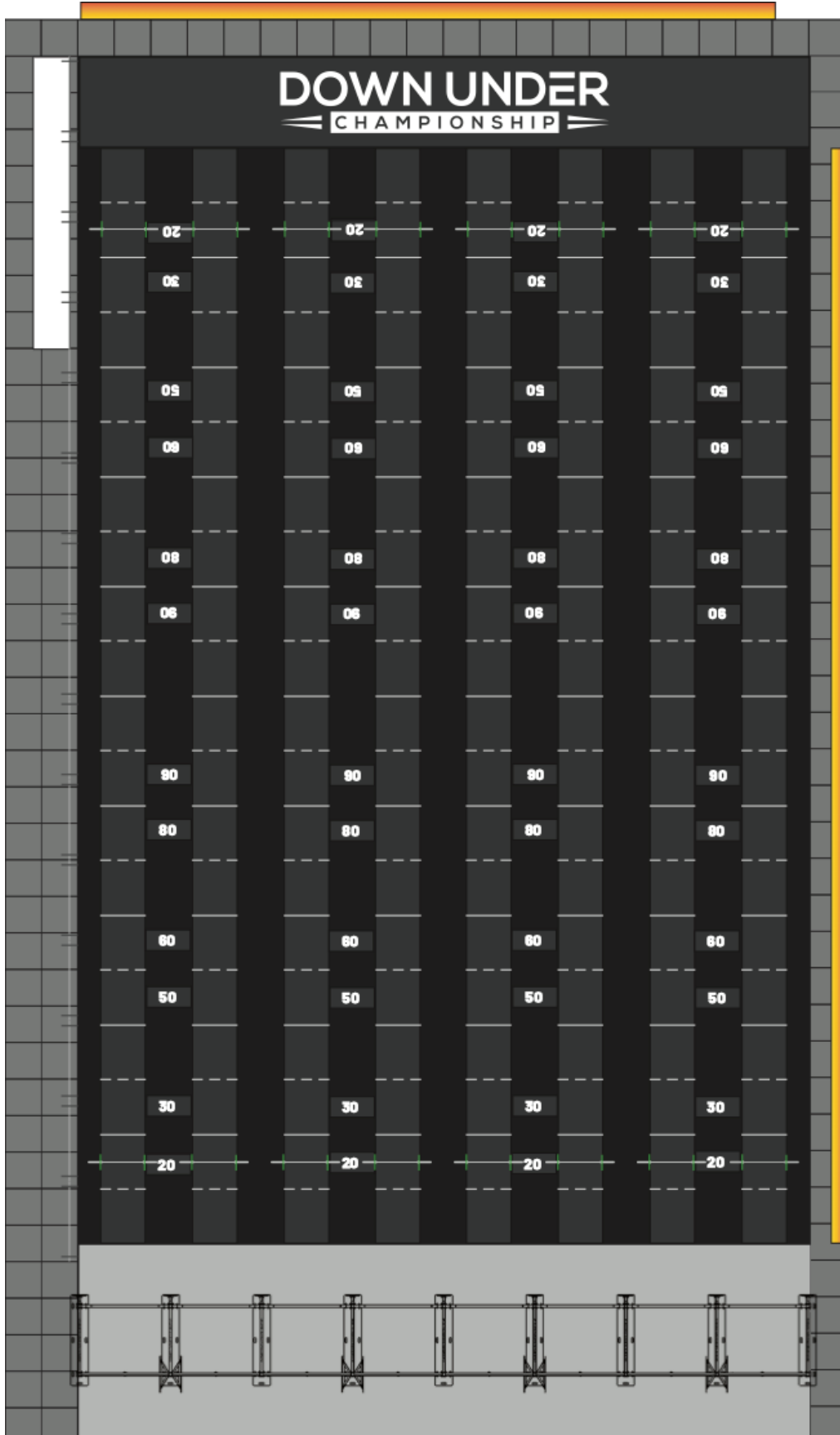


ELITE TEAMS

EVENT 7

FLOOR PLAN

Crossfit LICENSED EVENT | 2023





ELITE TEAMS

EVENT 7

SCORECARD

CrossFit LICENSED EVENT | 2023

TRIPLE GRACE

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

*Each team member will complete 30 reps for time.

♂ 65kg
♀ 45kg

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 _____