

2018 CF Subway Series

CrossFit South Brooklyn

Event A : “DOUBLE TROUBLE CHIPPER”

Relay For Time:

50 Double Unders
25 Thrusters 95/65

50 Double Unders
20 Thrusters 95/65

50 Double Unders
15 Thrusters 95/65

50 Double Unders
10 Thrusters 95/65

B Division:

100 Single Unders
65/45

***15 Minute Time Cap**

DESCRIPTION & STANDARDS:

Partners alternate each round until the chipper has been completed by both individuals. (Partner A completes 50/25, Partner B completes 50/25 etc...)

There will be a designated competition area where only one athlete may be inside of at any time. Teams will tag their partner back in at the completion of each round.

Double/Single unders: Standard double where the rope passes under the athlete's feet twice on a single bounce for a double under, or once for a single under. Athletes may have their own ropes.

Thrusters: Standard thruster where the athlete passes through the bottom of a front squat (with hip crease visibly below the top of the kneecap) before moving the barbell in

one motion (no jerks) to a fully locked out position overhead (with knees, hips, and elbows fully extended and the barbell in a position over the middle of the athlete's body). Any rep from the floor may begin with a full/squat clean.

Event B : “HEAVY 10”

10:00 window to complete a max load of:

5 Deadlifts

1 Hang Clean

3 Front Squats

1 Shoulder to Overhead

DESCRIPTION & STANDARDS:

Teams will have ten minutes to attempt a max load on the barbell complex. Each athlete can take as many attempts as desired within the ten minute window with only reps completed before the ten minute mark counting. The teams score will be the sum of each partner's best lifts.

- If the athlete moves or steps anywhere outside the designated lifting area at any point it will count as a missed rep.
- An attempt can only be started when the partner is standing in the designated waiting area
- Both partners may assist in loading the bar
- Each team will get one barbell and one platform with plates up to 315 pounds (if any team requires more weight we can accommodate)
- Weight increases can only be made in 5 lb increments
- Women's teams will use a 33lb bar which will be rounded to 45 while men's teams will use a 45 lb bar.
- Hands remain on the bar for the entire complex. Athletes may not regrip the bar in any way while the bar is on the floor.
- The lift is disqualified if any part of the body other than the feet touch the floor at any point.
- All teams will reset the competition area's weights at the completion of their 10 minute window.

Deadlift: Standard deadlift, no sumo. Both plates must touch the ground at the same time. Lifter must come to full knee and hip extension at the top of the reps. Once started the athlete may not regrip the bar in any way while it's on the floor. These must be touch and go reps.

Hang Clean: For the hang position, the barbell may begin from anywhere above the kneecap. Any version of a hang clean (muscle, power, full/squat) can be performed. If the athlete performs a full/squat clean it *does not* count as their first front squat, they must still perform three additional front squats.

Front Squat: Standard front squat where the athlete passes through the bottom with hip crease visibly below the top of the patella before coming to full knee and hip extension. The hands must remain in the "clean grip" position.

Shoulder To Overhead: Any version of taking the barbell from the shoulder to overhead (press, push press, push/split/squat jerk) is acceptable as long as the rep finishes with the lifter in a fully locked out position overhead with knees, hips, and elbows fully extended and the barbell in a position over the middle of the athlete's body. The lift is complete when the bar is locked out overhead under control and the judge gives the "Down" command.

Event C: "SYNCHRO AMRAP"

15:00 AMRAP

30 Synchro Calories Rowed

25 Synchro Burpee-Box Jumps 24"/20"

20 Synchro Dumbbell Snatches 50/35

B Division:

Step-Ups

35/20

DESCRIPTION & STANDARDS:

Row: Both partners must remain seated on their rowing machines until both monitors read 30 calories. Damper may be set as desired.

Burpee-Box Jump: Both partners must have their chest on the ground at the same time in order for the rep to start. Athletes may sprawl or step in and out of the burpee. The box jump is standard two foot take off and landing before reaching full knee and hip extension atop the box. All athletes may bound down or step down as desired. Partners do not have to reach extension atop the box at the same time. If an athlete does not

meet the any of the movement requirements during the box jump both athletes will need to perform just the box jump portion of the rep again.

Snatches: Rep starts with both heads of both DBs touching the ground at the same time and is completed at full extension with the DB locked out overhead. Both partners must achieve the locked out position OH together in order for the rep to count. The touch at the ground does not need to be synchronized but both athletes must move through one motion to the overhead position (no clean and jerks). The hand transition must happen on the floor. You may two-arm the DB back down but the transition from hand to hand must still happen on the floor. Athlete's must control the DBs back to the floor. Dropping a dumbbell from above the knees will result in a no rep and both partners will need to re perform the rep.