The Thaw - Same sex pairs

Qualifiers & Movement Standards

When completing your qualifying workouts you must follow the movement standards for the qualifier you are completing so that you are performing the movements to the standards we require and the same as the rest of the field/competitors.

At the bottom of this page you will see "VIDEO UPLOAD & SUBMISSIONS" follow these instructions carefully for score submissions and video set ups etc…

Qualifier 1

*See movement standards below the qualifier graphics.

Q1 | QUALIFIER ONE

// FOR TIME [NO CAP]

1200m SKI ERG

40 SYNC DUMBBELL SNATCH [LEFT ARM]

40 PULL UPS
[RX: 20 BMU / SCALED: 40 DOWN UP]

40 SYNC DUMBBELL SNATCH [RIGHT ARM]

40 TOES-TO-BAR
[SCALED: 40 KNEE RAISE]

600m SKI ERG

20 SYNC DUMBBELL SNATCH [LEFT ARM]

20 PULL UPS
[RX: 10 BMU / SCALED: 20 DOWN UP]

20 SYNC DUMBBELL SNATCH [RIGHT ARM]

20 TOES-TO-BAR
[SCALED: 20 KNEE RAISE]

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DB Weights:

- **22.5/15kg RX, inters overs**
- **15/10kg Scaled**

**For this qualifier the sync snatch is together so you must perform all the reps each. For all other movements split as you see fit. This qualifier has no time cap so your score will be time taken.

***Inters and overs follow the workout prescribed, RX and scaled see info within brackets for your changes for certain movements.

Ski erg

Must start at zero. Athletes can split as see fit untill desired meters are reached.

Sync DB Snatch (Right arm then left arm NOT alternating!)

DB Weights:

- **22.5/15kg RX, inters overs**
- **15/10kg Scaled**

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, ONE head of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count.

The **SYNC** part of this movement is the lock out, athletes MUST lock out together for rep to count. If one athlete reaches lockout before the other, he or she may hold the lockout position until the second athlete reaches lockout

Bar Muscle Up (RX)

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms and hips fully extended feet off the ground and in-line or behind bar. For a completed rep athlete must be above the bar with elbows fully extended and this must be shown before returning for another rep.

Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted.

Max Pull ups (inters and overs)

This is a standard pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

Down ups (Scaled team ONLY)

A down up is a burpee standard without the jump at the top of the repetition. At the bottom of the repetition athletes chest and thighs must be in contact with the floor. At the top of the repetition athletes must lock their hips out fully.

Toes to bar (RX, inters and overs)

In the Toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together.

The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.

This movement is **NOT** sync so can be shared between the 2 athletes as you see fit.

Kipped knee raise (Scaled teams ONLY)

In the kipped knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body at the front of the rep. At the back of the rep knees must be brought above 90 degrees (above hips) for the rep to count.

This movement is **NOT** sync so can be shared between the 2 athletes as you see fit.

Qualifier 2

(2 parts - **15min cap**)

*See movement standards below the qualifier graphics

Q2 QUALIFIER TWO

TWO PARTS [15MIN CAP]

PART A FOR TIME
2000M ROW ERG
60 SYNC BARBELL THRUSTERS

PART B FOR WEIGHT
IN REMAINING TIME ESTABLISH
1RM CLUSTER

GLACIER GAMES
THE THAW [SAME SEX PAIRS]
29 MARCH 2025

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Part A (for time)

2k Row

Must be pre set to 2000m. Select workout, single distance, 2000m. Athletes can split as see fit untill desired meters are reached and the rowing machine displays 0m. Once this is a achieved athlete's move onto 60 Sync barbell thrusters for their part A time.

60 Sync barbell thrusters

*This is a standard "barbell" for all categories

-Male 20kg
-Female 15kg

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground. No racks allowed.

The hip crease must pass below the knees.

A full squat clean into the thruster is allowed if the bar is on the ground.

The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

The synchronized portion of the movement is counted at the top of the rep, meaning both athletes MUST have the barbell locked out together above head**.**

Part B remaining time… (for combined weight)

1RM Cluster (Squat Clean to Thruster)

The barbell begins on the ground. The athlete must pass through a full squat clean with hips below knees. The athlete will then drive the barbell upward until the bar is centered over the body (Thruster) with the knees, hips and arms fully extended and the athlete under control.

Power Clean to Front Squat is NOT ALLOWED

Squat Clean to Push Press is NOT ALLOWED

The Cluster MUST be one smooth movement from start to finish. You are NOT ALLOWED to rest in any position of the rep.

*Score - both athletes best weights added together

VIDEO UPLOAD & SUBMISSIONS

Getting to the Score Submission Page

Once registered for the event, the "Submit Score" button will appear on the right side of the competition landing page.

If you don't see the "Submit Score" button on the landing page, make sure you are logged into the Throwdowns account that your registered for the competition with! If you are logged in and still don't see the button, score submission may not be open.

Submitting a Score

Once you get to the score submission page, you will be able to see all the available workouts for the division you have registered for. Each workout "card" will be open or closed, depending on if score submission is currently open for that workout.

Submitting a score is as easy as selecting a workout and filling out the various score submission fields. You can also submit a video (if applicable) and leave a comment about your submission.

Once you feel everything is set, hit "Save" to officially submit your score for review! You will receive an email confirming the submission of your score.

Note: Online events often have their leaderboards published automatically, about every 10 minutes or so. If you submit a score and don't see it appear on the leaderboard, give it a few minutes and check back later!

How to score:

AMRAPs and lifts are entered as one number i.e, 135, 122.5 etc...

Timed workouts (so this workout) are entered minutes and seconds (MM:SS) 6:20 would be an acceptable score, whereas 6.20. Would not.

If an athlete/team caps out enter CAP+reps remaining. i.e. if on this workout you cap out and had 30 reps remaining, enter CAP+30 for your score.

 Then Paste your video link in the section given.

*Rules (Camera Setup)

All athletes must be in clear view when working out, Team name should be given at the start and weights on bar should be shown clearly.

Clock must in view or use an application that displays a clock on screen