

CrossFit

FORGING ELITE FITNESS

Format for the 2008 CrossFit Games

There will be four timed events, and the overall winner of the Games (“Top CrossFitter”) will simply be the athlete with the lowest combined time for all four events. There are only two award categories for Top CrossFitter, Male and Female. There will be cash prizes for the top three competitors in each category. There will also be prizes for the top male and female finishers in each of the four events. For the Affiliate Cup, the winner will be the affiliate with the lowest combined time for their top four competitors. No matter how many athletes compete for a particular affiliate, only the combined times for the top two male and top two females will count.

The first three events will take place on Saturday, July 5th. In order to be considered for Top CrossFitter in the final event on Sunday, July 6th, and/or to contribute toward your team as Top Affiliate, all three events must be completed within the time limit and at the prescribed weight when relevant. Competitors may request scaled weights, and those requests will be accommodated to the best of our ability; however, scaling will remove the competitor from consideration for awards.

Competitors will not necessarily complete the three events in the same order. Most competitors will have exactly a 4-hour window between start times for the three events. See below for more details.

The events on Saturday will be two barbell/bodyweight workouts and one hill run. There will be specific requirements for the movements that may be different than what you are accustomed to, so **be sure** to review the descriptions and videos carefully.

It is acknowledged that these standards are somewhat arbitrary, but they are the requirements for this competition. We make no implication or warrant that the same requirements will apply to other or future competitions. For a theoretical defense of this approach, see the article “Capacity, Standards, and Sport” in the June, 2008 issue of the Crossfit Journal (<http://www.crossfit.com/journal>).

Please review the 2008 CrossFit Games Movement Standards video at:

http://media.crossfit.com/cf-video/CrossFitGames_2008WorkoutStandards.mov
http://media.crossfit.com/cf-video/CrossFitGames_2008WorkoutStandards.wmv

There is an additional explanation video on the Games format and what participants are expected to do here:

http://media.crossfit.com/cf-video/CrossFitGames_08FormatExplanation.mov

http://media.crossfit.com/cf-video/CrossFitGames_08FormatExplanation.wmv

Workout A will be:

- Three rounds, 21-15- and 9 reps, for time of:
- Thrusters: 95 lbs for males, 65 lbs for females
- Pull-ups

Each rep of the thruster will count **only** when full range of motion is achieved. The bottom limit is when your hip travels clearly below the top of your knee while the barbell is below the height of your chin. The top limit is when your hips and legs are fully extended with your arms fully locked out overhead. **The barbell will be considered overhead when some portion of the ear is visible in front of the arm (when viewed from the side).**



Each rep of the pull-up will count only when full range of motion is achieved. The bottom limit is your arms fully extended. **The top limit will be when any part of your chest (from the clavicle down) physically touches the bar.** Again, the rep will be considered complete only when your chest contacts the bar.

Competitors will be assigned a starting time for Workout A. It is your responsibility to be present, warmed up, and ready to go at the starting time. No accommodation will be made for missing your starting time, or for

scaling the weight if you did not pre-identify scaling requirements via email..

There will be a 12-minute time limit on the workout.

Workout B will be:

- Five rounds for time of:
- 5 Deadlifts: 275 lbs for males, 185 lbs for females.
- 10 Burpees

Each rep of the deadlift will only count when full range of motion is achieved. The bottom limit is when the barbell touches the ground with your hands in contact with the bar. **The rep will not count if the barbell is dropped from any height.** The top limit is when your hips and legs are fully extended with the front of your shoulder behind the barbell.



Each rep of the burpee will only count when full range of motion is achieved. The bottom limit is when your chest and thighs touch the ground. The top limit is when your hands



clap overhead with your feet off the ground and your hips and legs fully extended. There is no height requirement on the jump, but **the clap must occur while airborne.** The clap is considered overhead when the arm crosses the plane of the ear (when viewed from the side). If the timing is missed, you may repeat the jump to complete the rep.

Competitors will be assigned a starting time for Workout B. It is your responsibility to be present, warmed up, and ready to go at the starting time. No accommodation will be made

for missing your starting time, or for scaling the weight if you did not pre-identify scaling requirements via email.

There will be a 12-minute time limit on the workout.

The Hill Run

The hill run is a steep, off-trail run approximately 750meters in length over rough terrain.

Competitors will be assigned a starting time for the hill run. It is your responsibility to be present, warmed up, and ready to go at the starting time. No accommodation will be made for missing your starting time.

There will be a 20-minute time limit on the hill run.

Sunday's Workout

Sunday's workout will be announced on Saturday evening after the final heats have been completed.

Competitors will be assigned a starting time for Sunday's workout. The top 40 men and top 40 women will compete in the early afternoon. All others will compete in the morning. It is your responsibility to be present, warmed up, and ready to go at the starting time. No accommodation will be made for missing your starting time.

The final heat (top 20 competitors) for each division will have a staggered starting protocol. The athlete with the lowest combined time from the three Saturday events will start first. The next 19 athletes will start at the precise time difference by which they follow the front-runner. Their time for the event will be their finish time minus their start time, but the staggered start allows for the overall winner of the Games to be determined instantly.

For example, let's assume the top three competitors and combined times from Saturday are Bob (13:00 total time), John (13:05 total time), and Ted (13:20 total time). Bob would start Sunday's workout at time 0:00. John would start at 0:05, and Ted would start at 0:20. Whoever finishes first is Top CrossFitter because their combined time across all four events would be least. The final placements for all competitors will be based on the exact times of completion, but this staggered start allows for better competition and spectating.

Event Ordering and General Scheduling

As much as possible, we will allow you to determine the order in which you complete the three Saturday events. We also need to know if you plan on using prescribed weights (which is necessary if you want to be in the running for Top CrossFitter), or if you need scaled loads. Please request a specific scaled weight for the thrusters and deadlifts. We can't guarantee the exact load will be available, but we'll try.

YOU MUST send an email BEFORE Friday, July 4th at 8am PDT to saturday@crossfitgames.com with the following information ONLY:

Your Name

Your Gender (M or F)

Affiliate Team (if any)

1. Preferred first event
2. Preferred second event
3. Preferred third event

Prescribed weights or scaling requests for Thrusters and Deadlifts

If we don't hear from you, you will be assigned an ordering as the schedule requires. You may include multiple athletes per email or send separate emails. But ***only this information and this format will be recognized. No requests after 8am PDT July 4th will be recognized.*** All other inquiries should be sent to registration@crossfitgames.com.

Every attempt will be made to accommodate your requests, but no assurances are made that you will get the ordering you request. The master schedule will be posted to the CrossFit Games site <http://crossfitgames.com/> at 4pm PDT on Friday, July 4th and distributed at the Games.

Planning the Day

Registration will begin at 6am on site. Welcome announcements will launch around 8am. The first workouts will begin at 9am. Please arrive as early as possible as registration will be extremely busy. No accommodation for missed start times will be allowed.

All three workouts will be run as follows:

- 15 athletes will be assigned a specific station at each start time.
- Start times will be as close as possible to every 20min.
- You should be warmed up and ready to go at your start time.
- You will have 12 minutes to complete the workout.
- Athletes, whenever possible, will be scheduled with exactly 4 hours between each event.

Food, Water, Clothing, etc.

The Games are being held on a rural property. Please bring everything that you will need throughout the day. There will be some food and water available, but we can't guarantee supplies at all, and there are no stores in the immediate vicinity.

Aromas can get very hot during the day and quite cool at night. Please bring appropriate clothing and sun protection.

There are no shower facilities or locker rooms on the premises.