

EVENT 1



FRIDAY TEAMS

CrossFit SEMIFINAL EVENT

"THRUSTERS + LEGLESS"

For time, starting with the female pair:

40 thrusters, 43^{kg}

6 legless rope climbs

30 thrusters, 43^{kg}

4 legless rope climbs

20 thrusters, 43^{kg}

2 legless rope climbs

**Immediately followed by the male pair
(thrusters at 61^{kg}).**

TC 20 minutes

NOTES

This event begins with the team on the start mat (behind the rig). At the sound of the beep, the women will run to the first barbell and complete 40 thrusters, sharing the work as they see fit. The non-working athlete waiting behind the designated line. After the thrusters are completed, they will run to the rope. When both teammates have reached the pull-up bar at the front of the rig, one athlete may enter and begin climbing. The pair may switch at any time; however, the non-climbing teammate must wait at the pull-up bar. After the pair completes six legless rope climbs, they will move back to the barbell and advance it to the 30 marker before beginning their next set of thrusters. The pair will continue in this pattern until they have completed the final rope climb. After the final rope climb, the pair will run over the bars to the finish. When both women are on the finish mat, the men may enter and run to the second bar to begin their thrusters. Working in the same fashion as the women, after the last rope climb, the men will run over both bars and to the finish. When the team is on the finish mat together, time stops.

NOTE: The timing chip must be worn by the final member of the team to cross the finish line.