



Masters Event 5 "ADAMS"

For Time:
21-15-9 rep rounds of:
Overhead squats, 95/65
Pull-ups
Then, 60/40 Cal Row

Points Available: 100
Time Cap: 10:00

Division Details

	Men 35-44	Men 45+	Women 35-44	Women 45+
Pull-ups	Chest-to-bar	Chin-over-bar	Chest-to-bar	Chin-over-bar

Event Flow

The athlete will begin on the Start/Finish mat. At the sound of the beep, the athlete will advance to their barbell and perform 21 overhead squats. He or she will then move to the pull-up rig and complete 21 chest-to-bar pull-ups. The athlete will then return to their barbell and perform the rounds of 15 and 9 in the same manner. Once the athlete completes their final pull-up, he or she will then row 60/40 calories. Once the row is complete, the athlete will run to the finish mat where their time will stop.

Movement Standards

CrossFit Games Open Standards

For the overhead squat, the hip crease must pass below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved. The barbell must come to full lockout overhead with the hips, knees and arms fully extended and the bar directly over the middle of the body.

This is a standard chest-to-bar pull-up/chin-over bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone for chest-to-bar. For chin-over-bar pull-ups, the athlete's chin must clearly pass above the horizontal plane of the bar.

For the row, athletes may not touch the monitor. Your judge will turn on your monitor after the athlete completes his or her final pull-up.

Scoring

Score for event 5 is the total time of completion. The time cap is 10:00. Any reps not completed within the 10:00 time cap will be added as additional seconds to the cap time. For example, if an athlete completes all the work except for the final 1 calorie, their score will be recorded as 10:02 on the leaderboard (one second for each rep not completed plus one rep for not getting to the finish mat). 100 points are available for Event 5.

