



Pairs Event 3 "ADAMS"

21-15-9 rep rounds of:
Overhead squats, 135/95* (115/75 RX)**
Pull-ups, chest-to-bar
+
175/140 Calorie row

Points Available: 100

Time Cap: 12:00

**Elite Pairs overhead squats: 135/95*

***RX Pairs overhead squats: 115/75*

Event Flow

For Event 3, one athlete will start by performing the 21-15-9 couplet of overhead squats and chest-to-bar pull-ups while the other rows. When the first athlete completes the couplet, he or she will row while the athlete that started on the rowing machine performs the couplet.

Both athletes will begin on the Start/Finish mat. At the sound of the beep, athlete 1 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. Athlete 1 will then tag the sandbag before returning to their barbell to perform the rounds of 15 and 9 in the same manner. Once athlete 1 completes their final pull-up, he or she will trade places with athlete 2 on the rowing machine.

Athlete 2 will begin the event by advancing from the Start/Finish mat to the rowing machine and begin rowing. When athlete 1 completes the couplet, they will switch places and athlete 2 will perform the overhead squats and pull-ups in the same manner as athlete 1 while athlete 1 rows. When both athletes have completed the couplet and 175/140 calories have been achieved, both athletes will run to the Start/Finish mat to complete the event.

Once the second athlete gets on the rower, he or she must finish the calories. As an example, if the second athlete working on the couplet finishes the final pull-up before 175/140 calories have been rowed, he or she cannot tag back in on the rower to assist in completing the calories.

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. 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 the row, athletes may not touch the monitor. The monitor will not be reset between the first and second athlete. You are rowing for a cumulative total.

Scoring

Score for event 3 is the total time of completion. The time cap is 12:00. Any reps not completed within the 12:00 time cap will be added as additional seconds to the cap time. For example, if athletes complete all the work except for the final 1 calorie, their score will be recorded as 12:02 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 3. In order to complete the event, both athletes must reach the finish mat prior to the 12:00 cap. Partial credit is not given if one athlete gets back to the finish mat without their teammate.