

CrossFit LICENSED EVENT | 2025

ONLINE QUALIFIER 2025

POWERED BY



EVENT 3A / 3B:

Heavysaurus

8 min OTM

ODD: 45 DU + 1RM Snatch

EVEN: Rest

[Masters 45+ → 30 DU]

3A) Max kg of best 1RM Snatch

3B) Total kg of all 4 lifts

EQUIPMENT

- Jump rope
- Barbell, plates and collars

FILMING GUIDELINES

- Film all competition area so the timer, equipment and athlete can be seen clearly during the whole exercise
- Film the event from the front in a slight angle (about 45 degrees)
- Set the camera at a height of at least 1 meter

EVENT FLOW

In event three the athlete performs an On the minute workout. In the odd minutes the athlete starts with 45 double unders which are followed by a 1 RM snatch lift. In the even minutes the athlete will rest.

The Masters +45 athletes will perform 30 double unders before the snatch.

The score from part A is the best 1 RM snatch score of all the lifts and the score for part B is the total sum of all the 4 best lifts in part A.

The athlete can use an assistant to load the weights.

NOTES

- The lift must be fully completed in the one minute time frame
- The snatch must be filmed from the front in a slight angle (about 45 degrees)
- Set the camera at a height of at least 1 meter

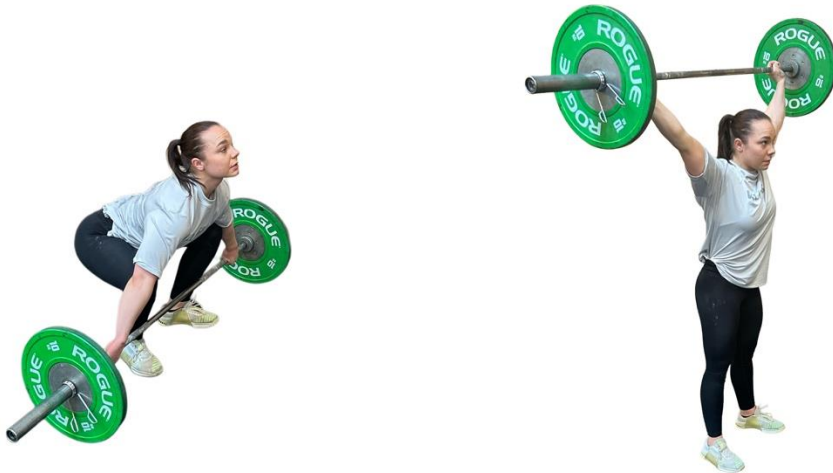
MOVEMENT STANDARDS

DOUBLE UNDER

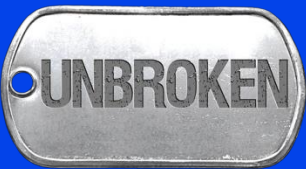


- The rope passes under the feet twice for each jump.

SNATCH



- The movement starts from the ground
- The barbell must be lifted in one continuous movement above the head
- All the snatch variations starting from the ground are allowed (Muscle snatch, Power snatch, Squat snatch and Split snatch)
- In the top position the barbell must be in full control above the head or slightly behind the head
- Knees, hips and elbows must be fully extended and the feet parallel to each other



ONLINE QUALIFIER 2025 SCORECARD

CrossFit LICENSED EVENT | 2025



EVENT 3A / 3B:

Heavysaurus

8 min OTM

ODD: 45 DU + max kg Snatch

EVEN: Rest

[Masters 45+ → 30 DU]

3A) Max kg of best 1RM Snatch

3B) Total kg of all 4 lifts

Lift 1

DU

Lift 2

DU

Lift 3

DU

Lift 4

DU

3A

Max KG

1RM

3B

Total KG

TOTAL KG

ATHLETE NAME

JUDGE NAME

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS THE ATHLETE’S PERFORMANCE FOR THIS TEST

ATHLETE’S SIGNATURE: