

ONLINE QUALIFIER EVENT 1



Snatch Snatch City... Burpee?

2020.02.07 12AM – 2020.02.13 5PM PST

ATHLETE NAME: _____

DIVISION: _____

For Time: 15 Minute Time Cap

2 Rounds of: 12 Bar Facing Burpees

12 Snatches 95/65lbs

2 Rounds of: 12 Bar Facing Burpees

9 Snatches 135/95lbs

2 Rounds of: 12 Bar Facing Burpees

6 Snatches 185/125lbs

2 Rounds of: 12 Bar Facing Burpees

3 Snatches 225/155lbs

Variations:

Intermediate/Sacled:

75/55 → 95/65 → 135/95 → 155/105 pounds

Pound to Kil Conversion:

43/29kg → 61/43kg → 84/56kg → 102/70kg

34/25kg → 43/29kg → 61/43kg → 70/47.5kg

Event Description:

The athlete begins standing tall. On the call of 3,2,1.. Go! The athlete will begin two rounds of 12 bar facing burpees and 12 snatch. Immediately into, 2 rounds of 12 bar facing burpees and 9 snatch. Immediately into the next set of 12 bar facing burpees and 6 snatch. Finishing with 12 bar facing burpees and 3 snatch. Multiple bars may be used or assistance with weight changes is permitted. Repeat this process until the work is complete or until the 15 minute time cap has been reached

Movement Standards:

Barbell Facing Burpee

- Athletes must use a barbell with 18-inch plates.
- Burpees must be performed perpendicular to and facing the barbell.
- Athletes may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the head behind the barbell. Hands and feet must remain within the width of the plates.
- Stepping and/or jumping back to the starting position are permitted. Athletes must jump over the barbell using a two-foot take off. Single leg jumping or stepping over the bar is not permitted.
- Scaled teams may choose the step over the barbell.

Snatch

- The barbell begins on the ground and must be lifted overhead in one motion.
- The rep is credited when the barbell is at full lockout overhead, with hips, knees and arms fully extended and the bar directly over or slightly behind the middle of the body.
- No part of the body besides the feet may touch the ground.
- Deliberately bouncing the barbell is not permitted.
- A muscle snatch, power snatch, squat snatch, or split snatch may be used.

Video Standards:

****YOUTUBE IS THE ONLY ACCEPTED VIDEO FORMAT****

If you are intending to qualify for the Main Event you will be asked for a video submission at the conclusion of the qualifier. To avoid having to redo a workout, please ensure you film your workouts at the time of completion. If you have a Smartphone, the app "WodProof" is highly recommended. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Please be sure you have enough battery life, memory and time to upload your video. You may need to increase the limit on your YouTube in order to allow a longer video. If an athlete qualifies to compete on-site at the CanWest, they will be asked to submit workouts chosen by The CanWest Judges team.

ONLINE QUALIFIER EVENT 1



Snatch Snatch City... Burpee?

2020.01.24 12AM – 2020.01.30 5PM PST

ATHLETE NAME: _____
DIVISION: _____

For Time: 15 Minute Time CAP

2 Rounds of: 12 Bar Facing Burpees

12 Snatches 95/65lbs

2 Rounds of: 12 Bar Facing Burpees

9 Snatches 135/95lbs

2 Rounds of: 12 Bar Facing Burpees

6 Snatches 185/125lbs

2 Rounds of: 12 Bar Facing Burpees

3 Snatches 225/155lbs

For Time: 15 Minute Time Cap			
2 Rounds of:	12 Bar Facing Burpees		12 36
	12 Snatches 95/65lbs		24 48
2 Rounds of:	12 Bar Facing Burpees		60 81
	9 Snatches 135/95lbs		69 90
2 Rounds of:	12 Bar Facing Burpees		102 120
	6 Snatches 185/125lbs		108 126
2 Rounds of:	12 Bar Facing Burpees		138 153
	3 Snatches 225/155lbs		141 156
Time:			
OR			
Total Reps:			

Variations:

Intermediate/Scaled:

75/55 → 95/65 → 135/95 → 155/105 pounds

Time To Complete: _____ **OR Total Reps At Cap:** _____

Judges Name: _____ Judges Signature: _____

Athlete Signature: _____ Workout Location: _____