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**FUELED BY**

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**2017 Fraser Valley Throwdown Recreational/Masters 45+ Events**

**“Floater”**

This WOD will run from:

5:30-8:30pm on Friday Oct 27th

9:00-5:00pm on Saturday Oct 28th

9:00-12:00pm on Sunday Oct 29th

All athletes (both individual and teams) must have completed this WOD by Sunday at noon. There will be a sign-up sheet available at the floater to register for heat times.

For time: (5 minute CAP)

21 Calorie Assault Bike

15 Burpee Over Wall (5’ wall)

9 Dumbbell Snatch 50#/35#

* Score will be athletes’ time once all work is completed and the athlete is standing on the finish mat. If the time cap is reached before all work is completed, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to reach the finish mat.
* The floater begins with the athlete seated in the Assault Bike, and ends when all work is completed and the athlete is standing on the finish mat.

Burpee Over Wall:

* The movement begins with the athlete’s chest and thighs are in contact with the ground. The movement ends when both of the athletes’ feet have touched down on the opposite side of the wall. The athlete may navigate the wall any way they see fit.

Dumbbell Snatch:

* The movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead. at the bottom of the movement, both heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go reps are permitted. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.

**Event #1**

For total cumulative load:

5 minute time cap:

5 reps Clean & Jerk

* Score will be the sum of the 5 heaviest successful lifts completed within the 5-minute time frame.
* This is not a 5 reps max. Athletes may rest as needed between the attempts. Failure to complete 5 lifts will only result in a lower cumulative score.
* The athlete may choose to perform any number of attempts and the heaviest 5 completed reps will contribute to their cumulative score.

Clean & Jerk:

* The movement begins with the barbell on the floor. The movement ends with the athlete in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. During each repetition the athlete must receive the bar in the front rack position but passing through a full depth squat is not necessary. Both power and squat cleans will be permitted, as well as any shoulder to overhead variation.

**Event #2**

For time: 10 minute CAP

50ft Overhead Walking Lunge (with plate) 45#/25#

21 Thruster 95#/65#

21 Pull Up

15 Thruster 95#/65#

15 Pull Up

9 Thruster 95#/65#

9 Pull Up

60ft Overhead Walking Lunge (with plate) 45#/25#

* Score will be the athlete’s time once all the work is completed and they have returned to the starting mat. If the time cap is reached before the athlete returns to the starting mat, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for each 10ft section of the walking lunge.

Workout Flow:

* Event 2 begins with the athletes on their starting mats. On the call of “go” the athletes will overhead lunge to the competition floor and complete all 90 reps of the “Fran” couplet. After each set of thrusters is completed the athlete must advance their bar down the competition floor to the designated areas. After the 3rd set of pull-ups is completed the athlete will walking lunge from the competition floor back to the starting mat. When both of the athletes’ hands have reached the starting mat the event is complete.

Overhead Walking Lunge:

* The movement begins with the athlete holding the plate overhead, the feet together, and the athlete standing tall. With each step the trailing knee must make contact with the floor at the bottom of each lunge. The movement ends when the athlete returns to a standing position with the hips and knees fully extended. Stopping with both feet on the ground is not required, but both legs must be fully extended should the athlete choose to step through at the top. If at any point the weight is dropped or comes into contact with the head or body, the athlete must re-start from the beginning of that particular 15ft section.

Thruster:

* The movement begins with the bar on the ground. The movement ends with the athlete in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. With each repetition the athlete must receive the bar in the front rack position and pass through a full depth squat during which the hip crease must drop below the height of the knees.

Pull Up:

* The movement begins with the athlete’s feet off of the ground, hanging with straight arms, and the hips fully open, from the pull up bar. The movement ends when the athlete's chin is clearly above the pull up bar.

**Event #3**

8:00 AMRAP

Complete as many reps as possible in 8 minutes following the rep scheme below:

1 Rope Climb

3 HSPU

30 Double Under

2 Rope Climb

6 HSPU

30 Double Under

3 Rope Climb

9 HSPU

30 Double Under…

Rest 2 minutes

For time: 6 Minute Cap

24 Calorie Row

24 Deadlift 165#/115#

12 Calorie Row

12 Deadlift 185#/135#

6 Calorie Row

6 Deadlift 235#/165#

* Event #3 will be broken into 2 separate scores. The first score will be the athlete’s total reps completed. The second score will be the athletes’ time when all the work is completed and they have returned back to their starting mat. If the time cap is reached before the athlete reaches their starting mat, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for not returning to the mat.

Workout Flow:

* Event #3 begins with the athletes on their starting mats. On the call of “go” the athletes will proceed to the competition floor and complete as many reps as possible of the rope climb, HSPU, double-under triplet. After the 8-minute AMRAP athletes will have 2 minutes to transition to the second part of the workout. The for time portion of this event begins with the athletes seated in their rowers, with the rower handle in it’s holster, and ends when all the work is completed and both feet of the athlete return to the starting mat. After each set of deadlifts is complete the athlete must advance their bar down the competition floor to the designated areas and add plate to their bar to bring it to the required load.

Rope Climb:

* In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must remain in control during the descent. Jumping up to begin each ascent is permitted.

Handstand Push Up:

* The movement begins at the top of a handstand with the arms fully locked out, the heels on the wall and the hips open with the body in line with the arms. The hands must be placed within the clearly marked area. The marked area will measure 36-by-24, and the palm of the hand must be placed within (fingers may extend outside of the box). At the bottom of each rep, the athlete’s head must touch the mat. At the top of each rep, the athlete must return to a fully locked out position, with the heels on the wall and the feet within the clearly marked area. Kipping is permitted. For the recreational and masters 45+ divisions the handstand push up will be performed to a single mat.

Double Under:

* The athlete’s rope must pass under the feet twice for each jump.

Deadlift:

* The movement begins with the barbell on the floor. The movement ends when the athlete has reached a position where the hips and knees have reached full extension with the shoulders are behind the bar. The arms must be straight throughout. Dropping the barbell after the completion of the repetition is permitted. Deliberate bouncing of the barbell is not allowed. Sumo deadlifts are not allowed.

**Event #4 (Final) Top 10 athletes will qualify**

For time: 7 minute CAP

5 rounds of:

5 Chest to Bar Pull Up

10 Front Squat 135#/95#

* Score will be the athletes’ time once all work is completed and they have returned back to their starting mat. If the time cap is reached before the athlete reaches their starting mat a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for not returning to the mat.

Workout Flow:

* The final will start with the athletes on their starting mats. On the call of “go” the athletes will proceed to the competition floor and complete 5 rounds of the couplet. After each round is complete the athletes must advance their bar down the competition floor to each of the designated areas. The event is complete when all 5 rounds are completed and the athlete is standing on their finish mat.

Chest to Bar Pull Up:

* The movement begins with the athlete’s feet off of the ground, hanging with straight arms, and the hips fully open, from the pull up bar. The movement ends when the athlete's chest clearly contacts the pull up bar below the clavicle.

Front Squat:

* The movement begins with the bar in the front rack position at full hip extension. The athlete must pass through a squat in which the crease of the hip clearly passes below the top of the knee. The movement ends when the athlete returns to a standing position with the knees and hips fully extended. The first rep may be performed as a squat clean.