



THE GLASGOW CLASSIC

TEAM EVENT 7

FINAL

For time:

1st MF Pair:

Grace (Cap 5)

2nd MF Pair:

Isabel (Cap 5)

3rd MF Pair:

Fran (Cap 5)

Equipment

- 3x Barbells 20kg
- 3x Barbells 15kg
- Plates to load 2x M Bars to 61kg
- Plates to load 2x F Bars to 43kg
- Plates to load 1x M Bar to 43kg
- Plates to load 1x F Bar to 29kg
- 2x Pull Up Bars

General Notes

All M/F subteams will be positioned by their respective barbells prior to the event start. At the sound of the starter clock and not before, the first M/F subteam may begin Grace.

The athletes will advance the bar every ten reps; this can be done in the front rack or overhead position, as well as grounding the bar and rolling it. Athletes are not permitted to throw the bar to the next station. The M/F reps do not have to be synchronised, however both athletes must complete all reps before releasing the Isabel subteam.

The Isabel subteam are released either upon completion of Grace, or at the 5 minute mark, at which point the Grace subteam are timecapped. They will advance their barbells in the same manner as the Grace subteam until completion of thirty snatches.

The Fran subteam are released either upon completion of Isabel, or at the 10 minute mark, at which point the Isabel subteam are timecapped as above. The Fran subteam will advance their bar after each round of thrusters before they progress to the pull ups. Completion of the workout occurs when both athletes of the Fran subteam reach the finish mat behind the rig.

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FINALS 2019

Sunday 22nd September

Team Composition

3x Subteams

MF/MF/MF

Time Cap

The whole team will have 15 minutes to progress the Fran subteams to the red finish mat behind the rig.

Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 212 reps; including 1 rep per Fran athlete for reaching the finish mat within the time cap). Teams completing all repetitions will be separated by their total time to completion.

Penalties

Athletes failing to meet the subteam cut off of 5/10 minutes will be capped and only the work they have done up to that time will count toward scoring for the event.

Movements that do not meet the stated standards will be considered invalid and must be repeated in order for the athlete to progress.

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Movement Guidance

This is CrossFit

Welcome to the final of Scotland's largest ever functional fitness event. You've gotten here on merit and most have been doing this for years so you should know the rules by now.

In Grace the bar stops at the shoulder, Isabel can be power or squat snatches (we know which you'll do). Lock out and stand up your reps, get your chin over the bar and open your hips.

Good luck.

Team GC

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