



Paradiso CrossFit World Championship 2013 MDR vs Venice

Date and Location:

Saturday, October 26
Paradiso CrossFit MDR location, 4113 Redwood Ave

Important times:

National Anthem and Competition Kick off at 11am
Cocktails start at Noon
Food served at 3pm
Final event finished around 4pm
Awards Ceremony 4:30pm
Up the Heat (live band) 5pm

Who is Invited:

All members including family and friends

What to Wear:

Dress to support your team! Wear as much color and accent in as many ways as you can to show your support! Blue will represent MDR and red for Venice.

Where to Park:

There will be some parking available in the lot, but there will be limitations on space and when you can enter and leave due to the events occurring. If possible, try to ride your bike or park on the street!

Questions? Please contact david@paradisocrossfit.com.

Event and Scoring Details

Sign up at your gym by Wednesday night so we can have the heats assigned and sent out by Friday. Our goal is to have as many people participate as possible, which means that not everyone will get to participate in every event. That being said, feel free to sign up for as many events as you would like and the coaches will assign you to the event that we think will best allow you to help your team.

There will also be a signup sheet for volunteers!

Half Marathon Row

Atlas Stones and Double Unders

Tug of War

"Grace"

Handstand Tournament

Sled Drag and Egg Spoon Relay

Surprise Workout!

Olympic Lifting Total

Side Show Events

Slack Line

Basketball Shot Challenge

Bean Bag Toss Challenge

Half Marathon Row

- Start Time 11am, immediately following the National Anthem
- 3 men/3 women from each gym
- 4 Scoring possibilities at 3 points each:

- Men's total 2K Time
- Women's total 2K Time
- Men's total Time
- Women's total Time
- 12 points total up for grabs
- Additional Prize for top male/female!

Stones and Double Unders

- Start time 11:10-11:45
- 8 men/8 women from each gym
- 2 minutes to perform Max Effort Atlas Stone over the shoulder reps (115/70), followed immediately by 2 minutes of Max Effort Double Unders for total reps. Stones count as 10 reps, Double Unders count as 1 rep.
- 2 Scoring possibilities of 6 points each:
 - Total reps for top 3 men
 - Total reps for top 3 women
- 12 Team points up for grabs.
- Additional Prize for top male/female!

Tug of War

- Start time 11:45-12:20
- 8 men/8 women from each gym to create 4 teams of 4. 2men/2women per team.
- Two teams will face off in a classic tug of war. Winner stays. Max 4 consecutive wins (meaning they beat every other team). If this occurs, two new teams will participate in the next challenge. Reset will be as quick as

possible. First team to score 15 is the winner.

-If a team purposefully lets go of the rope, that gym will be automatically disqualified.

-If a team is deemed to purposefully stall or delay the reset process, a point may be deducted.

-Teams may stand in any order.

-Teams may not reshuffle their rosters mid challenge.

-1 Scoring opportunity of 6 points:

-First to win 15

-6 Points Total

"Grace"

-Start time 12:30-1:15

-As many participants as we can fit! If you cannot perform the workout Rx'd but want to participate, still sign up and we will work you in!

-30 reps of Clean and Jerk (135/95) with a 5 minute time cap. Squat not required.

-2 Team Scoring Opportunities of 6 points each:

-Total time for top 3 men

-Total time for top 3 women

-12 Points total

-Additional Prize for top male/female!

Handstand Tournament

-Start time 1:15-1:45

-As many participants as possible. Brackets will be created in advance.

- Two athletes will face off head to head, on 3,2,1...Go, both athletes must have their feet off the ground. The first person to have their feet touch the ground is eliminated. If it is too close to call, there will be a redo.
- If you fail to kick up from the word "GO" you may be eliminated.
- The top 4 places will perform a best two out of three series.
- 3 scoring opportunities:
 - 3 points for 1st place
 - 2 points for 2nd place
 - 1 point for 3rd place
- 6 points total
- Additional prize for top athlete!

Sled Drag and Egg Spoon Relay

- Start time 1:45pm-2:15pm
- 8 men/8 women per gym. Teams of 2 men/2 women.
- Score will be total time to complete the following: Women first, one at a time, sled drag out and back), then egg on a spoon carry out and back. Then the men perform the same.
- The sled drag will be about 150m (75m out and back). Women 2-45lb plates. Men 3-45lb plates.
- The egg carry will be over the same distance, but on the way out the athlete must perform 5 box step up and overs. The standards will be to come to full extension before stepping off the other side and then walking back around to the front for the next rep. The 5th rep they can continue out and finish the carry.
- If the egg is dropped, the athlete must run back to the "Egg Basket" to retrieve a replacement egg and start wherever they dropped their egg.
- The Egg must be transferred without the use of hands.
- 3 scoring opportunities:

- 6 points for 1st place
- 4 points for 2nd place
- 2 points for 3rd place
- 12 points total

Surprise Wod!

- Start time 2:15 - 3pm
- 8 men/ 8 women per gym
- Details to be announced before the start of the Relay Race!
- 2 scoring opportunities of 6 points each
 - Top 3 men scores
 - Top 3 women scores
- 12 points total
- Additional Prize for top male/female

Olympic Lifting Total

- Start time may vary depending upon interest, but thinking around 2:30-4:30pm
- Number of participants per gym TBD
- Each athlete will have 3 attempts at the Snatch and Clean and Jerk to find their total amount of weight lifted.
- This will not be strict USAW standards. For the snatch, the weight must go overhead in one movement and the clean and jerk in two movements. If a bar is pressed out, it will still count.
- Each athlete will have 1 minute to perform their lift once the weight is set

(we won't DQ you or anything, this is just to keep things on time:)

- Singlets not required
- 2 Scoring opportunities of 6 points each
 - Total weight lifted of top 3 men
 - Total weight lifted of top 3 women
- 12 Points total
- Additional Prize for top male/female

The following events will be setup the entire duration of the day and can be judged and recorded on the whiteboard by any member of the opposing gym. Each of these events will be worth 6 points total: 3 points each for total score of the top 3 men and top 3 women.

Slack Line for distance

- There will be markers to allow for easy measuring
- Each athlete will get 3 attempts (assuming there is a line)

Basketball hoop challenge

- Each athlete gets 5 shots to accumulate a total score
- There will be 5 lines to shoot from worth 1-5 points

Bean Bag Toss

- Each athlete will get 8 tosses from a single line for a total score
- A bag in the hole is worth 3 points and on the board is worth one.
- Hanging halfway in the hole is still worth one
- If the bag manages to hit the ground and roll or bounce on that does not count
- If a bag is knocked off by another throw, it does not count