

Paradiso CrossFit World Championship Event Details

Hosted at Muscle Beach on Saturday, November 1st. Read below for the event details and then click [HERE](#) to signup. Please email me at david@paradisocrossfit.com if you have any questions or concerns.

Timeline of Events

7-11am: Equipment Drop off and Setup
11am-1pm: Warmup and “Dirty Dozen” testing will begin
Noon: National Anthem and start of “10k Burden Run”
12:30-1pm: Tug of War Tournament of Champions
1:10-1:40pm: Egg Race Amrap
1:50pm-2:20pm: Team Series Triplet
2:30-3pm: Conga Line Chipper
3:10pm-4:30pm: Finish “Dirty Dozen” testing
4:30-6pm: Clean up and Equipment drop off
8pm-Late Night: After party and Winners announced

“The Dirty Dozen”

The following 12 events will be tested throughout the day, with small breaks depending upon the Main event that is occurring. We are encouraging you to all participate in as many of these events as possible. Signup and participation for these will be on a first come, first served basis at the event, so choose wisely!

Each event will provide a total of 20 possible points, scored in 3 different categories:

- **Top 3 Male/Female – 3/2/1 points for each place, respectively** – This is the biggest chunk of points for each event
- **Accumulated Score – 5 points** – The total male and female results will be added to see which gym has the higher score for each individual event.
- **Total Participants – 3 points** – For certain events, like Burpees, this will simply be participatory, but for others, like the Strict Pullups, you will have to be able to perform the movement for your participation to count towards the gym total.

The 12 Events are as follows:

Max Bar Facing Burpees in 2 minutes
Max Row for Calories in 2 minutes
Max Bar Muscle-ups

Max Strict Pullups
Max Strict Handstand Pushups
Olympic Lifting Total (Snatch plus Clean and Jerk, 3 attempts at each)
Max Pistols (alternating) in 2 minutes
Max Unbroken Toes to Bar (no rest between reps allowed)
Max Double Unders in 2 minutes
Max Handstand Hold in 3'x3' square
Max Lsit with feet over 2x45lb plates
3 rep Max Front Squat from Rack

MAIN EVENTS

These events are meant to test the teamwork, depth and specialties of each gym. Each event will provide 20 possible points. Click [HERE](#) and use the tabs at the bottom or sign up at your gym if you are interested in participating in any of the following events. ***You must signup by the end of the day on Wednesday, October 29th so we can assign heats and teams by Saturday. This is also where you can signup to be a volunteer! Volunteers may contribute as much time as they want and may still participate in the events.***

10k Burden Run

Scoring: 10 points for Gym Score, 5 points each for top Male/Female Pair

Teams of 2 of the same gender will perform 5 laps, running from the basketball court to the pier in the sand and back on the bike path. The first 4 laps will consist of a single implement that the partners must share in carrying, only one person working at a time. The final lap is no weight:

Lap 1: KB Farmers Carry (35/25) – one athlete must carry both Kbs at the same time

Lap 2: Ruck Sack (75/50)

Lap 3: Plate Carry (45/25)

Lap 4: Med Ball Carry (20/14)

Lap 5: Sprint!

Each gym will have 2 male teams and 2 female teams (16 individuals).

Tug of War

Scoring: 20pts to single winner

This was by far the most exciting event of the competition last year! You may signup as a team of 4 or as an individual and we will assign you to a team. The bracket will be dependent on the number of people that sign up, but will be designed to have the top teams go head to head in the finals.

Egg Race Amrap

Scoring: 10 points for total Gym Score, 10 points for top score

Teams of 4 (2 men/ 2 women) will attempt to move as many eggs as possible from one end of the court to the other in 10 minutes by performing the following:

50ft Overhead Lunge with Egg in plate (45/25)
10 Wall Ball Egg Throws over the pullup bar
50ft Overhead Run with Egg in plate
Place egg in basket

One man and woman will be working at the same time. If you drop an egg at anytime, you must start from the beginning. You may switch athletes or try again, up to you. The team with the most eggs in the basket at the end is the winner!

Each gym will have 4 teams (32 individuals)

Team Series Triplet

Scoring: 10 points for total Gym time, 10 points for top team

Teams of 4 (2 men/ 2 women) will complete the following:

100 Double Unders each, relay style
100 Front Squats (115/75)
100 Push Press (115/75)
75 Double Unders each, relay style
75 Front Squats (115/75)
75 Push Press (115/75)
50 Double Unders each, relay style
50 Front Squats (115/75)
50 Push Press (115/75)
-20 min cap-

For this entire event, only one athlete may work at a time. Each athlete must perform the total number of double unders before the team can move on to the Front Squats and Push Press. There will only be one bar for the men and women and they must tag each other with a high five before switching. The reps may be partitioned however they want.

Each gym will have 3 teams (24 individuals)

Conga Line Chipper

Scoring: 10 points for total Gym time, 10 points for top team

Teams of 6 (3 men/3 women) will complete the following for time:

30 calorie Row
25 Toes to Bar
20 Power Snatch (95/65)
15 Burpee Box Jumps
10 Full Court Sprints

This will work in a “conga line” fashion, where the first athlete will start on the rower. When the first athlete moves to the toes to bar, the second athlete may get on the rower and so on and so forth. The team may decide what order the athletes will start, it can be all 3 women, then all 3 men or alternating men and women, it doesn't matter. The goal is to create the fastest way for all 6 athletes to make it to the finishing block first. Each length of the court equals one rep and both hands must touch the line.

Each gym will have 2 teams (24 individuals)