

2022 SPORT GUIDE

MASTERS



EVENT INFORMATION

CrossFit® Strength in Depth is an Individual and Team competition, which will be held in London over the 10 – 12 June 2022.

The top five winning Elite Males, Elite Females and Elite Teams will advance to the NOBULL CrossFit® Games 2022.

Travel

ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London, E16 1XL.

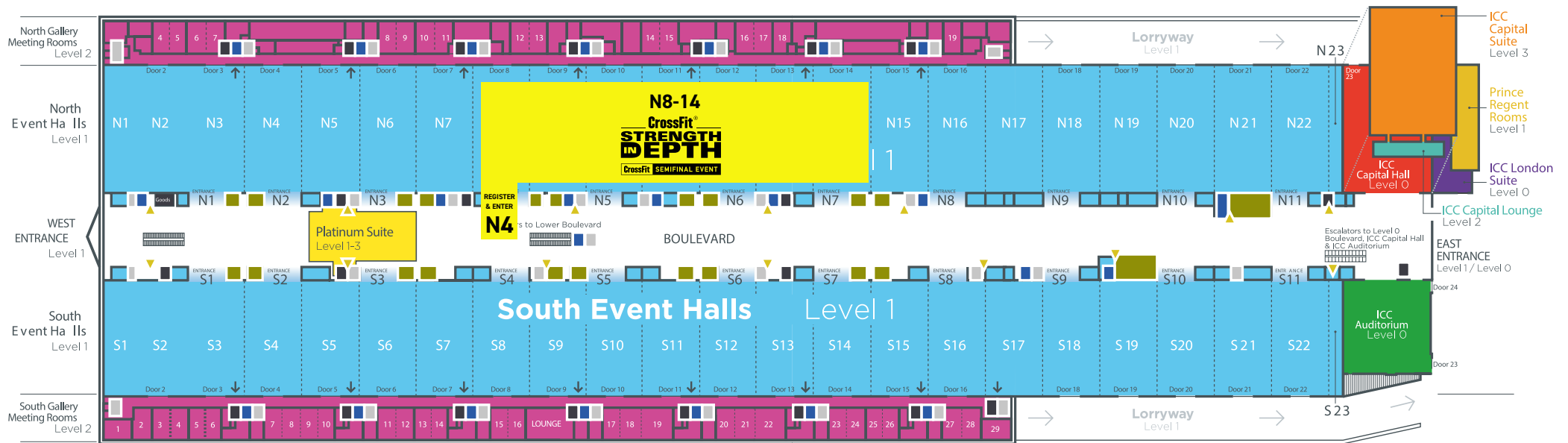
London is one of the world's busiest international hubs, and can be reached by more people, from more destinations, in less time than any other city in the world. Find out how to travel by car, train, tube, taxi or plane by hitting this link: <https://www.excel.london/visitor/getting-here>

Getting to ExCeL London couldn't be easier!

Use Custom House DLR station for the closest exit for CrossFit® SiD 2022. The ExCeL London should be accessed via the West entrance.

The Venue

Onsite, there will be two competition arenas: Arena 1 and Arena 2. Arena 2 will be standing viewing only. Arena 1 will be a mixture of seating and standing viewing, seats are not allocated and will work on a first come first served basis. There will also be a vast Vendor Village, Athlete Area, Warm Up Area and dedicated Athlete Support



CROSSFIT SiD ATHLETE INFORMATION

Athlete & Coach Registration: Thursday 9 June 1600hrs – 1830hrs

** If you are unable to make registration on Thursday, there will be a short window on Friday 10 June to register from 0800 – 0830hrs. We would however rather that all athletes register on Thursday 9 June. If you require to register during the Friday registration window, please email hello@strengthindepth.com

Competition Days: Friday 10 June - Sunday 12 June 2022.

There will be no cuts across the weekend.

Event Schedule: The full event breakdown of timings will be released on competition corner.

Friday 10 June

Masters Briefing 1100hrs - Events 1, 2, 3, 4

Event live from 1500hrs

Event finish 2000hrs

Saturday 11 June

Event live from 0900hrs

Event finish 1647hrs

Masters Briefing 1830hrs - Events 5, 6

Sunday 12 June

Event live from 0900hrs

Event finish 1526hrs

Athlete attire: There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

UP AND COMING DEADLINES:

Coach passes: included within your Athlete Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor.

Please note: All Coaches must purchase a Spectator Pass to gain access to the venue. Coach Access Passes will not be allocated without presentation of a Spectator Pass.

If not already, please complete this short form confirming your Coaches details by Friday 3rd of June Form link: <https://forms.gle/kfLekPDcrMD7oRcH8>

Any changes following this date, must be emailed to hello@strengthindepth.com.

Athlete Waiver: It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by Friday 3rd June 2022. Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

FRIDAY EVENTS

MASTERS EVENT 1

3 Attempts for Max Load of:
Clean & Jerk (Ground to Overhead)

Cap: 6 minutes

NOTES

This workout begins with the athlete standing off the edge of the platform on the rubber matting. After the call of “3, 2, 1... go,” the athlete will step onto the platform and load the bar for their first attempt. Athletes will have a total of 6 minutes during which they attempt to produce the heaviest possible Clean and Jerk (Ground to Overhead)

Athletes may increase or decrease the load at their discretion throughout the course of the 6 minutes.

Scoring

The athlete's heaviest successful lift will be their score for the event.

MOVEMENT STANDARDS

Clean

- Each rep begins with the barbell touching the floor.
- The bar must be brought to the shoulder in one motion.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- If the athlete's knee touches the floor during the attempt, the rep will not count.

The rep is credited when:

- The athlete's hips and knees reach full extension and the bar is supported in the front-rack position.
- The elbows must be in front of the bar when viewed from profile.

JerK (Shoulder-to-Overhead)

- The jerk begins after full extension of the clean with the bar supported in the front-rack position.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

The rep is credited when:

- The barbell is locked out overhead with the arms, hips, and legs fully extended.
- The bar is over or slightly behind the centre of the athlete's body, with feet in line.
- If the athlete fails the jerk and brings the barbell back to the rack position, the athlete may NOT reattempt the jerk. (Note: This is for athlete safety — we do not want to encourage risky re-racking of a failed lift to gain another attempt)

MASTERS EVENT 2

For Time:

30-24-18M/ 24-18-12F

(24-18-12 M55+/18-12-6 F55+)

Kcal Echo Bike

15-12-9

Devil's Press 2x 22.5/15

(15/10kg 55+)

Cap: 10 Minutes

NOTES

This workout begins with the athlete standing on the start mat behind the rig. After the call of "3, 2, 1... go," the athlete will step off the mat and advance to the Echo bike to perform the first round of bike calories. Following the bike, the athlete will advance to the lane where they will complete their Devil's Presses. The athlete will continue in the same manner to complete the next two rounds of bike and Devil's Press repetitions before running to the finish mat at the end of the lane.

Time stops upon reaching the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Echo Bike

- The athlete must not adjust the monitor
- The athlete must remain on the bike until the required number of calories has registered on screen

Devil's Press

- The athlete must begin the repetition with chest and thighs in contact with the floor and hands on the dumbbell handles.
- After touching chest and thighs to floor the athlete must then move the dumbbells in one smooth motion to the overhead position without stopping at the shoulder.
- A rep is called when both dumbbells are locked out overhead with knees, hips and elbows at extension.
- The athlete's hips and torso must remain within the lane at all times. Feet may pass outside of the lane.

SATURDAY EVENTS

MASTERS EVENT 3

3RFT:

9 Hang Power Snatches (60/40kg)
(50/35kg 45+) (40/30 55+)

30 Pistol Squats

(30 weighted box step ups 20" 1x 15/10kg55+)

21 Pull-up

(RD 1)/ 15 C2B (RD 2)/ 9 BMU (RD 3)

Cap: 14 minutes

NOTES

This workout begins with the athlete standing on the start mat behind the rig. After the call of "3, 2, 1... go," the athlete will step off the mat and progress to the bar to begin their first round of power snatches. Following the snatches, the athletes advance to perform 30 alternating pistol squats. Following the pistol squats, the athlete will transition to the rig to complete the first round of gymnastics (pull ups).

The athlete will work their way through the next two rounds as they did in the first: round 2 with chest to bar pull ups and round 3 with bar muscle ups.

Upon completion of the final set of bar muscle ups, the athlete will return to the lane, step over the bar and run to the finish mat. Time stops upon reaching the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the -minute time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Pull-up

- At the start of each rep, arms must be fully extended, with feet off the ground
- Any style of pull-up or grip is permitted as long as the requirements are met
- The rep is credited when the chin breaks the horizontal plane of the bar
- A 6" riser will be provided for the athletes that require it

Chest-to-Bar

- The athlete's chest must make physical contact with the bar for each repetition to count

Bar Muscle Up

- The athlete must pass through some portion of a dip - an uprise or similar is not permitted
- The athlete must demonstrate support over the bar with elbows locked out prior to descending for the next repetition
- At no point during execution of this movement may any portion of the foot rise above the level of the bar

Alternating Single Legged Squats

- Athletes must alternate the legs for each repetition
- No part of the athlete's body may touch the floor other than the foot of the working leg

Weighted Box Step Ups

- Rep start with both feet on the floor and dumbbell supported off the floor using hands or shoulders
- A rep is counted when the athlete reaches extension of knees and hips on top of the both.
- Both feet must reach the floor for the next rep to begin

Hang Snatch

- The athlete must come to full extension before returning to the hang ABOVE the knee to begin the repetitions
- The athlete's bar must move in one continuous motion from the hang to the overhead position and the athlete must demonstrate full extension of the knees hips and elbows
- Any variation of the hang snatch may be used provided that the general standards are otherwise satisfied

MASTERS EVENT 4

For time:

1000m Run

2000m Row

300 DU

1000m Run

Cap: 30 minutes

NOTES

This workout begins with the athlete standing on the start mat at the assault runner. After the call of "3, 2, 1... go," the athlete will step off the mat, mount the runner and run one kilometre. Once the run is complete, the athlete will advance to the Concept 2 Rower to perform a 2000m row. Upon completion of the row, the athlete will advance to the double unders and perform 300 double unders. Upon completion of the 300 double unders, the athlete will mount the runner and run one kilometre. Upon completion of the second kilometre run, the athlete will move to the finish mat in their lane.

Time stops when the athlete reaches the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions/distance completed before the time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Run

- The athlete must not adjust the monitor
- The athlete must remain on the runner until the required distance has been registered on screen
- The athlete may not hold the bars during the run but may use them for balance on mounting/dismounting the runner

Row

- The athlete must not adjust the monitor. The damper will be set to 5 prior to the event but may be adjusted by the athlete once the event has begun.
- The athlete must remain on the rowing machine until the required distance has been registered on screen

Double Unders

- The athlete must provide their own ropes. CrossFit Strength in Depth will not provide ropes for the event. Ropes will be laid out at the first increment assigned to double unders in the lane prior to the event.

SUNDAY EVENTS

MASTERS EVENT 5

For Time:

5-4-3-2-1

Rope climb

15-12-9-6-3

Thrusters 50/35kg

(40/30kg 45+) (35/25kg 55+)

Cap: 9 minutes

NOTES

This workout begins with the athlete standing on the start mat behind the rig. After the call of "3, 2, 1... go," the athlete will step off the mat and advance to the rig to perform the first round of 5 climbs before running to the lane to complete the first set of thrusters.

Following the thrusters, the athlete will advance the bar forward one 5 foot lane increment to demonstrate progress in the workout before returning to the rig to begin the round of 4 rope climbs and 12 thrusters. The athlete will continue in the same manner to complete the remaining rounds before running to the finish mat at the end of the lane. Time stops upon reaching the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Thruster

- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

The rep is credited when:

- The barbell is at full lockout overhead with the hips, knees, and arms fully extended.
- The bar must be directly over or slightly behind the middle of the body with the feet in line.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may NOT receive assistance moving or resetting their barbell.

Rope Climbs

- The athlete must climb the rope and touch the crossbeam at the top.
- Jumping up to begin each ascent is permitted.
- The athlete may use their legs.

MASTERS EVENT 6

For Time:

25 Deadlifts 100/65kg *

50ft Handstand Walk**

25 Box Jump Overs 24/20"*** (55+ may step)

50 Toes to Bar****

25 Box Jump Overs 24/20"

50ft Handstand Walk

25 Deadlifts 100/65kg *

*55+ 75/50kg

** 55+ Single arm DB Overhead Lunge round 1 (15/10kg)/ HSW round 2

*** 55+ may step over

**** 55+ 30x Reps

Cap: 12 minutes

NOTES

This workout begins with the athlete standing on the start/finish mat at the end of the lane. After the call of "3, 2, 1... go," the athlete will step off the mat and advance to the barbell to perform the first set of 25 deadlifts. Following the deadlifts, the athlete progresses to the 50ft handstand walk, advancing down the lane in scored increments of 5ft. The athlete will need to complete two lengths of a 25ft course to complete the required distance. Following the handstand walk, the athlete progresses to the plyo box to complete 25 box jump overs. After the box jump overs, the athlete makes their way to the rig to perform 50 toes to bar. Upon completing the toes to bar the athlete will make their way through the workout in reverse in order to return to the start mat. Time stops upon reaching the start/finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Deadlift

- The bar starts on the ground, for the rep to count, the athlete must move the bar to full extension of the hips and knees at the top of the movement
- Both heads of the barbell must be in contact with the floor at the same time
- No bouncing of the bar is permitted

Handstand walk

- When kicking up, the hands (including the fingers) must be placed on the ground BEHIND the RED line
- Placing the hands or fingers on or over the RED line when kicking up constitutes a no rep
- Each 5ft increment of the 50ft measured distance will count as 1 rep
- After 25ft is travelled the athlete will turn and repeat the distance back to where they began the handstand walk.
- Both hands, including palms and fingers, must touch the ground completely clear of the RED line marking the end of the increment before the feet touch the ground
- If at any time the athlete comes down from their hands before finishing the increment, they must repeat the entire increment
- Athletes are not required to kick down after completing an increment

Dumbbell Overhead Lunge

- The repetition begins with the dumbbell held overhead with knees, hips at extension and the dumbbell held overhead. Feet must be behind the increment line.
- The dumbbell cannot rest on the athletes head
- For a lunge to count the knee must touch the ground before proceeding to the upright position
- The dumbbell can be held overhead in either arm
- As the handstand walk 50ft must be completed in 5ft increments. Failure to maintain the movement standard will result in repeating distance from the last successful 5ft increment.
- Each increment is completed when the foot of the athlete breaks the line of each increment line.

Box Jump Overs

- The athlete starts with both feet on the ground on one side of the box
- A lateral jump (starting with the feet parallel to the box) IS permitted
- A two-foot takeoff is always required, and only the athlete's feet may touch the box
- After landing on the box, the athlete must STEP OFF to the other side
- There is no requirement to stand tall while on top of the box
- Athletes MUST step down from the box for the rep to count
- Rebounding into the next jump is NOT permitted
- The rep is credited when both feet have touched the ground on the opposite side of the box

Box Step Overs

- Rep start with both feet on the floor
- A rep is counted when the athlete reaches extension of knees and hips on top of the box.
- Both feet must reach the floor on the other side of the box for the next rep to begin

Toes to Bar

- Athletes begin by hanging from the pull-up bar with arms extended
- The heels must be brought back behind the bar
- Overhand, underhand, or mixed grips are all permitted
- The rep is credited when both feet contact the bar between the hands at the same time
- Any part of the feet may make contact with the bar

CrossFit® 
STRENGTH
IN DEPTH

