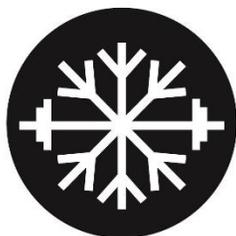


EVENT 1: “3 GIRLS”



**WINTER
CLASSIC**

IN ASSOCIATION WITH **CrossFit**

Weekend Warrior Division

For Time: 16 Minute Cap
Work may be split between team members.
No minimum work requirement on any movement.

“Diane”
21-15-9
Deadlifts 185 LBS (Men) / 125 LBS (Women)
Dumbbell Push Presses 40 LBS (Men) / 30 LBS (Women)

“Jackie”
1,000 Meter Row
50 Thrusters 35 LBS (Men & Women)
30 Banded Pullups (Using a #3 Rogue Monster Band)

“Grace”
30 Clean & Jerks 95 LBS (Men) / 65 LBS (Women)

Event Overview

Event 1 begins with both athletes standing under the pullup bar. At the call of “GO”, athletes advance and begin deadlifts. (Males and females will use 45 lb barbells.) After deadlifts are completed they must return to the rig to complete dumbbell push presses. The non-working athlete must hold a high plank while the other performs reps. Reps started or finished while your partner is not holding a high plank will not count. This cycle will continue until “Diane” is completed.

Next, athletes move to the rower and begin “Jackie”. After the 1k row, they move to the barbell and perform thrusters. (Males and females will use 35 lb barbells.) Athletes then move to the pullup bar where the non-working athlete must hang from the bar while the other performs reps. Reps started or finished while your partner is not hanging from the bar will not count.

Finally, athletes move down the floor to the barbell to begin “Grace”. Males and females must load the bar and install clips before they can begin reps. (Males will set the load on the 45# barbell. Females will set the load on the 35# barbell.)

The workout will end once they have completed their final rep and both athletes run down the floor and cross the finish line. Time stops when the last athlete on your team crosses the line.