

CROSSFIT

EVENT CO-ORDINATOR: Tabi Maroney & Tim Garner
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DATE: Wednesday 17 June, 2020 8:00 AM

LOCATION: CrossFit Magic Dragon
4811 Osage Beach Parkway
Osage Beach, MO 65065
573-693-9788

GUIDING BODIES: Can-Am Police-Fire Games Federation
www.canamgames.org

SPORT DESCRIPTION:

This event will test the athlete's strength, and endurance by moving a given weight, a given number of repetitions in the shortest time possible. There will be an Endurance Test, Strength Test, and 2- Metabolic Conditioning Tests using the following standards:

Can-Am Games CrossFit Event

Weight and Movement Standards List

Possible Weighted Movements:

	Division A U30, Senior, Master	Division B U30, Senior, Master	Division A GrandMaster	Division B GrandMaster
Deadlift	245/175	185/125	185/125	135/95
Front Squat	155/105	95/65	95/65	75/55
Clean	155/105	95/65	95/65	75/55
S2O	155/105	95/65	95/65	75/55
OHS	115/85	75/55	75/55	55/35
Snatch	115/85	75/55	75/55	55/35
Thruster	115/85	75/55	75/55	55/35
Single Arm Db Movements	50/35	35/25	35/25	25/15
Odd Object (e.g. sandbag, stone)	? (no heavier than barbell movements)	? (no heavier than barbell movements)	? (no heavier than barbell movements)	? (no heavier than barbell movements)
Sit-Ups				
Lunges				

Possible Bodyweight Movements:

Box Jumps/Step Ups	24/20
Burpees	
Sit-Ups	
Pull-Ups (Division A: U30, Senior, Master only)	
Ring Rows	
Toes To Bar (Division A: U30, Senior, Master only)	
Knee Raises	
Row (Distance or Calories)	

***Be prepared for a max weight event.**

BRACKETING:

This is an individual event. Event will be run in 8 person heats.

Division A- Pro/Elite

Division B- Scaled/Novice

EVENT ENTRY CODES

Men CrossFit	Division A U30	CFSC01A	S	18-29	M
Men CrossFit	Division A Senior	CFSC02A	S	30-39	M
Men CrossFit	Division A Master	CFSC03A	S	40-49	M
Men CrossFit	Division A Grand Master	CFSC04A	S	50+	M
Men CrossFit	Division B U30	CFSC05A	S	18-29	M
Men CrossFit	Division B Senior	CFSC06A	S	30-39	M
Men CrossFit	Division B Master	CFSC07A	S	40-49	M
Men CrossFit	Division B Grand Master	CFSC08A	S	50+	M
Women CrossFit	Division A U30	CFSC01B	S	18-29	F
Women CrossFit	Division A Senior	CFSC02B	S	30-39	F
Women CrossFit	Division A Master	CFSC03B	S	40-49	F
Women CrossFit	Division A Grand Master	CFSC04B	S	50+	F
Women CrossFit	Division B U30	CFSC05B	S	18-29	F
Women CrossFit	Division B Senior	CFSC06B	S	30-39	F
Women CrossFit	Division B Master	CFSC07B	S	40-49	F
Women CrossFit	Division B Grand Master	CFSC08B	S	50+	F