

September 20, 2025

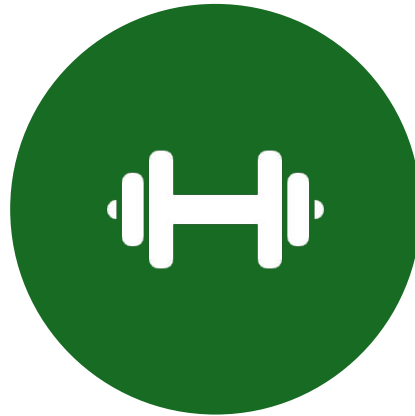
Judges and Captains Call



Agenda



SCHEDULE



WORKOUTS



FLOW, STANDARDS
AND SCORING

2025 Highlights

- Back to Basics – Accessible for all abilities
- 3 Max Lifts
- Championship workout is back
- Fun Floater
- **No worm**



Schedule		
	Time	Who
field lights on, set-up, DJ arrives	6:00 AM	Event staff and volunteers
ing	7:00 AM	Studio 77
sign arriving	7:00 AM	Anna, Denny
sk-in	07:30 - 08:30	
announce judges brief in 10 mins	7:50	emcee
ef	8:00	Jennifer and Jon
reminder to warm up, begin in 15 mins	8:30	
A BEGINS		
thank sponsors, introduce Brian Crispin	8:45	emcee
remarks - thanks from WM, fundraising update (closes at noon for score), opening prayer		
for the singing/playing of our National Anthem	8:48	emcee
judges to their stations	8:50	emcee
heat 1 teams/lane assignments		emcee
Floater WOD on south side of field		emcee
IGINS		
oup 1	09:00 - 09:22	CF HSE Team
oup 3		
it		General Volunteers
oup 2	09:40 - 10:02	CF HSE Team
oup 4		
of WODs & Field Reset		General Volunteers
oup 3	10:20 - 10:42	CF HSE Team
oup 1		
it		General Volunteers
oup 4	11:00 - 11:22	CF HSE Team
oup 2		
up for next WODs	11:22	General Volunteers
ak		Staff & Participants
2 winners announced + prizes	11:40	
ak	12:00	General Volunteers

Key Timings for the Morning

- Team Check In: 07:30-8:30
- Introductions 08:45
- WOD 1 + 2 start at 09:00
- Floater starts at 09:00
- WOD 1 +2 Prize Giving 11:40am
- Lunch Break

Key Timings for the Afternoon

- WOD 3 + 4 start at 12:30
- Floater closes at 14:45
- WOD 3 + 4 Prize Giving 15:00
- Spirt award prize giving 15:00
- Top 7 teams announced 15:15
- Championship WOD 15:25
- Podium Prizes 15:40



3 Group 1	12:30 - 12:52	CF HSE Team
4 Group 3		
Reset		General Volunteers
Prize Event 1: Fundraising winners + prizes	12:30	
3 Group 2	13:10 - 13:32	CF HSE Team
4 Group 4		
Rotation of WODs & Field Reset		General Volunteers
3 Group 3	13:50 - 14:12	CF HSE Team
4 Group 1		
Reset		General Volunteers
3 Group 4	14:30 - 14:52	CF HSE Team
4 Group 2		
Set-up for Championship		General Volunteers
Award winner announced + prize	15:00	
3 & 4 & Floater winners announced + prizes	15:00	
Teams Announced for Championship	15:15	
Championship WOD	15:25	Top 7 teams
Loading trucks	3:00	General Volunteers & Staff
Podium Prizes	3:40	Top 3 Overall Winners



VENDORS

Myo-Fit Mobility & Therapy
Central Indiana Orthopedics

ATI Physical Therapy
Blue Crew
Restored Creations
Rieth-Riley Construction

Drumstick Dash
Prime Car Wash

FOOD VENDORS 1100 AM - 100 PM

Chick-fil-a
HercuLean Meal Prep
Gordon's Milkshake Bar (all day)

TEAM AREA

Teams may set up tents outside the fence around the track anywhere not already reserved. Please deposit all trash in a trash receptacle before leaving.

BASIC SCHEDULE

7:30 AM Teams check-in begins
8:00 Welcome
8:30 Workouts 1 & 2
11:40 Reset Field
12:00 PM Event 1: Fundraising ends for score
12:15 Workouts 3 & 4
2:45 Results Announced
3:00 Championship (top 7 teams)
3:40 Awards



25.1

Establish a 1RM Max
Clean + Strict Press
Time domain: 22
minutes



Movement Standards

Clean

Athletes may execute any form of clean (power, squat, muscle, etc), as long as it's taken from the floor. Hang cleans are not permitted.

The movement is completed when the athlete's hips and knees are fully extended at the top of the lift, with the bar racked on the shoulders. The elbows must be in front of the bar when it is racked on the shoulders.

Strict Press

Legs should be locked out and straight, with no bending or bouncing at the knees or hips.

The movement is completed when the arms are fully extended overhead, with the bar directly over the middle of the body.

The barbell will be taken from the rack



Scoring

1 Score

Combined weight lifted from both lifts for females and males

In the event of a tied score the team with the heaviest individual who successfully cleaned the most will take the higher score



Movement Standards

Burpee Box Jump Overs

Athletes will begin with both feet on the same side of the box and drop into a burpee, ensuring chest and thighs touch the floor.

Upon returning to the standing position, athletes will execute a **two-foot take off** and jump completely over the box. Only the athlete's feet are allowed to make contact with the box.

The repetition is complete once both feet make contact with the ground on the opposite side.

Athletes are not required to show full extension jumping onto the box and are allowed to either step or jump down after landing on top of it.

Sandbag Devil's Press

Athletes will begin with the sandbag placed on the ground just in front of their feet and either jump or step back into the high plank position while gripping the sandbag with two hands and then lowering their chest to the ground.

Athletes will then jump their feet forward and use their hip drive to move the sandbag from between their legs to an overhead, locked-out position.

The rep is completed when the sandbag is overhead, with arms fully extended.

The sandbag must return to the ground before the athlete can begin the next rep.



Scoring

1 Score

Total Reps of BBJO and Sandbag
Devils Press added together

In the event of a tied score the team
who completed Part A the fastest
will take the higher points





Movement Standards

Bench Press

- Each attempt starts with full extension of the arms
- Before lowering, the athlete must pause with the arms clearly extended and the bar over the torso.
- A spotter may be used to assist with a lift out of the rack. The spotter's hands must be clearly off the bar before the bar is lowered.
- Both feet must remain on the floor (or bumper plates) throughout the entire rep.
- The shoulders and buttocks must remain in contact with the bench throughout the rep.
- During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count.
- The bar **MUST** make contact with any part of the torso at the bottom of the lift.
- The athlete may **NOT** pause or rest with the bar on the torso.
- The rep is complete when the athlete's arms are fully locked out with the barbell over the torso

Single Unders

- The rope must pass under the feet once per jump in a forward direction.
- A successful rep counts only when the rope passes under both feet.
- A two-foot take off and landing is required (no speed-steps)

Double Unders

- The rope must pass under the athlete's feet twice per jump, with the rope spinning forward.

Cross Over Single Unders

- The athlete must first perform a standard single under, then cross their arms in front of them during the jump, completing the cross deep enough to get the rope under their feet and into the correct single under position to start the next rep.
- The rope passes under the feet once for each jump.
- The rope must spin forwards for the rep to count.
- A two-foot take-off and landing is required (no speed-steps).
- A rep will be counted every time there is a change from hands crossed to hands uncrossed, or vice versa, **AND** the rope successfully passes under the feet.

Counting begins the first time the hands cross and the rope passes



Scoring

2 Scores

Score 1: Total weight lifted on the Bench Press

Score 2: Total time taken on Part B

In the event of a tied score the team with the heaviest individual who successfully benched the most will take the higher score





25.4

20 Minute AMRAP

In Teams of 2 (M/F)

- 1 Synchro Kettlebell Swing (53/35)
- 1 Synchro Hand Release Push Up
- 1 Synchro DB Snatch (50/35)
- 1 Synchro Sandbag Squats (80/40)
- 1 Partnered Wallball Sit Up

*Add 1 rep to all movements after each round until you reach 10, then descend from 10 back to 1.

Rep Scheme:

1-2-3-4-5-6-7-8-9-10-10-9-8-7-6-5-4-3-2-1



Movement Standards

Synchro Kettlebell Swings (American Style)

- The synchronized repetition counts only when both athletes **simultaneously** achieve the following positions at the same time:
- **Start/Bottom:** The kettlebell passes behind the heels at the bottom of the swing
- **Top:** The athletes stand upright with hips and knees extended. Arms are straight and locked out overhead. The base of the kettlebell faces upwards, directly over the ears, shoulders, hips and ankles.

Synchro Hand Release Push Ups

- The synchro hand release push-up is completed when both partners' chests and thighs touch the ground **simultaneously**, after which their hands lift off the ground and their arms fully extend out to the side before pushing back up to a full lockout.

Synchro DB Snatch

- The synchro DB standard requires both athletes to simultaneously extend their arms, hips, and knees with the dumbbell overhead, with the dumbbell positioned over the middle of the body.
- The rep starts with both heads of the dumbbell on the ground, and the dumbbell is lifted in one motion.
- If one athlete finishes early, they must wait for their teammate to reach the fully locked-out over-head position before both athletes can bring the dumbbell back down to the starting position.
- A no rep will be given if one athlete lowers their dumbbell before their partner reaches the overhead lock-out position.

Sandbag Squats

- The rep starts with both athletes lifting their respective sandbag onto the back of the shoulders. They will then both descend into a squat with their hips below their knees (first part of the syncro) and then ascend to complete knee and hip extension (second part of the syncro)
- If one athlete finishes early, they must wait for their teammate to catch up.
- A no rep will be given if athletes are out of sync and do not resynchronize within the next rep.

Partnered Wallball Sit Ups

- The starting position will begin with both athletes on the floor, facing each other. Athletes may have their legs in any position they desire.
- The movement starts when one athlete performs a sit up and has arms fully extended with the wallball overhead, touching the ground, at the bottom of the rep. The athlete will then "sit-up" with the wall ball and pass it to their partner to begin the next rep.



Scoring

1 Score

Total Rounds

*Each pair through = 1 Round

In the event of a tied score the team that made it through the first round of 10 the fastest twill take the higher score



Flow

On 3...2...1...Go:

The first 3 athletes will move forward to the ski ergs and complete a 8/6 Cal Ski, once complete they will then put both feet in their sacks and jump forward 25ft turn around and jump back 25ft.

Once the 50ft is complete athletes will get out of their sacks run forward and tag the next athlete

Score = Rounds + Reps

*1 athlete completing a 8/6 cal ski and sack race = 1 Round

**1 cal = 1 Rep

***25ft = 1 reps (no score if you do not complete the full 25ft)

Tied score will be awarded the same points





Championship

The What

- Top 7 Teams
- Double Points
- Points do not reset
- Announced on the day

Minimum Standards

- 165/115 Snatch
- 165/115 Clean and Jerk
- 150/100lbs Sandbag Cleans
- 315/225lbs Deadlifts
- Handstand Walks
- Tall Box Jumps 30/24
- Yoke Pull Ups

Lessons Learned/ Restrictions

- Expected Forecast 80+
- Plenty of fluids/food/cover/coolers
- No Barbells allowed outside of the weightlifting area
- No Dropping of KB or DB – 1 minute standing penalty
- Tents to be set up off the track





Questions?

Email:
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