

ATHLETE PACKET



Introduction	2
Teams	3
Heat Assignments	4
Event Descriptions	6-14
Event 1	6-7
Event 2	8, 10
Event 3	9-10
Event 4	11
Event 5	12-13
Floaters	14
Facility Map	15
Scoring	16

INTRODUCTION

Welcome to the second ever 307 Throwdown. Thanks for signing up!

Make sure your team understands the schedule. Your full team is required to be at the athlete briefings on Sat & Sun mornings. You are also required to check in during one of the checkin times on Fri or Sat. You and your team can come see the venue anytime before Saturday.

All judges are attending our Judges Clinic to make sure we have the fairest and smoothest event possible. Judges will be judging off the standards that we've included in this packet. It will be your responsibility to understand each event's details and standards prior to the competition. If you have questions about anything please let us know prior to the day of the event. We will be sticking to the schedule published and will start a WOD without you if you're not ready. We also expect your team to clear the floor after your heat to allow others to prepare. There will be a designated "fan area" and athlete warmup area for you to set up your "camp."

Below, we will cover some bullet points for each event that we hope will help you be prepared. **There have been a few modifications and clearer definitions since the release of the Events.**

Event 1A: For the Snatch, a teammate may start a snatch once the previous teammate has released the bar. We do allow dropping from the top (Unless you only have 10's). Keep your bar in your lane! Make sure your judge acknowledges any weight changes you make during the event.

Event 1B: Tombstone. The first athlete may leave Event 1A early and hop on the bike. Box Jump Overs: At the top of the box jump, the athlete DOES NOT need to show open hips but must touch the box with both feet. Open hips on top of the box is NOT REQUIRED. For the Wall Balls, a rep counts from athlete holding ball with hip crease below parallel to when the ball touches in the blue line. So, one athlete may toss the ball up and a second athlete may catch it in the air for a transition. Reps will count as long as all standards are met and you stay within your lane.

Event 2: The Magnificent Seven. For the Cleans, the second athlete may pick up the bar once the first athlete has released the bar. Keep your bar in your lane! We will use an air horn to signal the minutes. Reps will not count if they are not complete when the horn sounds.

Event 3: Unforgiven. Second partner may pick up the thruster bar once the first has released the bar.

Event 4: Red River. No jumping or diving into the water! If you do, you will have to get out of the pool and get back in the correct way. No dropping the dumbbells! If yours falls into the pool it will be your responsibility to get it out. Don't let it happen.

Event 5: True Grit. It is advised to have one teammate push the sled and make sure that it doesn't tip over. Kegs cannot be lifted until all 4 athletes are in the keg square. The sled cannot be moved until all 4 teammates are there.

Event 6: Mystery! Possible movements: Wall Walks, C2B Pullups, Rowing, Pistols, Overhead Squats, KB Clean & Jerks, Deadlifts, HOD Pushups, Double Unders.

For Events 1A, 2, 3 and 5: These events have a movement that is alternated with a partner ie 1A: Snatch. The partner may grab hold of their bar while the other partner is working. They may start the movement when the other partner drops the bar but no sooner.

Scaling anything will not be an option!

2014 TEAM LIST

3 Meatheads and a Doctor Big Sky CF	Ryan Smith Ashley Ferda	Tyler Bolton Justine Redlin-Vincent
Magnum Caelum Big Sky CF	Colton Newell Devany Book	Eric Kahler Julie Morter
Bits and Pieces CF Cheyenne	Markum King Christi King	Jake Morrison Lisa Meeker
Meet the Froners CF Cheyenne	Bryce Restivo Brianna Restivo	Andrew Deselms Kori Bechtle
4 \$hits and Giggles CF Cheyenne	Mike Novick Bailey Mims	Aaron Scott Aimee Lewis
CPCF1 Cloud Peak CF	Tyler Harnish Meagan Moore	Fielding Phillips Erika Jorgenson
CPCF2 The Millers Cloud Peak CF	Seth Larson Cori Cook	Dave Long Kaylee Nygren
CPCF3 Cloud Peak CF	Justin Coon Mandy Smith	Bryan Bennett Larissa Sutton
Omnia Red CF Omnia	Jake Jimena	Jon F2
Reaper Crew CF Frontier	Chris Hall Jenny Hall	Josh Karabetsos Jerri Yates
CrossFit Lander CF Lander	Adam Brasel Shaylynn Brasel	Jason Cox Mollie Daul
2 Big Macs w/ a side of Thighs Lone Peak CF	Mac Curran Kaela Comfort	Mackie Unruh Carrie Dudley
Omnia 1 CF Omnia	Andy Coleman Kara Marsman	Kevin Lamovec Catalina Morris
The Replacements CF Spearfish	Tyrell Gill Vanessa Kudlock	Jack Clyde Sara Nehl
The Gladiators CF Spearfish	Matt Nehl Angie Duncan	Lee Eklund Adina Lesselyoung
Team Tolero CF Tolero	Casey Dietz Karisa Hager	Robert Wieweck Cheryl Holcomb
CrossFit 7220 CF7220	Male Female	Male Female
#Faileo CF307	Luke Gaddis Female	Keat O'Hearn Destinee Vaughn
Wild Wod Warriors CF307	Aaron Haworth Effie Oats	CJ Taylor Ainsley Oats
Bar-Belles and Jerks CF307	Lance Hill Gabby Hill	Chase Popp Angie Vanhouten
Belles and Balls CF307	Tom Branson Josie Pettipiece	Preston Oyloe Felicia Melendez
Team307 Black CF307	Ross Shaeffer Ashley Shaeffer	Jon Varela Mariah Melendez
Muscle Up Yours CF307	Pat Bower Kelly Rauk	Garrett Harker Aubree Unterseher
Goat Slayers CF307	Jeremy Davis Leah Davis	Justin Thompson Megan Thompson

HEAT & LANE ASSIGNMENTS

WOD #1: The Good, The Bad & The Ugly / Tombstone

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:00	Wild Wod Warriors	Team Tolero	Meet the Froners	CrossFit Lander	CPCF1	4 \$hits and Giggles
9:25	The Replacements	Reaper Crew	Magnum Caelum	CrossFit 7220	Bits and Pieces	3 Meatheads & a Doctor
9:50	The Gladiators	Omnia Black	Goat Slayers	CPCF3	Belles and Balls	2 Big Macs w/ a side of Thighs
10:15	Team307 Black	Muscle Up Yours	Omnia Red	CPCF2 The Millers	Bar-Belles and Jerks	#Faileo

WOD #2 - The Magnificent Seven

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
10:53	Wild Wod Warriors	Team Tolero	Meet the Froners	CrossFit Lander	CPCF1	4 \$hits and Giggles	The Replacements	Reaper Crew
11:11	Magnum Caelum	CrossFit 7220	Bits and Pieces	3 Meatheads & a Doctor	The Gladiators	Omnia Black	Goat Slayers	CPCF3
11:29	Belles and Balls	2 Big Macs	Team307 Black	Muscle Up Yours	Omnia Red	CPCF2 The Millers	Bar-Belles and Jerks	#Faileo

WOD #3 - Unforgiven

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00	Wild Wod Warriors	Team Tolero	Meet the Froners	CrossFit Lander	CPCF1	4 \$hits and Giggles
12:18	The Replacements	Reaper Crew	Magnum Caelum	CrossFit 7220	Bits and Pieces	3 Meatheads & a Doctor
12:36	The Gladiators	Omnia Black	Goat Slayers	CPCF3	Belles and Balls	2 Big Macs w/ a side of Thighs
12:54	Team307 Black	Muscle Up Yours	Omnia Red	CPCF2 The Millers	Bar-Belles and Jerks	#Faileo

WOD #4 - Red River

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:30	Wild Wod Warriors	Team Tolero	Meet the Froners	CrossFit Lander	CPCF1	4 \$hits and Giggles
3:55	The Replacements	Reaper Crew	Magnum Caelum	CrossFit 7220	Bits and Pieces	3 Meatheads & a Doctor
4:20	The Gladiators	Omnia Black	Goat Slayers	CPCF3	Belles and Balls	2 Big Macs w/ a side of Thighs
4:45	Team307 Black	Muscle Up Yours	Omnia Red	CPCF2 The Millers	Bar-Belles and Jerks	#Faileo

WOD #5 - True Grit

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:00	24th	22nd	20th	19th	21st	23rd
9:30	18th	16th	14th	13th	15th	17th
10:00	12th	10th	8th	7th	9th	11th
10:30	6th	4th	2nd	1st	3rd	5th

WOD #6 - Mystery

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:40	24th	22nd	20th	19th	21st	23rd
11:55	18th	16th	14th	13th	15th	17th
12:10	12th	10th	8th	7th	9th	11th
12:25	6th	4th	2nd	1st	3rd	5th

2014 SCHEDULE

Friday

4:00pm - 6:00pm Team Checkin & Floater Sign Up

Saturday

7:00am - 8:00am Team Checkin & Floater Sign Up

8:00am - 8:40am Athlete Briefing

Event 1 - The Good, The Bad & The Ugly / Tombstone

9:00am - 9:18am Heat 1

9:25am - 9:43am Heat 2

9:50am - 10:08am Heat 3

10:15am - 10:33am Heat 4

Event 2 - The Magnificent Seven

10:53am - 11:05am Heat 1

11:11am - 11:23am Heat 2

11:29am - 11:41am Heat 3

Event 3 - Unforgiven

12:00pm - 12:12pm Heat 1

12:18pm - 12:30pm Heat 2

12:36pm - 12:48pm Heat 3

12:54pm - 1:06pm Heat 4

1:15pm - 3:30pm Break

Event 4 - Red River

3:30pm - 3:45pm Heat 1

3:55pm - 4:10pm Heat 2

4:20 pm- 4:35pm Heat 3

4:45pm - 5:00pm Heat 4

Sunday

Event 5 - True Grit

9:00am - 9:20am Heat 1

9:30am - 9:50am Heat 2

10:00am - 10:20am Heat 3

10:30am - 10:50am Heat 4

Event 6 - Mystery!

11:05am - 11:15am Announcement

11:40am - 11:50am Heat 1

11:55am - 12:05pm Heat 2

12:10pm - 12:20pm Heat 3

12:25pm - 12:35pm Heat 4

1:00pm Awards Ceremony

Saturday

Floater - Stone Ladder

9:00am - 3:00pm (every 10)

Floater - Free Throw contest

11:00am - 2:15pm (every 5)



THE GOOD, THE BAD, & THE UGLY & TOMBSTONE

Event 1 is a whole team workout. It consists of two parts: The Good, The Bad & The Ugly (1A) & Tombstone (1B). All teammates will participate in both parts. The Event will be scored separately for each part.

The Good, The Bad & The Ugly: The Snatch. Your team will have 8 mins to snatch as much weight as possible between the 4 of you. Only one person may work at a time. You will have 2 bars 45# for men & 35# for women and a stack of weights (2x45s, 4x25s, 4x15s, 6x10s, 4x5s, 2x2.5s). You may change weight as many times as needed, up or down. When the time begins, one teammate starts snatching. They may snatch as many as they'd like. The second teammate may not start a snatch until the first teammate has hands off the bar. The bar must stay in your lane at all times. There is no particular order or structure you must follow. When a weight change occurs, your judge has to acknowledge the amount of weight on the bar. In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. Any

form of snatch is allowed. Your score will be the total weight snatched by all 4 teammates.

Tombstone. Immediately following the completion of Part A at 8 mins on the clock, the clock will continue to count and Part 1B will begin. This workout is in a waterfall structure and is 10 mins. There will be 5 stations in the WOD in this order: 20 Cal Assault Bike Ride, 15 Box Jump Overs, 20 Kettlebell Swings, 15 Toes to Bar, AMRAP of Wall Balls. The athlete at a station must be fully completed before the next athlete may start that station.

Your first teammate may leave the snatch area early if desired to get on the bike to begin at the 8 min mark. The first teammate will begin with 20 Cals on the Assault Bike. All other teammates will stand behind the bike. They must remain on the bike until the display reads 20 Cal. At the ride's completion, the second teammate may begin the ride. The first teammate will then move on to the next station. This same exchange will continue with teammates 3 & 4.

The second station is 15 box jump overs 24"/20." Step ups are allowed. At the top of the box jump, the athlete does not need to show open hips but must touch the box with both feet. Jumping completely over the box is not allowed. He/she will then drop to the ground with both feet on the opposite side of the box. Once complete, the athlete moves to the next station and the following athlete may begin.

The third station is 20 American Kettlebell Swings 1.5/1 pood. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels. There is no requirement for flexing the knees. Once complete, the athlete moves to the next station and the following athlete may begin.

The fourth station is 15 Toes-to-Bar. For the Toes-to-Bar to count, the athlete's feet must begin behind the bar at the bottom and both feet must touch the bar at the same time at the top. Once complete, the athlete moves to the next station and the following athlete may begin.

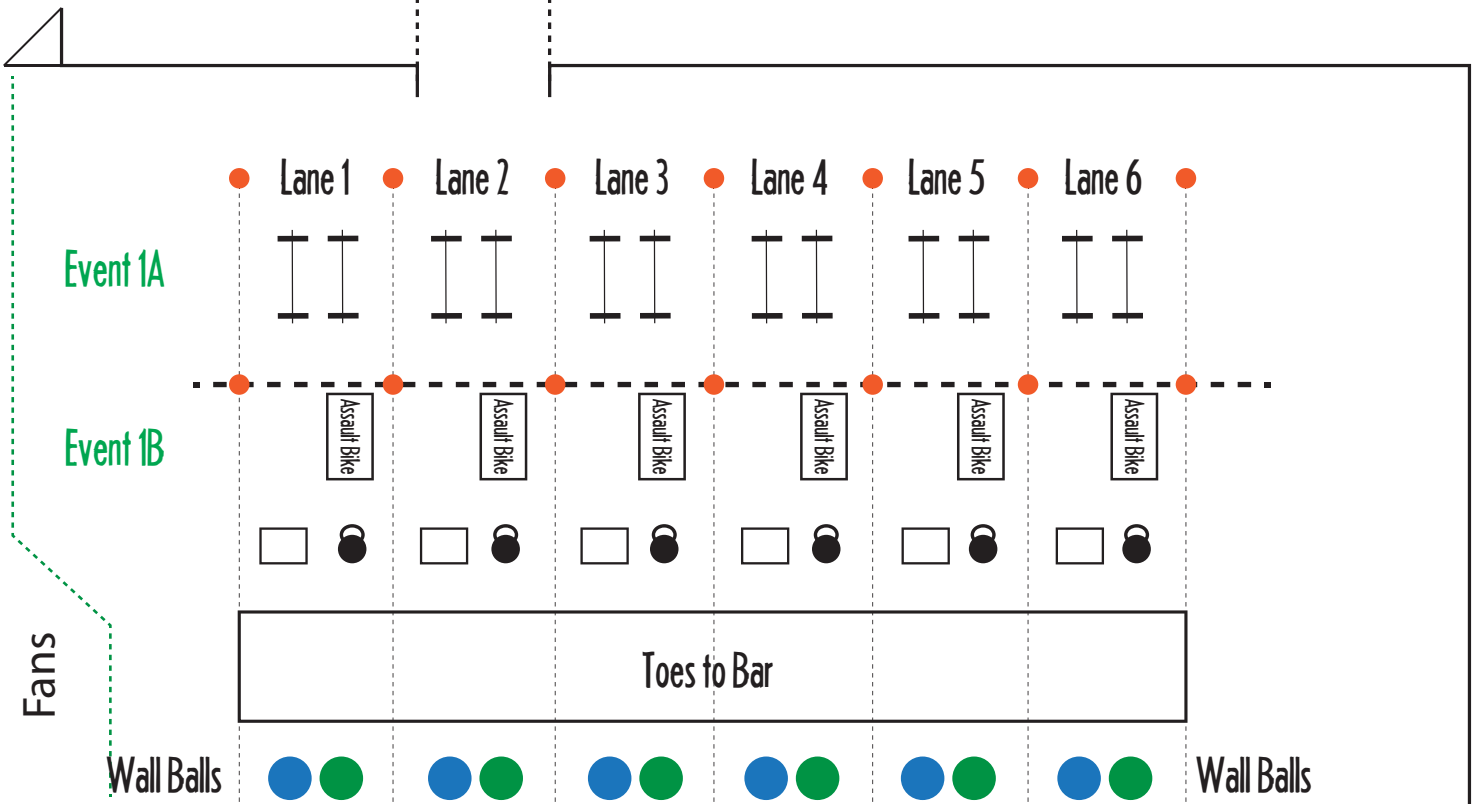
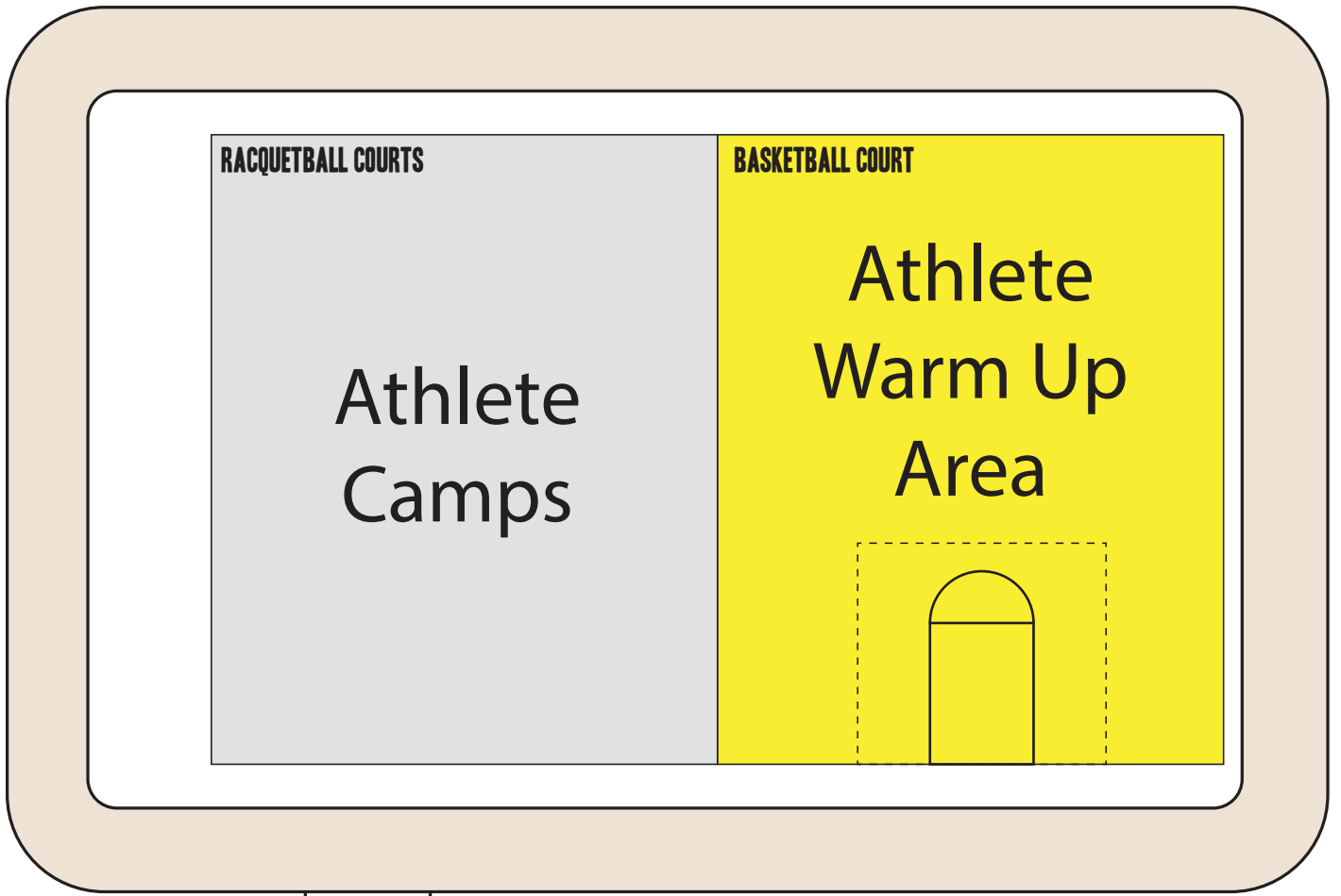
The fifth station is Wall Balls 20/14, 10' target. The first teammate can immediately start throwing the Wall Ball. In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the 10-foot target above the bottom of blue line on the wall. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted. Once the second teammate completes the 4 stations, he/she can relieve the first teammate and share the burden. Only 1 Wall Ball may be touched by any teammate at a time. Once teammates 3 & 4 complete the 4 stations, they may also join in on the shared burden. Your total amount of Wall Balls as a team will count towards your total score. When the clock reaches 18 mins Event 1B will end.

The score for 1B is the total number of reps completed by all 4 teammates at all 5 stations. Each person that completes the first 4 movements gets 70 reps. So a team that fully finishes will get 280 + # of wall balls.

EVENT #1

1A: THE GOOD, THE BAD, AND THE UGLY

1B: TOMBSTONE





THE MAGNIFICENT 7

Event 2 is the first partner WOD of the day. Two athletes from each team will compete. The WOD is a 12 min AMRAP.

The WOD is as many reps as possible of 20 Cleans 165/105 and 20 Handstand Pushups, every Minute on the Minute 7 Bar Hopping Burpees. The WOD will start out with the burpees. There is no specification to which partner or how many each partner does. For the Bar Hopping Burpees, there is no requirement for the orientation of your body to the bar you are hopping over. The burpee starts at a stand and goes down to chest and thighs touching the ground at the bottom. You must then jump over the barbell from both feet and land on both feet. One footed jumping or stepping is not allowed. If your team has a male/female, the burpees must be performed over the men's bar. Every time the clock reaches a new minute, a horn will sound and you must complete 7 burpees. Any rep of HSPU or Cleans not completed when the horn sounds will not count.

After the first set of burpees is complete, the pair will move to Cleans. For the Clean, the barbell begins on the ground. Touch and go is permitted. Bouncing is not permitted. Any form of clean is allowed. The rep is complete when the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar. Either teammate may complete the cleans and there is no minimum for either to complete. The bar must be under control and in your lane at all times. The weights are 165# for men and 105# for women. If you have a male/female team, you will have 2 bars. After 20 cleans are complete, the pair will move to handstand pushups.

The second movement is Handstand Pushups. Either teammate may complete the HSPU's and there is no minimum for either to complete. The HSPU begins and ends with the arms locked out, back towards the wall, heels on the wall and the hands placed clearly within the marked area. The marked area will be 34" W x 24" D and the palm of the hand must remain completely within the taped area (fingers may extend over the tape). At the bottom of the rep, the head touches the ground. The heels must remain within the width of the marked area throughout the entire rep. Kipping is allowed. You will be performing these on a mat where your head will come down to an even elevation as your hands. No plates or abmats will be used. After a total of 20 HSPU are complete, the pair will move back to cleans.

Your score will be total cleans + hspu's + burpees completed by the pair in the 12 minute time period.

This event is worth 75 points in the overall scoring.



Event 3 is the second partner WOD of the day. The two athletes who didn't participate in Event 2 must compete in Event 3. The WOD is a down and back chipper for time with a 12 min tapout.

The WOD will start with both athletes behind the starting line. When the clock starts, one athlete may enter the double under box and begin. To switch, the first athlete must leave the box and the second athlete may enter and begin double unders. There is no minimum for either partner. Once 100 double unders have been complete, both athletes move on to the next station.

The second station is 40 Bar Hopping Burpees. The two athletes may break up the burpees however they'd like. For the Bar Hopping Burpees, there is no requirement for the orientation of your body to the bar you are hopping over. The burpee starts at a stand and goes down to chest and thighs touching the

ground at the bottom. You must then jump over the barbell from both feet and land on both feet. One footed jumping or stepping is not allowed. If your team has a male/female, the burpees must be performed over the men's bar. Once a total of 40 Burpees is complete, the pair will move to the next station.

The third station is 40 Thrusters. For the Thruster, the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must pass below the knees. A full squat clean is allowed. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body. There is no minimum for either partner. Men will lift 95# and women 65#. If a male/female team, when one sets the bar down from a thruster, the partner may not touch their bar until their partner's hands are off the bar. Bars must remain inside your team's lane at all times. Once complete, the pair moves to the next station. While one person moves on, the second person may stay and change weight for the thruster bar.

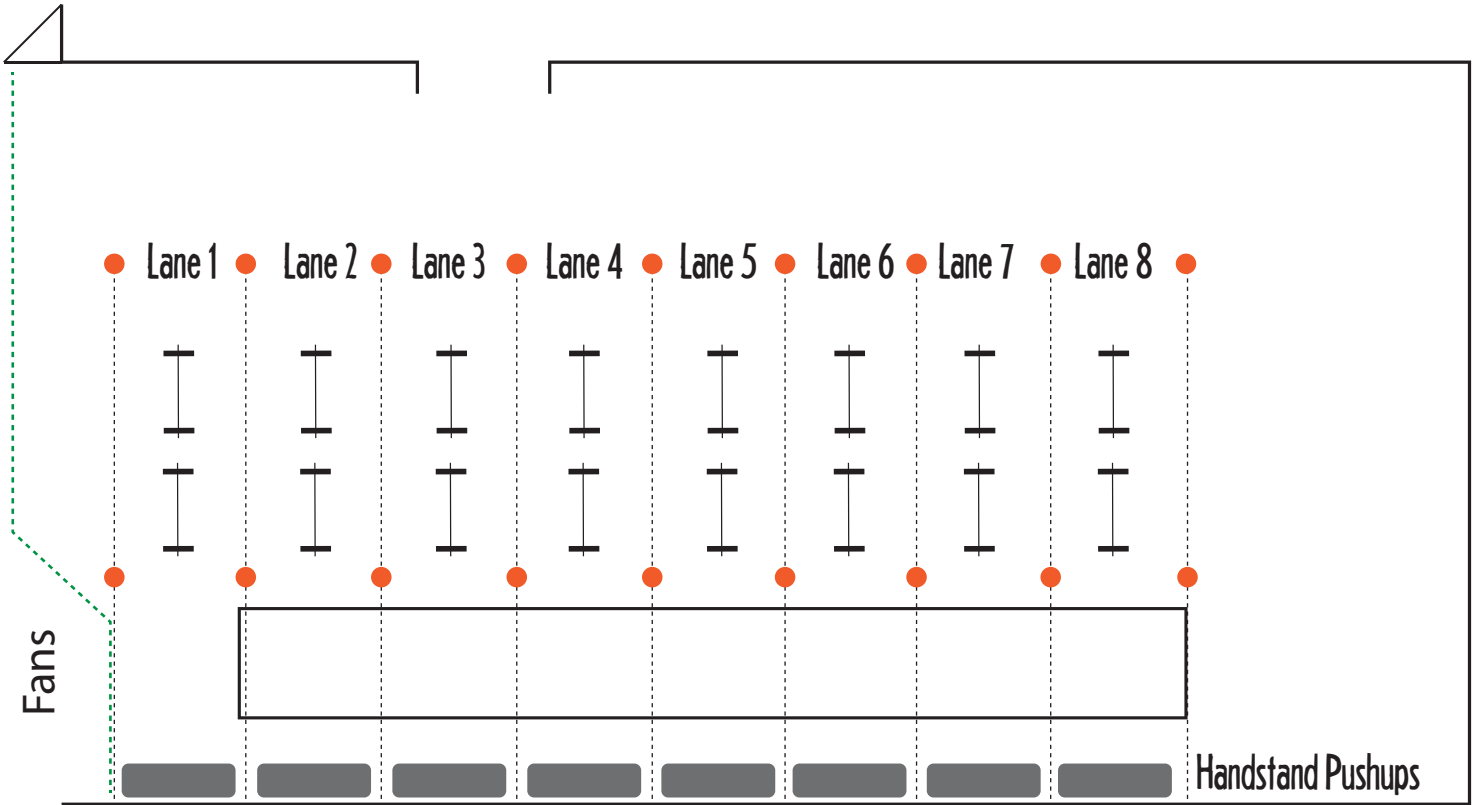
The next station is 30 Bar Muscle Ups. For the Bar Muscle Up, the athlete must start from a hang with arms fully extended. The movement ends when the athlete is on top of the bar in the top of a dip with arms fully locked out. Feet are not allowed to touch the ground or rack during the movement. Once all reps are complete, the team moves back to the thruster bar.

The pair will now have to complete 20 Thrusters at 135# for men and 95# for women. Athletes are required to change their own weights. Same standards apply and there is no minimum for either partner to complete. Once finished, the pair moves straight into 20 more Bar Hopping Burpees. Same standards apply. Once the burpees are complete, the pair moves back to double unders and has to complete 100 more. Once complete, your time will stop once both partners cross the finish line.

Your score will your time to complete the chipper or your total reps completed at the time cap. This event is worth 75 points in the overall scoring.

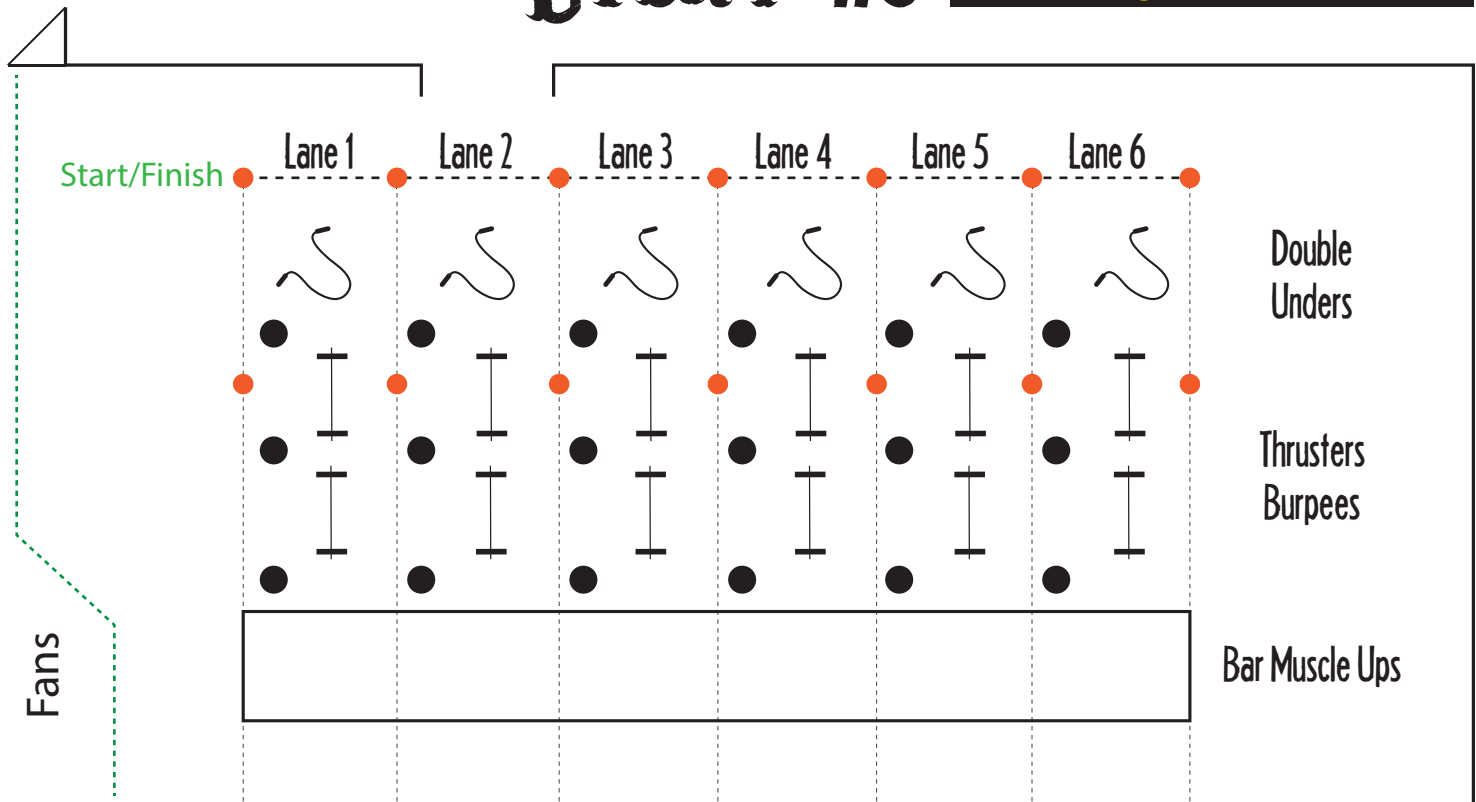
EVENT #2

THE MAGNIFICENT 7



EVENT #3

UNFORGIVEN





RED RIVER

Event 4 is another team WOD. It will take place in the lap pool and is a 15 min AMRAP. You will split up into 2 pairs. The first pair will start in the pool. The second pair will start on the deck with the Dumbbells. Genders do not matter.

At the start of the clock, each pair will begin at a Station. At the completion of that station, the pairs will switch stations and continue to switch for 15 mins. The Red River Complex Station is on the deck at the dumbbells. The Rope Station starts in the pool.

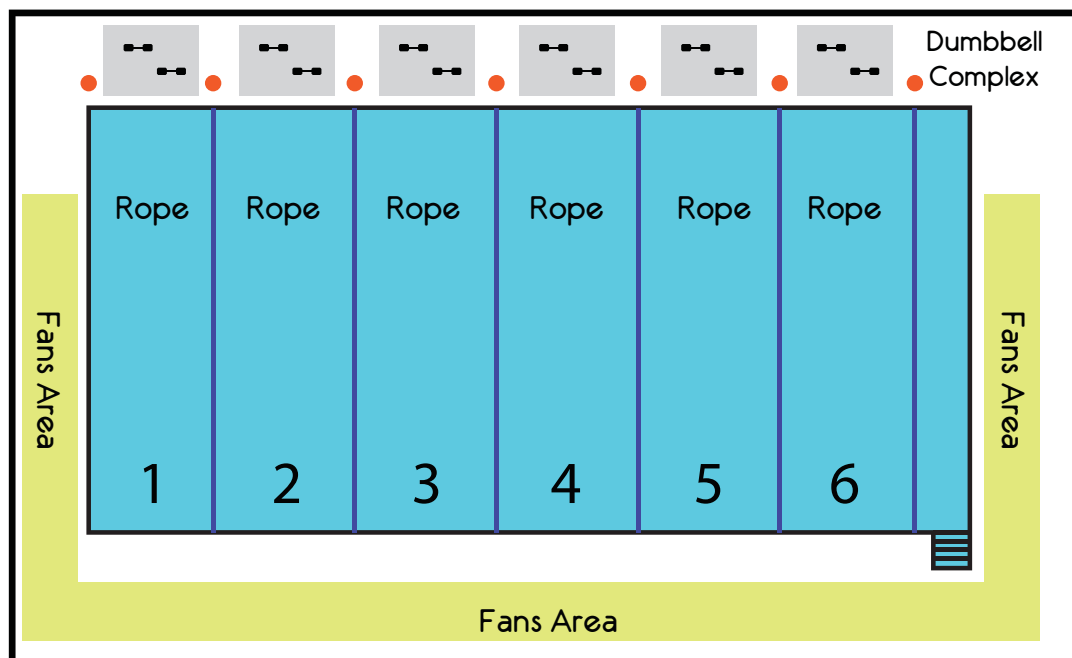
The Red River Complex Station: You will complete 4 "Red River Complexes". Each team will have 2 dumbbells, a 55lb for men and a 35lb for women. Each athlete in the pair must complete at least one full Complex of the 4 each round. A "Red River Complex" consists of: 6 Dumbbell Snatches and 6 Front Squats. For the snatch, the dumbbell must be moved from the ground to full lockout overhead in one continuous motion, without stopping at the shoulders. The top position requires the knees and hips to be fully open, with the dumbbell locked out overhead over the center of the body. Once the top position is successfully established, the dumbbell must be brought back to the ground under control while maintaining a full grip with at least one hand. The athlete may use either or both hands to lower the weight under control. The dumbbell may not be dropped from any height, a drop will be a no rep. Athletes must alternate arms for each repetition. If at any point they cannot complete a repetition with one arm, they cannot proceed to the next repetition until they have completed a repetition with that arm. Both heads of the dumbbell must touch the ground at the beginning and end of each repetition on the mat, and be under control the entire time. After 6 snatches, the athlete will perform 6 front squats. The dumbbell must be held in the front rack on either shoulder. You may use your off hand to help hold the dumbbell.

For the Front Squat, the athlete moves from a fully standing position to the bottom of a squat with the hip crease below the knees, then back to standing with hips and knees locked out. The complex can be broken up but athletes may not switch out until a complex is complete fully. After 4 Red River Complexes are complete, the athletes will move to the edge and can only enter the water once the other pair has fully completed the Rope Station.

The Rope Station: The pair in the pool has to touch the side wall before swimming across the pool. No diving or jumping into the pool. After the touch, they will swim to the other end, touch the wall and swim back to where the rope is located. The rope will be suspended about 12' over the water. The pair now has to complete 4 rope climbs. Legs are allowed. A climb is complete when the athlete slaps the marker at the top of the rope. Each athlete must complete at least 1 of the 4 climbs each round. After 4 are complete, the pair will move to the wall and can only exit the water once the other pair has completed their 4 Red River Complexes.

Your score will be calculated from the total reps of Rope Climbs and Red River Complexes completed as a team. Each Climb is worth 12 pts and each rep in a Complex is worth 1 pt (12 for a full complex) towards your team's event score.

This event is worth 100 points in the overall scoring.





TRUE GRIT

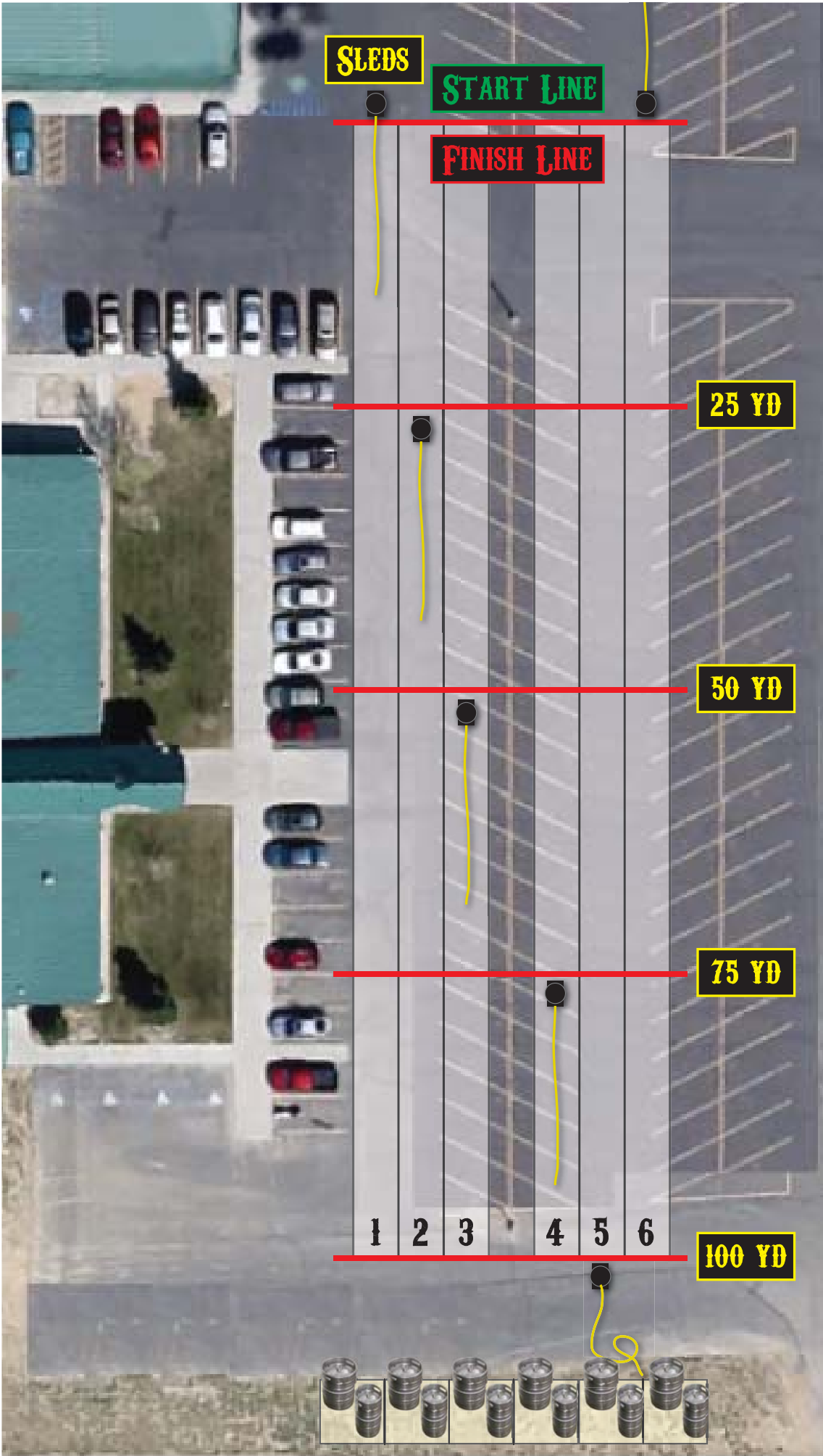
Event 5: True Grit is the first WOD of the day on Sunday morning. It will take place outside in the parking lot. All 4 teammates will compete in a timed event with a 20 min tapout.

Teams will start behind the starting line with a loaded sled. The sled will have a rope attached (if you were here last year you will fondly remember this sled...). At the start, all 4 teammates will sprint 100 yds. At the end you will have 2 kegs partially filled with water, a men's and a women's. Between the 4 teammates, you will accumulate 50 Ground to Overheads (G2O). The keg must start on the ground and be lifted to above the head with fully extended elbows, hips and knees at the top. The keg must be controlled down all the way to the ground. A drop from anywhere above the knees will be a no rep. There is no minimum for any teammate to complete. Only 1 keg may be moving at a time. Kegs cannot start to be lifted until all 4 athletes are in the keg square.

After the Ground to Overheads are complete, all 4 teammates will sprint back to the starting line and the sled. You will drag/push the sled to the first marker, drop the rope and sprint back to the kegs. You will then complete 40 more G2O with the kegs, same standards apply. Then you will head back to the sled and drag it to the next marker. Head back and complete 30 G2O. Back to the sled and drag it to the next marker. Back to the keg for 20 G2O. Back to the sled and drag to the final marker. Back to the keg for the final 10 G2O. Once through with the keg work, all 4 teammates and the sled must cross back over the starting line to get your final time.

Your score will be your time to complete the event or the number of reps completed at the tapout time. This event is worth 100 points in the overall scoring.

EVENT #5





Floater 1 is an AMRAP of free throws. This will take place on the Bball court.

All 4 teammates will participate. Your team will have 3 mins to complete as many free throws as possible. You will have 1 basketball. Your team must alternate shots for the 3 mins and remain in the same order as you start. You are allowed 1 shot when it is your turn. Teammates who are not shooting may stand around the hoop to rebound. The shooter's feet must remain behind the free throw line when shooting until the ball hits the rim.

Your score will be the total made baskets by all 4 athletes within the 3 min period. This Floater is worth 50 points in the overall scoring.

You will sign up for a Floater time at checkin. Times will be between 9am-3pm Saturday.



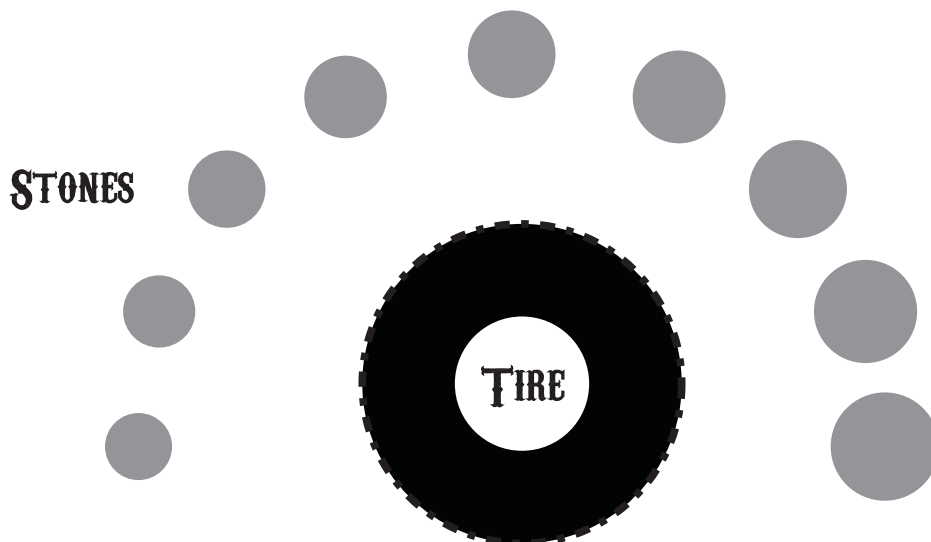
Floater 2 is a Stone Ladder. This will take place outside.

All 4 teammates will participate. This WOD is a stone ladder. Stone weights are: (lbs) 60, 73, 90, 115, 130, 142, 160, 173, 207. At the start of the clock, the first male athlete will be at the 90lb stone and the first female athlete will be at the 60lb stone. You will have 30 secs to lift the stone. If successful, the athlete will move to the next heavier stone. The second male will now be at the 90lb and the second female will be at the 60lb. At 30 sec on the clock all athletes will attempt their stone lift. After a successful lift you will move heavier. A lift

consists of the athlete taking the stone from the ground and lifting it completely above a shoulder. You can roll it over or reach the top and drop in the front. You are allowed as many attempts as you want in the 30 seconds. If an athlete is unable to successfully complete the lift they can move to the tire. If you fail to complete the lift and move to the tire, for the remainder of the 30 sec, the athlete can complete as many tire jumps as possible. You are not required to attempt a lift, you may go straight to the tire. Once you attempt tire jumps, your workout is over and you move off the WOD area. For the tire jumps, athletes must leave the ground from both feet and land with both feet in full control and show full hip extension at the top.

Scoring: Your score will be the sum of all 4 athletes' heaviest stone lift + total tire jumps. This floater is worth 50 points in the overall scoring.

You will sign up for a Floater time at checkin. Times will be between 9am-3pm Saturday.





SCORING BREAKDOWN

Each event is either a 50, 75 or 100 point event. The place your team finishes in an event will give you the corresponding number of points towards your Throwdown Total. Example: 9th place in a 75pt event is worth 41 points.

**1A: THE GOOD,
THE BAD,
AND THE UGLY**
75 points

1B: TOMBSTONE
75 points

2: THE MAGNIFICENT 7
75 points

3: UNFORGIVEN
75 points

4: RED RIVER
100 points

5: TRUE GRIT
100 points

6: MYSTERY
100 points

FLOATER 1
50 points

FLOATER 2
50 points

Place	Points	Points	Points
1st	100	75	50
2nd	94	70	47
3rd	88	65	44
4th	82	60	41
5th	76	55	38
6th	70	50	35
7th	66	47	33
8th	62	44	31
9th	58	41	29
10th	54	38	27
11th	50	35	25
12th	46	32	23
13th	42	29	21
14th	38	26	19
15th	34	23	17
16th	30	20	15
17th	26	17	13
18th	22	14	11
19th	20	13	10
20th	18	12	9
21st	16	11	8
22nd	14	10	7
23rd	12	9	6
24th	10	8	5