

19.1



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TEAM RX / SCALED

TEAM WORKOUT 19.1

MM Pair:

With a 14-minute running clock, perform for time:

- 100 Calorie Row
- 75 Box jumps

In the remaining time:

Establish a 1RM Overhead squat

FF Pair:

With a 14-minute running clock, perform for time:

- 75 Calorie Row
- 75 Box jumps

In the remaining time:

Establish a 1RM Overhead squat

SCORING

The scores for the couples are: (19.1A) the times it took to perform the calorie row and box jumps as a couple and (19.1B) the total of the individual 1RM weights.

Score submission instructions
For team workout 19.1, uploading a copy / photo of the scorecard is mandatory.
19.1 is scored separately: 19.1a and 19.1b.
Although the 19.1a is performed as a team, all four team members must have a time submitted in competition corner. Please follow the instructions on the scorecard.
The time submission for male and female number 1 is their finish time minus 1 second. The time for male and female number 2 must be entered as 1 second (00:01) in competition corner.
For 19.2b the max successful lifts of the four athletes must be entered separately in competition corner for each athlete. There is no scaled option for 19.1b.

EQUIPMENT

- 1 Concept 2 Rower
- 1 or 2 Boxes
- 2 Barbells (M: 20kg F:15kg)
- Collars
- Plates

MEASUREMENTS

Division	Box (Inch)
Rx	24 / 20
Scaled	24 / 20 step-ups allowed

WORKOUT STANDARDS

This workout begins with one male on the rower and one male behind the rower. After the call of "3,2,1 ... go," the MM pair will perform 100 Calories on the rower and 75 box jumps. Both athletes must do a minimum of one rep of each movement. If the pair completes the 175 repetitions before the 14-minute cap, they will use the remaining time to each complete a 1-rep max overhead squat. Both athletes have to use the same barbell. The athletes may complete as many attempts as they like until the time is up but will only receive credit for the heaviest successful lifts.

Immediately after the 14 minutes are over, the FF pair will start their workout. They will complete 75 Calories on the rower and 75 box jumps. Both athletes must do a minimum of one rep of each movement. If the pair completes the 150 repetitions before the 14-minute cap, they will use the remaining time to each complete a 1-rep max overhead squat. Both athletes have to use the same barbell. The athletes may complete as many attempts as they like until the time is up but will only receive credit for the heaviest successful lifts. The team score for the first part of the workout (19.1A) is the combined time of the MM and the FF couple for the rows and box jumps. For the second part (19.1B) it is the total combined weight of the successful individual lifts of all the athletes. These two parts are scored separately.

Important 1: All times must be reported in elapsed time starting from 0:00 (i.e. no FF score should be higher than 14:00), not in time remaining. Do not use a countdown timer.

Important 2: In the competition metric weights are the standard. If you use lbs plates, you need to calculate the kg weight for scoring. You calculate the kg weight by dividing the lbs weight by 2.2046 and rounding the number down to whole kilos.

In this workout, other people may assist the athlete's in changing the plates on the barbell during the workout. A loaded bar may be used. Collars must be placed on the outside of all the plates on any bar used during the workout.

MOVEMENT STANDARDS

Row

The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 15 Calories. A Concept 2 rower must be used.



MOVEMENT STANDARDS

Box Jumps

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. A two-foot takeoff and landing is always required and only the athlete's feet may touch the box. Step-ups are only allowed in the scaled division.



MOVEMENT STANDARDS

Overhead Squat

In the overhead squat, the hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved. The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. The athlete may not use a rack.



VIDEO INSTRUCTION AND STANDARDS

All athlete's/teams aiming to qualify are recommended to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. The video must comply to the standards as described above and/or in the PDF with the workout description. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete/team.

We recommend using the WOD-Proof App <https://wod-proofapp.com> to make it easy to follow our requirements.

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout: stat your name, division, date and time, clearly show the settings of the rower, weights, etc. The monitor of the rower should also be clearly visible throughout the entire workout. **Important: show at least 5 seconds of the running clock on our website** — www.crossfitlowlandsthrowdown.nl. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

VIDEO TIPS

Please read these tips carefully: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

It is important to keep in mind that the athlete or team captain is responsible for the timely upload of the videos. If we can't see the video because it is not uploaded or blocked by the provider (for example: copyright protection because of music in the video) and/or any other reason, the video is assumed not to be provided. The score of that workout will then be invalidated.

Past experiences learns that there are 2 major causes for issues:

1. Copyright protection because of music.
2. Limited playing time on YouTube. View <https://support.google.com/youtube/answer/71673> how you can upload videos of more than 15 minutes

Please read the tips from the link above carefully and act if needed!

VALIDATING VIDEO SUBMISSIONS

Score validation for any online video submission is the sole right of CrossFit Lowlands Throwdown. The video will be reviewed and scored by CrossFit Lowlands Throwdown judges. As part of this video review process, the athlete's/teams posted score may be accepted, modified or invalidated.

Reasons for modification or invalidation of a score include, but are not limited to:

- Not showing the running clock on the website of the CrossFit Lowlands Throwdown;
- Failure to follow the video submission guidelines, including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards;
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes and/or teams submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes/teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

GENERAL FINAL PROVISION

CrossFit Lowlands Throwdown reserves the right to declare scores, video, etc. invalid and/or pull an athlete or team from the competition if there are doubts as to whether the workouts have been performed in the prescribed manner and/or order. Make sure there are no doubts!

- Show at least 5 seconds of the running clock on our website
- Follow the instructions
- Have witnesses of your workouts
- Send in an unedited video
- Do not push the boundaries
- Etc.

SUPPORT

If you have any questions about the workouts and standards, please contact the event organizer, CrossFit Lowlands Throwdown
info@crossfitlowlandsthrowdown.nl

If you have questions about submitting your score visit the Help Center on how to submit online scores here: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/how-do-i-submit-my-online-score>

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CrossFit LOWLANDS THROWDOWN

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MM Pair:
Within a 14-minute clock, perform for time:
 100 Calorie Row
 75 Box Jumps
In the remaining time:
 Establish a 1RM Overhead Squat

FF Pair:
Within a 14-minute clock, perform for time:
 75 Calorie Row
 75 Box Jumps
In the remaining time:
 Establish a 1RM Overhead Squat

Division	Box (inch)
RX	24 / 20
Scaled	24 / 20 (step up allowed)

Name Male #1 _____

Name Male #2 _____

100 Cal Row		
75 Box Jumps		Finish Time (MM)
1RM OHS Male #1		#1 Max (kg) (M1)
1RM OHS Male #2		#2 Max (kg) (M2)

Name Female #1 _____

Name Female #2 _____

Score submission instructions
<p>For team workout 19.1, uploading a copy / photo of the scorecard is mandatory.</p> <p>19.1 is scored separately: 19.1a and 19.1b.</p> <p>Although the 19.1a is performed as a team, all four team members must have a time submitted in competition corner. Please follow the instructions on the scorecard.</p> <p>The time submission for male and female number 1 is their finish time minus 1 second. The time for male and female number 2 must be entered as 1 second (00:01) in competition corner.</p> <p>For 19.2b the max successful lifts of the four athletes must be entered separately in competition corner for each athlete. There is no scaled option for 19.1b.</p>

75 Cal Row		
75 Box Jumps		Finish Time (FF)
1RM OHS Female #1		#1 Max (kg) (F1)
1RM OHS Female #2		#2 Max (kg) (F2)

<input type="checkbox"/> Rx'd	Male # 1 Time	Finish time MM Pair minus 1 second	Male # 1 OHS	KG
<input type="checkbox"/> Scaled	Male # 2 Time	00:01	Male # 2 OHS	KG
	Female # 1 Time	Finish time FF Pair minus 1 second	Female # 1 OHS	KG
	Female # 2 Time	00:01	Female # 2 OHS	KG

I confirm the information on this scorecard accurately represents the athlete's performance for this workout and that this workout was completed before workout 19.2 and 19.3 on the same day.

Team Captain Name _____ Judge Name _____

Judge E-Mail _____

Judge Signature _____

Team Captain Signature _____ Date & Time _____