



LinnaMasters Qualifier 2018

Qualifier Instructions and Standards

General Info

Qualifier starts friday 26.10.2018 before 12:00 and ends on sunday 04.11.2018 at 23:59. The best athletes in each age group, based on their qualifier performance, will be invited to the main competition in Aulanko Areena 15.12/16.12.2018. How many athletes we are inviting each day will be informed at the end of the qualifier, when we know how many there are signed up in each age group and category.

Scoring

Score is the total time it takes to finish all the given work before cap time.

If not able to finish all work on time, athletes will add 1 second for every unfinished repetition to the 20:00 minutes cap time. So if an athlete have 10 repetitions missing when time runs out, score will be 20:10 minutes.

The track used for lunges should be marked for every meter, as one completed meter counts as one repetition.

Only Concept 2 rowers can be used on the row, and one completed calorie counts as one repetition.

Submitting your score

You must submit your own results to WodConnect by 23:59 on sunday 04.11.2018. No need for any validation of scores by your box manager.

Judge Responsibilities

Each athlete must have their performance monitored by a judge. The responsibility of the judge is to ensure that the athlete meets the required movement and workout standards given here, count valid repetitions and record the score. No further requirements for who can be judging your performance.

Athlete Responsibilities

Every athlete is themselves responsible for reading through all qualifier instructions carefully and watch the demo video of the event, to ensure that their performance is according to the rules and standards of this qualifier. During the qualifier only the athlete may touch or move the equipment. External help during the event is only allowed for resetting the computer on the rowing machine!

Equipment

Standard equipment:

- Concept 2 rowing machine
- Floor marked every meter for Lunges
- Pull Up Bar (feet not touching the floor from dead-hang on the bar)
- Barbell 20/15kg
- Plates (standard size)
- Collars
- Jump Rope
- Timer
- Scorecard

Other allowed equipment:

- Sports tape
- Lifting belt
- Wrist wraps, gymnastic grips, gloves
- Neoprene knee sleeves.

Any other equipment that will give the athlete an extra advantage outside what is described here, is not allowed. No lifting straps or wrapping of gymnastic grips around barbells.

If you come up with something really clever that no one else is doing, it's probably cheating.



Workout Instructions and standards

Qualifier Event 2018

For time, inside a 20 minutes window:

- 25 Calories Row
- 25 Meters Frontrack Walking Lunges
- 20 Pull Ups
- 20 Toes to Bar
- 15 Bar Facing Burpees
- 15 Clean and Shoulder to Overhead
- 100 Double Unders
- 15 Clean and Shoulder to Overhead
- 15 Bar Facing Burpees
- 20 Toes to Bar
- 20 Pull Ups
- 25 Meters Frontrack Walking Lunges
- 25 Calories Row

Notes

This qualifier has one part. Inside the 20 minute timecap athletes will move through this chipper style workout, in the described order and according to the age group specific standards. Score is total time used.

Age Group Specific Weights

35-39
M: 60kg / F: 40kg

40-44
M:60kg / F:40kg

45-49
M:50kg / F:35kg

50-54
M:50kg / F:35kg

55+
M:40kg/ F:30kg



Movement Standards

Calorie Row

With the athlete sitting on the rower, at the call of 3-2-1-GO he/she will grab the handle and start rowing. The athlete can not step off the rower or let go of the handle, until all calories have been completed. On return to the rower at the end of the chipper, the judge or a helper can start the monitor on the rower. Rower must be a Concept 2 standard rowing machine.

Frontrack Lunges

The athlete will take the barbell from the floor and bring it to his/her shoulders, before performing walking lunges with the barbell in a front rack position. The track must be marked for every meter, and optimally the athlete only needs to turn around one time, but shorter tracks can also be utilised. Rear knee must touch the ground on all reps, and athlete must come to a full extension of the hip and knee at the top of the movement.

Pull Ups

The athlete will perform standard chin over bar pull ups, and must pass through a hang position with straight arms at the start of every repetition, and have the chin visible over the bar at the finish position for the rep to count. Legs can not touch the floor during the performance of a repetition, and no jumping pull ups are allowed. Any grip style and kipping style is permitted, as well as strict reps.

Toes to Bar

Athletes can transition straight into the Toes to Bar from the Pull Ups. Same standard here for the start position and bar height, passing through a hang position with straight arms, but in addition the heels must pass behind the vertical line of the bar before attempting the next repetition. At the finish position, both feet (top or bottom) must touch the bar at the same time and inside both hands. Any grip style can be used.

Bar Facing Burpees

The athlete will start by performing a burpee on one side of the bar, before jumping over it with both feet at the same time. For the burpee to count, the whole chest must clearly be touching the floor in the bottom of the burpee, with the athlete facing towards the barbell, and the whole body behind it. The athlete can jump or step up from/down into the burpee, but no one legged skips/jumps over the bar.

Clean and Shoulder to Overhead

With the barbell starting from the floor athletes can use any variation of the clean to bring the bar to the shoulders and perform a shoulder to overhead anyhow. All standard pressing and jerking movements are ok to use. Barbell must touch the floor between repetitions, and in the overhead positions it must be centered over the middle of the body, with fully extended knees, hips and elbows.

Double Unders

The rope must swing two times under and forward of the feet on all jumps, for the rep to count. Swinging the rope backwards and performing DUs is not allowed.

Please watch our video presentation of the event if you are in doubt on how to perform any of the movements!

