



Information Pack for Competitors, Spectators and Officials for the CrossFit  
Ireland Fitness Invitational – February 2012 (i9)

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## **Schedule of Events**

8.00 – Registration of Athletes

8.30 – Rules Meeting/Opening Ceremony/Warm Up

9.00 – First Workout begins

10.30 – Second Workout begins

12.00 – Lunch/Guest Workout

1.00 – Third Workout Begins

2.30 – Final Workout begins

4.00 – Award Ceremony

4.30 – Close

Points of note surrounding timetable

- In order to ensure smooth and efficient running of the competition, all heats will start at their designated time. It is the athlete's responsibility to find their spotter before the workout is scheduled to begin.
- Should the second workout run over into Lunch period, the lunch period will be shortened. The third workout will commence at 1.00

## Information for Competitors

- The purpose behind the CrossFit Ireland Invitational is to provide a fun and friendly fitness competition, suitable to all level athletes, from the elite to the novice level. We aim to keep the day light-hearted in attitude.
- Every rule follows from the spirit of the Invitational as detailed above. Athletes are asked at all times to remember this and respect all spectators, participants and officials. Please cheer absolutely everyone on and make it a spectacular event for all.
- Scaling is permitted in all events. Scaling reduces your score in each round below that of those who performed the workouts as prescribed, but allows people to take part and experience the day.
- Standard Scalings are provided for each workout. Athletes cannot deviate from standard scaling.
- Athletes are solely responsible for ensuring their equipment remains in their 'zone' at all times. Athlete may be called back by their spotter/chief spotter to replace equipment if not done so.
- Each athlete will be assigned a spotter for their workout. The spotter's job is to ensure movement standards and count reps of the athletes. **It is the athlete's job to find their spotter and be in place before the workout begins.**
- Spotters are assigned by CFI and requests to change spotters will not be entertained.
- Before workouts, your spotter will request you to demonstrate a full movement of the workout to their approval. You may perform a number of repetitions at the spotter's request. Athletes do not have to perform the movement at the required weight to agree movement standards have been met.
- Athletes are permitted to communicate with their spotter before and during a workout. However, the spotter's word is final on whether a rep is good or not.
- **The Chief Spotters on the day have a right to stop an athlete working out if they feel they are at risk to themselves or others.**

- All athletes are required to familiarize themselves with the inherent dangers of CrossFit style workouts.
- Athletes from outside CrossFit Ireland will be required to complete a declaration of health, consent and non-liability before commencing activities in CFI.
- All workouts have a cut off time. If an athlete fails to complete the workout within the cut off time, their place and ranking will be determined by the number of reps completed in the workout.
- A group warm up will be conducted at 8.30am. This is mandatory to help all athletes prepare for the day. Please note that if you don't take part in the warm up, you will not be allowed to compete.
- **Note to parents - Children on the premises of CrossFit Ireland must be accompanied by a parent or guardian and must remain under strict parental supervision at all times. The Proprietor, its agents and its employees shall not be liable for any injury, loss or damage of whatever nature, whether arising from the Proprietor's default, negligence or otherwise.**

## WORKOUT EVENTS

Please refer to the standards videos for the movements in all the events for i9.

Should there be an omission in the video standards the organizers have the right to inform the participants of the rule change on the day. This is to ensure the spirit of the competition is upheld.

In each event, it will be the fastest time/highest score that determines the winner. The winner of the Rx'd event will score 100 points, second place receives 95 points, third place receives 90 points, fourth place received 88, fifth place receives 87 points, sixth place receives 86 points and so on.

Athletes who scale will receive lower points than athletes who complete the workouts as prescribed, regardless of their finish time.

**Please note that at least 50% of the workout must be scored to receive points at any level (Rx'd or scaled). Failure to reach the minimum target in a workout will mean you will receive 0 competition points for your event. This is to ensure people scale appropriately.**

## Event One

Male

10 Toe to Bar

20 Bar Hop Burpees

30 Push Presses (40Kg)

40 Kettlebell Swings (24Kg)

50 Double Unders

Set scaling:

Toes to Bar – Feet above armpits; feet above hips; sit ups

Push Presses – 35Kg; 30Kg

Kettlebell Swings – 16Kg

Double Unders – Single Unders (x2)

A ten (10) minute cut off applies to Event One. In order to score points you must complete all of the push presses and a least one kettlebell swing at your prescribed scaling. (Total of 61 reps)

Female

10 Toe to Bar

20 Bar Hop Burpees

30 Push Presses (25Kg)

40 Kettlebell Swings (16Kg)

50 Double Unders

Set scaling:

Toes to Bar – Feet above armpits; feet above hips; sit ups

Push Presses – 20Kg; 15Kg

Kettlebell Swings – 12Kg; 8Kg

Double Unders – Single Unders (x2)

A ten (10) minute cut off applies to Event One. In order to score points you must complete all of the push presses and a least one kettlebell swing at your prescribed scaling. (Total of 61 reps)

For full explanation please view this following video Link:

<http://vimeo.com/36911323>

Event Two:

Male:

3 Rounds of:

20 Box Jumps (32")

20 Wall Balls (20lbs, 10ft target)

Set scalings:

Box Jumps – 24"; 20"

Wall Balls – no scalings allowed

A ten (10) minute cut off applies to Event Two. In order to score points you must complete all of the Box Jumps in Round Two and a least one wall ball shot at your prescribed scaling. (Total of 61 reps)

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Female:

3 Rounds of:

20 Box Jumps (24")

20 Wall Balls (14lbs, 9ft target)

Set scalings:

Box Jumps – 20"; 16"; 12"

Wall Balls – Wall Ball above pull up station (approx. 8 foot)

A ten (10) minute cut off applies to Event Two. In order to score points you must complete all of the Box Jumps in Round Two and a least one wall ball shot at your prescribed scaling. (Total of 61 reps)

For full explanation please view this following video link:

<http://vimeo.com/36912087>

Event Three:

Male

30 Snatches (60Kg)

Set Scaling:

Snatches – 50Kg; 40kg; 30Kg; 20Kg

A ten (10) minute cut off applies to Event Two. In order to score points you must complete at least 16 snatches at your prescribed scaling.

Female

30 Snatches (40Kg)

Set Scaling:

Snatches – 35Kg; 30Kg; 25Kg; 20Kg; 15Kg

A ten (10) minute cut off applies to Event Two. In order to score points you must complete at least 16 snatches at your prescribed scaling.

For full explanation please view this following video link:

<http://vimeo.com/36912574>

Please note that athletes can opt to Power Snatch their Snatches. This reduces your scaling by one tier. This rule is in place for your safety.

**Spotters may alert the event organisers before/during the event if you are in danger of hurting yourself in this or any other workout. Please don't put us in the position to DNF You!**

## Event Four (The Final)

### Male:

- 10 Chest to Bar Pull Ups
- 5 Handstand Push Ups
- 1 Sled Crossing (Sled + 60Kg)
- 8 Chest to Bar Pull Ups
- 4 Handstand Push Ups
- 1 Sled Crossing
- 6 Chest to Bar Pull Ups
- 3 Handstand Push Ups
- 1 Sled Crossing
- 4 Chest to Bar Pull Ups
- 2 Handstand Push Ups
- 1 Sled Crossing
- 2 Chest to Bar Pull Ups
- 1 Handstand Push Up
- 1 Sled Crossing

### Set Scaling

Pull Ups – chin over bar; blue band assisted

Handstand Push Ups – 2 abmats; negatives, piked push ups

Sled – no scaling allowed

### Female:

- 10 Chest to Bar Pull Ups
- 5 Handstand Push Ups
- 1 Sled Crossing (Sled + 30Kg)
- 8 Chest to Bar Pull Ups
- 4 Handstand Push Ups
- 1 Sled Crossing
- 6 Chest to Bar Pull Ups
- 3 Handstand Push Ups
- 1 Sled Crossing

4 Chest to Bar Pull Ups

2 Handstand Push Ups

1 Sled Crossing

2 Chest to Bar Pull Ups

1 Handstand Push Up

1 Sled Crossing

Set Scaling

Pull Ups – chin over bar; blue band assisted

Handstand Push Ups – 2 abmats; negatives, piked push ups

Sled – no scaling allowed

## POINTS & SCALING

### Points:

- Competition points are scored for successful completion of the workout in the fastest time possible.
- 1<sup>st</sup> place will receive 100 competition points per round, 2<sup>nd</sup> Place will receive 95 competition points, 3<sup>rd</sup> place will receive 90 competition points, 4<sup>th</sup> will receive 88 point, 5<sup>th</sup> will receive 87 points, 6<sup>th</sup> will receive 86 and so on.
- Cut off times are in place in all workouts to ensure the competition runs on time.
- A minimum number of reps is required at any level of scaling to receive points for that workout. If, for example, John choses to go 'as rx'd' for Event 1 and fails to finish his push presses, he will receive 0 points.
- This system is in place to encourage appropriate scaling for all athletes.
- Total competition points will determine the rankings on the day, not total time it takes to complete the workouts.

### Scaling:

- Scaling is permitted on any workout. Scaling is in place to allow everyone to take part in a comparatively tough workout. Scaling reduces your competition points in each individual round below that of the athletes who completed the wokout as prescribed.
- For any weighted activity, scaling is accomplished by reducing the weight on the bar. Standard scales are listed underneath the movement standards on each exercise above.
- Scaling reduces your competition points. You will be ranked lower than athletes doing the workouts at the prescribed weights/heights. For example, in event 1 if Athlete A performs the workout as prescribed and it takes them 7:50 to complete the workout and they are in 4<sup>th</sup> place of 4 athletes who are attempting the workout as prescribed, they would receive 88 points. If Athlete B has the least amount of scalings and takes 7:45 to complete the round, they would score 87 points.

Please note that all times are approximate. Heat lists are subject to change before the event begins.

### Heat List – Workout One

#### Heat One – 9.00

Name	Spotter
	James
Eamon Kelly	Sunderland
Bob Duffy	Jason O'Hanlon
Thomas Daly	Dominic Munnely
Ben L'Estrange	Christina Olson
Ian Darragh	Peter Phillips
Nicola Roantree	Will Walshe
Aoife Murphy	Derek Davis
Clara Kavanagh	Devon Uderitz

#### Heat Two – 9.15

Name	Spotter
	James
Mary Hooten	Sunderland
Sarah Doyle	Derek Davis
Jenna Heron	Pat O'Hara
Damien Casey	Lorna Cummins
Eamon Kehoe	Tom Gannon
Mart Othman	Devon Uderitz
Derek Cremin	Will Walshe
Eoin O'Connor	Carmel Gunn

#### Heat Three – 9.30

Name	Spotter
Simon Hancock	Tom Gannon
Cathal McGeown	Christina Olson
Niall McHugh	Lorna Cummins
Mark Lawlor	Bob Duffy
Peter Phillips	Chelsea Pearson
Paul Donnelly	Mike Crowley
Ger McAuliffe	Devon Uderitz
Larry Murray	Dominic Munnely

Heat Four – 09:45

Name	Spotter
Nicola Kelliher	Eoin O'Connor
Lorraine Morrison	Will Walshe
Eimear Hannon	Bob Duffy
Simon O'Neill	Tom Gannon
Jason O'Hanlon	Carmel Gunn
Pat O'Hara	Sarah Doyle
Derek Davis	Dominic Munnely
	James
Joey McAlinden	Sunderland

Heat Five – 10.00

Name	Spotter
Sophie Kavanagh	Tom Gannon
Lorna Cummins	Carmel Gunn
Maria Blumenthal	Peter Phillips
Chelsea Pearson	Will Walshe
Eoghan O'Murchu	Dominic Munnely
Paul Drew	Devon Uderitz
Mike Crowley	Tom Gannon
	James
Barry McDermot	Sunderland

Heat Six – 10.15

Name	Spotter
Martina Galgey	Mark Lawlor
Grainne Kelly	Devon Uderitz
Christina Olson	Lorraine Morrison
Noel Murphy	Will Walshe
Mark Conway	Derek Davis
Trevor Murphy	Tom Gannon
	James
Alan Burnell	Sunderland
John Nagle	Jason O'Hanlon

Heat List – Workout Two

Heat One – 10:30

Name	Spotter
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Eamon Kehoe	Simon Hancock
Derek Cremin	Pat O'Hara
Mark Lawlor	Tom Gannon
Paul Donnelly	Dominic Munnelly
Larry Murray	James Sunderland
Aoife Murphy	Mike Crowley
Sarah Doyle	Will Walshe
Nicola Kelliher	Lorna Cummins

Heat Two – 10:45

Name	Spotter
Mary Hooten	Lorna Cummins
Nicola Roantree	Devon Uderitz
Clara Kavanagh	Mike Crowley
Bob Duffy	Pat O'Hara
Peter Phillips	Carmel Gunn
Ben L'Estrange	Derek Davis
Mart Othman	Chelsea Pearson
Niall McHugh	Jason O'Hanlon

Heat Three – 11.00

Name	Spotter
Thomas Daly	Carmel Gunn
Ian Darragh	Tom Gannon
Eamon Kelly	Will Walshe
Simon Hancock	Chelsea Pearson
Eoin O'Connor	Jaason O'Hanlon
Damien Casey	Derek Davis
Jenna Heron	Christina Olson
Eimear Hannon	Dominic Munnelly

Heat Four – 11:15

Name	Spotter
Cathal McGeown	Will Walshe
Ger McAuliffe	Pat O'Hara
Eoghan O'Murchu	Tom Gannon
Trevor Murphy	Peter Phillips
John Nagle	Mark Lawlor
Mark Conway	Jaason O'Hanlon
Lorrain Morrison	Dominic Munnelly
Maria Blumenthal	Carmel Gunn

Heat Five – 11:30

Name	Spotter
Simon O'Neill	Sarah Doyle
Derek Davis	Bob Duffy

Joey McAlinden	Mark Lawlor
Mike Crowley	Simon Hancock
Martina Galgey	Dominic Munnelly
Grainne Kelly	Peter Phillips
Chelsea Pearson	Devon Uderitz
Noel Murphy	James Sunderland

Heat Six – 11:45

Name	Spotter
Paul Drew	James Sunderland
Jason O'Hanlon	Peter Phillips
Barry McDermott	Will Walshe
Alan Burnell	Mark Lawlor
Sophie Kavanagh	Dominic Munnelly
Christina Olson	Tom Gannon
Lorna Cummins	Carmel Gunn
Pat O'Hara	Eoin O'Connor

Heat List – Workout Three

Heat One – 13:00

Name	Spotter
Bob Duffy	Will Walshe
Mart Othman	Tom Gannon
Ben L'Estrange	Sarah Doyle
Eamon Kelly	Lorraine Morrison
Thomas Daly	Carmel Gunn
Niall McHugh	Jason O'Hanlon
Damien Casey	Derek Davis
Mark Conway	Christina Olson

Heat Two – 13:15

Name	Spotter
Ian Darragh	Christina Olson
Eoghan O'Murchu	Devon Uderitz
Eamon Kehoe	Derek Davis
Larry Murray	Will Walshe
Eoin O'Connor	James Sunderland
Trevor Murphy	Lorna Cummins
Noel Murphy	Chelsea Pearson
Simon Hancock	Dominic Munnelly

Heat Thre3 – 13:30

Name	Spotter
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Eimear Hannon	Tom Gannon
Aoife Murphy	Dominic Munnelly
Mary Hooten	James Sunderland
Clara Kavanagh	Carmel Gunn
Nicola Roantree	Will Walshe
Nicola Kelliher	Peter Phillips
Sarah Doyle	Derek Davis
Jenna Heron	Simon Hancock

Heat Four – 13:45

Name	Spotter
Maria Blumenthal	Will Walshe
Sophie Kavanagh	Jason O'Hanlon
Christina Olson	Tom Gannon
Lorna Cummins	Devon Uderitz
Chelsea Pearson	Mike Crowley
Grainne Kelly	Pat O'Hara
Martina Galgey	James Sunderland
Lorraine Morrison	Dominic Munnelly

Heat Five – 14:00

Name	Spotter
Barry McDermott	James Sunderland
Alan Burnell	Dominic Munnelly
Joey McAlinden	Will Walshe
Derek Cremin	Devon Uderitz
Peter Phillips	Sarah Doyle
Mark Lawlor	Simon Hancock
John Nagle	Tom Gannon
Paul Donnelly	Chelsea Pearson

Heat Six – 14:15

Name	Spotter
Cathal McGeown	Tom Gannon
Jason O'Hanlon	Dominic Munnelly
Pat O'Hara	Simon Hancock
Mike Crowley	Lorna Cummins
Ger McAuliffe	Christina Olson
Simon O'Neill	Sarah Doyle
Paul Drew	James Sunderland
Derek Davis	Will Walshe

Workout Four will consist of the top ten ladies and top ten gents. It will be run in two heats of 5 for each category, male and female.



## SPOTTERS

- Unless stated otherwise, the movement standards which are typically accepted in CrossFit shall be in effect.
- The spotter's primary job is to ensure full Range of Motion (RoM) standards (e.g. squats breaking parallel). Spotters are not required to penalize inefficient/weak technique (e.g. back rounding, weight shifting onto the balls of the feet) though may point these out to the athletes in the interests of helping them.
- Spotters are encouraged to encourage their athletes, provide them feedback in terms of time, placing, repetitions, and also provide cues to ensure safe and effective movement.
- Spotters are encouraged to check that their athlete is okay and able to continue. A good spotter will know when to advise an athlete to speed up, and when to advise them to slow down.
- **If a spotter believes an athlete to be in danger of hurting themselves, they may alert the athlete of this issue. If the athlete repeatedly performs what the spotter believes to be unsafe movement, they must inform the chief spotter who will make a decision as to whether to allow the athlete to continue.**
- In the interests of both safety and efficient running of the competition, athletes will not be permitted to reduce the weight during a workout. Lowering weights upon muscle fatigue increases the risk of rhabdomyolysis and excess plates on the floor have the potential to be a trip hazard.
- **Spotters decision is final and absolutely no arbitration or debate will be entered into.**
- After each workout, spotters should report their athletes score and scaling to Liz Fitzpatrick/Rosie Cleary so that scores may be tallied.

- Scores must be presented on official score sheets to the official score keepers – Liz Fitzpatrick/Rosie Cleary – in legible and understandable format. This is to ensure the efficient running of the day.

### SPECTATORS

- CrossFit Ireland wants to extend an invite to all athletes to bring friends and family down to watch on the day.
- There is no charge for spectators for the September Invitational 2011.
- Spectators should note that the entire floor space of CrossFit Ireland will be used throughout the day, as different areas will be used for different workouts. Kindly follow the requests of officials and spotters in keeping your distance from the athletes.
- Children are more than welcome at CrossFit Ireland but must be kept under the care and supervision of an adult at all times.
- Please place all rubbish in the bin when finished with it.
- Feel free to cheer, encourage and support all athletes, and take as many photos or videos as you wish.
- Please note that a film crew will be operating throughout the weekend. By attending the CrossFit Ireland September Invitational you will consent to being filmed. A full notice will be in place in CrossFit Ireland.
- Please note that parking will be limited on the day. Free parking is available on Three Rock Road. Please do not park directly in front of our neighbours' buildings.

## WHAT TO BRING ON THE DAY

- All athletes are encouraged to bring enough food and water with them for the day.
- You are encouraged to bring food with which you are familiar. Trying new post workout food is not advised.
- Food will be available to purchase on the day through our caterer, Leonie Guy, for €15.
- Fresh fruit is good for post workout recovery, and some athletes have had success with chocolate milk. Nuts are also advised.
- It is vital that you drink plenty after the workouts, to replenish your body's hydration levels.
- Please bring your own zinc oxide (athletic) tape, if your hands are likely to tear during workouts. CFI will not be supplying zinc oxide tape.
- If you are prone to cutting your shins off the bar in workouts, please bring plasters as well. CFI will require all athletes to have any wounds or scabs covered before beginning workouts.
- Dunnes Stores is located in Beacon South Quarter, about 5 minutes walk away.
- A pharmacy is located next to Dunnes Stores for athletic tape/bandages.
- Starbucks is located in Beacon South Quarter.
- Londis is located on Carmanhall Road.
- Please remember to cheer for everyone, introduce yourself to all athletes and spectators, and have fun!

### Parking

- CrossFit Ireland has limited parking in front of CrossFit Ireland and in the yard immediately to the left of the building.
- Further parking is located approx. 200m away in a 'Pay and Display' area, which is free on Saturdays.
- Addition parking is located approx. 200m away in front of currently unused warehouses.

- Please do not park anywhere where it could negatively impact on our neighbours' business, as some businesses operate on a Saturday.

## **ADDITIONAL READING**

Killer Workouts, by Eugene Allen -

[http://library.crossfit.com/free/pdf/33\\_05\\_killer\\_workouts.pdf](http://library.crossfit.com/free/pdf/33_05_killer_workouts.pdf)

CrossFit Induced Rhabdo by Greg Glassman –

[http://library.crossfit.com/free/pdf/38\\_05\\_cf\\_rhabdo.pdf](http://library.crossfit.com/free/pdf/38_05_cf_rhabdo.pdf)

Cordially Invited by Louise Garvey –

<http://crossfit.ie/articles/cordially-invited/>

A Brief History of the Invitational

Part 1

<http://crossfit.ie/invitational/2010/05/04/a-brief-history-of-the-invitational/>

Part 2

<http://crossfit.ie/invitational/2010/05/11/a-brief-history-of-the-invitational-part-two/>

## **Additional Viewing**

[www.crossfit.ie/videos/invitational](http://www.crossfit.ie/videos/invitational)

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Google Maps : "CrossFit Ireland" (Point A)