

## CrossFit Jozi Competition Athlete Requirements

The table below lists the standards that athletes need to meet if they want to compete effectively in the CrossFit Games season, as well as in leading local events. These standards are there to ensure that athletes meet the minimum demands of such competitions.

DOMAINS	WOMEN	MEN
<b>Benchmark Workouts</b>		
Fran	04:00	03:00
Helen	08:15	07:45
Diane	04:30	03:00
Jackie	08:00	07:00
<b>Barbell 1RM</b>		
Back squat	105	160
Front squat	95	140
Deadlift	130	200
OHS	65	105
Snatch	55	95
Clean & jerk	75	125
Power jerk	65	110
<b>Gymnastics</b>		
Deadhang pull-up	12	20
Kipping pull-up	20	30
Butterfly pull-up	30	40
Ring dip	15	25
Deadhang MU	1	5
Kipping MU	7	12
Bar MU	10	15
Strict HSPU	12	20
Kipping HSPU	20	30
<b>Monostructural</b>		
400m run	01:10	01:03
1 mile run	06:11	05:30
5k run	21:00	20:30
2k row	08:25	07:18