



## OPEN WEEK 2

12 P.M. (NOON) PT THURSDAY, MARCH 7, THROUGH 5 P.M. PT MONDAY, MARCH 11  
\*IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY IN THE UNITED STATES.  
TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE  
SUBMISSION DEADLINE.\*

Presented by



### 24.2:

As many rounds and reps as possible in 20 minutes of:

- 300-meter row
- 10 deadlifts
- 50 double-unders
- ♀ 125 lb (56 kg)
- ♂ 185 lb (83 kg)

### WORKOUT VARIATIONS

#### Rx'd: (Ages 16-54)

- ♀ 125 lb (56 kg)
- ♂ 185 lb (83 kg)

#### Teenagers 14-15:

- ♀ 75 lb (34 kg)
- ♂ 115 lb (52 kg)

#### Masters 55+:

- ♀ 95 lb (43 kg)
- ♂ 135 lb (61 kg)

#### Scaled: (Ages 16-54)

- ♀ 95 lb (43 kg), single-unders
- ♂ 135 lb (61 kg), single-unders

#### Scaled Teenagers 14-15:

- ♀ 65 lb (29 kg), single-unders
- ♂ 95 lb (43 kg), single-unders

#### Scaled Masters 55+:

- ♀ 65 lb (29 kg), single-unders
- ♂ 95 lb (43 kg), single-unders

### QUICK START

- Start seated on the rower with hands off the paddle.
- At the call of "Go," row 300 meters.
- Then complete 10 deadlifts.
- Finish the round by completing 50 double-unders.
- Continue the sequence of rowing, deadlifts, and double-unders for 20 minutes.
- Your score will be the total number of reps completed in 20 minutes.

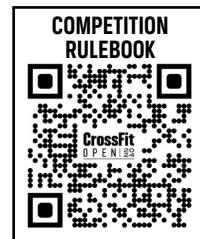
### NOTES

- There is no required floor plan.
- Gymnastics grips are **NOT** allowed during this workout.
- Athletes may receive assistance resetting the rower between rounds.
- There is no tiebreak.
- During the row, 10 meters = 1 rep, rounded down (e.g., 237 meters = 23 reps).
- If time expires during the row, record your score when the monitor has come to rest.

### EQUIPMENT

- Barbell, plates, and collars.
- Concept2 rower. No other type of rower is allowed.
- Jump rope.

Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



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**GOWOD**  
MOBILITY FIRST

### MOVEMENT STANDARDS

#### ROW

##### REQUIREMENTS



1



2



1. The monitor must be set to 0 at the beginning of each row.
  - The monitor must count UP to the designated distance.
  - Any damper setting may be used at any time.
2. Remain seated until the monitor clearly reads 300 meters.

##### COMMON NO REPS

NOTE: This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 300 meters.
- ✗ Starting the round without resetting the monitor to 0.

GEAR UP  
FOR THE OPEN



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### MOVEMENT STANDARDS

#### DEADLIFT

##### REQUIREMENTS



1



2

1. The barbell starts on the ground (both plates touching the ground).

- Hands must be outside the knees. No sumo deadlifts.
- Any style of grip is permitted.

2. The rep is credited when:

- Hips and knees reach full extension.
- Head and shoulders are behind the bar when viewed from the side.

##### COMMON NO REPS

NOTE: This list is not exhaustive.



- ✖ Lowering the barbell before reaching full extension of the knees or hips.



- ✖ Finishing with the head and/or shoulders in front of the bar.



- ✖ Deliberately bouncing the bar.

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### MOVEMENT STANDARDS

#### DOUBLE-UNDER/SINGLE-UNDER (SCALED ONLY)

##### REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

##### COMMON NO REPS

NOTE: This list is not exhaustive.

- ✗ Crediting attempts instead of successful reps.
- ✗ Spinning the rope backward.



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	<b>300-METER ROW</b> 10 METERS = 1 REP, ROUNDED DOWN	<b>10 DEADLIFTS</b>	<b>50 DOUBLE-UNDERS</b>
<b>ROUND 1</b>	30	40	90
<b>ROUND 2</b>	120	130	180
<b>ROUND 3</b>	210	220	270
<b>ROUND 4</b>	300	310	360
<b>ROUND 5</b>	390	400	450
<b>ROUND 6</b>	480	490	540
<b>ROUND 7</b>	570	580	630
<b>ROUND 8</b>	660	670	720
<b>ROUND 9</b>	750	760	810
<b>ROUND 10</b>	840	850	900
<b>ROUND 11</b>	930	940	990
<b>ROUND 12</b>	1,020	1,030	1,080

Judge \_\_\_\_\_

Judge Name

Reps at 20 Min. \_\_\_\_\_

Rx'd     Scaled

Athlete \_\_\_\_\_

Athlete Name

Athlete Signature

Athlete Copy

## WORKOUT 24.2

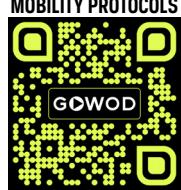
Reps at 20 Min. \_\_\_\_\_

Rx'd     Scaled

Athlete Name \_\_\_\_\_

Print

SCAN TO SUBMIT SCORE



Workout Location \_\_\_\_\_

Date \_\_\_\_\_



Judge \_\_\_\_\_

Judge Name

Judge Signature