

Moscow Mayhem 2023 Workouts

July 22, 2023

Hosted by: North Idaho Athletic Club

Categories: Men's RX, Women's RX, Men's Scaled, Women's Scale

For Reps: (20 min time cap)

5x 3 min AMRAP w/1-minute rest in between

3 Cleans RX: (135/95), Scaled: (95/65)

4 RX: T2B, Scaled: Knee Raise (above 90 degrees)

5 Cal Bike

- Score: total reps from all 5 rounds
- The rounds start off where you left off in the previous round.
- Cleans can be power cleans or full squat cleans

For Weight: (8 min time cap)

A. 1000 m Row

B. Max Deadlift

- Score: A and B will be scored separately. Fastest time and heaviest weight.
- The first weight attempt will be loaded on the bar prior to the start of the event.
- The athlete has to load their own weight—no help from officials or friends.

Place in Event	Number of Points
1	100
2	95
3	90
4	85
5	80
6	75
7	73
8	71
9	69
10	67

For Time: (15 min time cap)

RX: 100 DU, Scaled: 300 Singles

25 Snatch RX: (95/65), Scaled: (75/45)

25 Sit-ups

25 Wall Balls RX: (20/14), Scaled (14/10)

25 RX: Pull-ups, Scaled: Jumping Pull-ups

RX: 100 DU, Scaled: 300 Singles

- Score: Fastest time
- Snatch can be power snatches or full squat snatches
- Sit-ups: hands must touch the ground behind the head and then touch feet in order to be a successful rep
- Wall Balls: Men must hit 10 feet, Women must hit 9 feet
- Pull-ups: Any form of pull-up is permitted. Chin must be above the bar to count.

Final: (30 min cap)

- The **top 5 athletes** from each category will make it to the finals.
- Score: Fastest time
- The finals will be scored and ranked. These scores will be **added** to the previous workout scores to declare the overall winner in each category.
- Finals Scoring:
 - 1st Place: 150 points
 - 2nd Place: 125 points
 - 3rd Place: 100 points
 - 4th Place: 80 Points
 - 5th Place: 70 Points