

CrossFit

Forging Elite Fitness



Welcome to the CrossFit Games South East Regional Qualifier!

The Dirty South

May 28, 29 and 30 2010

Jacksonville, Florida

Event Information Release

Thank you to all of our sponsors:



JSO PAL
Jacksonville, Fl.

Event Time Line:

Friday May 28th

| | |
|-----------|--|
| 1000-1800 | Venue opens, spectator admission, Mandatory participant check-in all registrants |
| 1000-1030 | Lunch and Early Staff Meeting for all Friday Event Judges and Volunteers |
| 1230-1300 | AM Brief Event Check-in |
| 1300-1830 | Events for Masters and Affiliate Teams |
| 1830-2000 | Mandatory Meeting for all Staff (Event Judges and Volunteers) |

Saturday May 29th

| | |
|-----------|---|
| 0700- | Venue opens, late check-in and spectator admission |
| 0800-0900 | Full Opening Ceremonies |
| 0900-1930 | Saturday Events for Individual, Affiliate Teams and Masters |
| 1930- | Sunday Events Q and A Sunday heats and start time posted |

Sunday May 30th

| | |
|-----------|--|
| 0700- | Venue opens, late check-in and spectator admission |
| 0800-1800 | Sunday Events for Individual and Affiliate Teams |
| 1800-1815 | Staff Congratulations and final scoring |
| 1830 | Closing Ceremonies and Awards |

See Event Heats for greater details

FAQ:

Dogs: Dog are allowed at venue but must be on leash

Gate Entry: Yes onsite cash only, online purchase is now closed

Tents: Yes highly recommended

Food and Drink: Limited onsite, all available with-in 1 mile of venue site

All Athlete, scoring, DNF and Event Rules listed below.



Scoring Overview:

- All scoring will be points based on how the participant finishes/ranks in each Event; thus you are only scored against how well you do against other competitors.
- A points system allows for the greatest amount of freedom in programming.
- As you will see our programming is inclusive of both task and time priority Events.

Rank'em by time or reps count, give out points for every Event, top 4 point totals go to Cali nice and simple. See our scoring video for further explanation [Dirty South Scoring](#)

CrossFit Games South East Regional Qualifier Scoring

| Finish Rank | Points | Finish Rank | Points | Finish Rank | Points | Finish Rank | Points |
|-------------|--------|-------------|--------|-------------|--------|-------------|--------|
| 1 | 500 | 41 | 360 | 81 | 240 | 121 | 120 |
| 2 | 490 | 42 | 357 | 82 | 237 | 122 | 117 |
| 3 | 485 | 43 | 354 | 83 | 234 | 123 | 114 |
| 4 | 480 | 44 | 351 | 84 | 231 | 124 | 111 |
| 5 | 475 | 45 | 348 | 85 | 228 | 125 | 108 |
| 6 | 470 | 46 | 345 | 86 | 225 | 126 | 105 |
| 7 | 466 | 47 | 342 | 87 | 222 | 127 | 102 |
| 8 | 462 | 48 | 339 | 88 | 219 | 128 | 99 |
| 9 | 458 | 49 | 336 | 89 | 216 | 129 | 96 |
| 10 | 454 | 50 | 333 | 90 | 213 | 130 | 93 |
| 11 | 450 | 51 | 330 | 91 | 210 | 131 | 90 |
| 12 | 447 | 52 | 327 | 92 | 207 | 132 | 87 |
| 13 | 444 | 53 | 324 | 93 | 204 | 133 | 84 |
| 14 | 441 | 54 | 321 | 94 | 201 | 134 | 81 |
| 15 | 438 | 55 | 318 | 95 | 198 | 135 | 78 |
| 16 | 435 | 56 | 315 | 96 | 195 | 136 | 75 |
| 17 | 432 | 57 | 312 | 97 | 192 | 137 | 72 |
| 18 | 429 | 58 | 309 | 98 | 189 | 138 | 69 |
| 19 | 426 | 59 | 306 | 99 | 186 | 139 | 66 |
| 20 | 423 | 60 | 303 | 100 | 183 | 140 | 63 |
| 21 | 420 | 61 | 300 | 101 | 180 | 141 | 60 |
| 22 | 417 | 62 | 297 | 102 | 177 | 142 | 57 |
| 23 | 414 | 63 | 294 | 103 | 174 | 143 | 54 |
| 24 | 411 | 64 | 291 | 104 | 171 | 144 | 51 |
| 25 | 408 | 65 | 288 | 105 | 168 | 145 | 48 |
| 26 | 405 | 66 | 285 | 106 | 165 | 146 | 45 |
| 27 | 402 | 67 | 282 | 107 | 162 | 147 | 42 |
| 28 | 399 | 68 | 279 | 108 | 159 | 148 | 39 |
| 29 | 396 | 69 | 276 | 109 | 156 | 149 | 36 |
| 30 | 393 | 70 | 273 | 110 | 153 | 150 | 33 |
| 31 | 390 | 71 | 270 | 111 | 150 | 151 | 30 |
| 32 | 387 | 72 | 267 | 112 | 147 | 152 | 27 |
| 33 | 384 | 73 | 264 | 113 | 144 | 153 | 24 |
| 34 | 381 | 74 | 261 | 114 | 141 | 154 | 21 |
| 35 | 378 | 75 | 258 | 115 | 138 | 155 | 18 |
| 36 | 375 | 76 | 255 | 116 | 135 | 156 | 15 |
| 37 | 372 | 77 | 252 | 117 | 132 | 157 | 12 |
| 38 | 369 | 78 | 249 | 118 | 129 | 158 | 9 |
| 39 | 366 | 79 | 246 | 119 | 126 | 159 | 6 |
| 40 | 363 | 80 | 243 | 120 | 123 | 160 | 3 |



Athlete Scoring Tie:

- In the event of a tie each participant will receive the same points total with the vacant points removed equal to the number of participants tied.
- Example: 1st place with a time of 1:59 receives 500 points, 2nd place with a time of 2:00 receives 490 points, we have a 4 way tie for 3rd place (4 participants completed a WOD in exactly 2:03) all 4 participants receive 485 points each. The next best time, let's say a 2:05 will receive 466 points i.e. the points equal to 7th place as he or she is the seventh best time.
- **In the event of a points tie for the final qualifying spot or the top 4 positions in either Female or Male qualifiers and top 8 Affiliate Team qualifiers the tie will be decided by best finish in any Event. If still tied, second best finish in any Event. All ties will be resolved on best finish criteria.**

Athlete Scoring DNF and Disqualifications:

- For Individual and Affiliate Team competitors a Did Not Finish (DNF) within the allotted time in any Event (Except Final Event as outlined for 2010) will equal 0 points awarded, the same is true for any Disqualifications.
- A DNF is not a termination from the competition, the Athlete may continue to compete and collect points through the remaining Events and is still officially ranked.
- For any Disqualification the event is over for that athlete and his or her competition terminated.
- This Regional Qualifier is scored as a highest point wins event. Noted: on the 500pts scale a DNF will almost guarantee the loss of a qualifying position, as the competition is very competitive at this level.
- HQ governs master competition and all athletes will be scored based on best time and total work.

Event Heats

- Assigned participant numbers will decide participant starting times and heats.
- All participants will have equal rest periods between Events Heats.
- The Individual participants will be broken into two divisions Male and Female. Female heats will always begin first followed by Male heats.
- Approximate heat start times will be posted online and posted onsite.
- All Participants and Affiliate Teams are required to check in one heat before the start of their event. Example: if you have a 9:30 heat assignment you must be at that check in tent by 9:15 (start time of the prior heat). The Event Judges will not hold an Event for a late or absent participant.
- Equipment will be available in a main warm up area and at the Event check-in.

- Pre-Event the Head Judge will brief any last min details and answer any final questions.
- An Event Judge will take you and your scorecard to your event space for your Event set-up.
- Post-Event please sign and confirm that your scorecard is correct.
- Sunday's participant heat order will be reverse order on current standings, based on Saturday's points total. The Heats will be filled from lowest points first to highest point totals. A heat schedule will be posted online and onsite.
- Sunday's first heats will be all Affiliate Team Events. Affiliate Teams Final will be concluded by Sunday Mid Day.
- The remainder of Sunday will include the individual participant Heats. Female Heats will go first thru to the Female Finals followed by all Male Heats ending with the Male Finals.

Event Rules:

- It is with all good intentions that we aim for a professional and ethical event. All staff, participants and spectators are accountable for their actions and are therefore part of this event.
- Everyone on site from Participants, Staff to Spectators are required to have completed the appropriate waivers, paid or registered for entry and **must be wearing an event identification bracelet.**
- No direct outside assistance to participants during their event.
- All non-participants must stay within the marked spectator area and off the Event venue.
- **Any gross infraction to the event standards of movement will result in loss of repetition.**
- **Any questionable infraction of the event standards of movement will result in a warning and loss of repetition.**
- Belts and gloves are allowed, no grip assistance or weight support may be derive from any device worn.
- Event Judges are strictly instructed not to touch weights, tighten collars or move bars; their sole purpose is to hold the athlete to the event standard of movement.
- More than one Event Judge may take reps from a participant during an Event WOD. **If at any time you have two Event Judges watching your ROM, chances are you are violating the event standard of movement and about to loose a rep.**
- Event Judges are instructed to not coach the athletes, only to warn of infractions and counts rep. An unfair advantage argument could be made for better coaching from one participant to another.
- **Event Director has the absolute authority on any final ruling up to and including disqualification of an athlete.**
- **Event Judges and Event Staff have the authority to stop or suspend an athlete at any point in competition if he or she feels that athlete is at risk of serious injury to himself/herself or others**

- **Uncommon Movement Clause:** any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted range of motion and line of action of any Event requirement can and will be disallowed by the Event Director and Staff. Athlete will receive one warning followed by a penalty as directed by Event Director or Staff up to Disqualification.

Protest and Appeals Process:

- Any protests, appeals, scoring discrepancies or ruling questions will be immediately filed with the Head Judge and followed up to the Event Director for final decision. All parties involved will have the opportunity to present the known facts.
- For any discrepancies follow the Appeal Process.
 - Notify Head Judge of the Heat in question
 - Head Judge, Event Judge, Athlete and Athlete Liaison all communicate to fact find and define the issue in protest; all information is presented the Event Director for a final ruling.
- Video, photos, cell phone media or any media will not constitute grounds for changing or amending a decision, score or entry made by an Event Judge. The Event Director may ask for any related media but its availability may or may not guarantee use in the overall decision process.

Scaling:

- Set Scaling numbers are available for each Event, the Athlete is required to notify the Event Judges at heat check in to adjust weight according.
- **Any participant having to scale from RX requirements will not be in contention for a Qualifying spot and will receive no points for that Event.**