

MASTERS: OVERVIEW

THE OPEN

MARCH 11-29
ALL ATHLETES

- \$20 registration*
- 3 weeks, online
- Workouts announced weekly

ONLINE QUALIFIER

MAY 6-10
TOP 10% PER DIVISION

- \$50 registration
- May 6-10, online
- Similar format to previous years

FINALS

JULY 27 - AUG 1
TOP 20
PER DIVISION*

- \$250 registration
- * Qualifying spots for the 60-64 and 65+ divisions will be determined based on Open participation numbers

VIRTUAL EVENT

IN-PERSON
EVENT

MASTERS: The Open

March 11-29
All Athletes



GENERAL

- \$20 registration*
- 3 weeks of online competition
- Workouts are announced weekly on Thursdays at 5pm PST
- Workouts must be submitted by the following Monday at 5pm PST

EQUIPMENT (RX'D ATHLETES)

- Masters 35-54: 1 dumbbell, 50/35 lb.
- Masters 55+: 1 dumbbell, 35/20 lb.
- 1 barbell (45/35 lb.) + a set of standard bumper plates and collars
- 1 jump rope
- 1 pull-up bar for all common hanging movements and kipping
- 1 box, 24"/20" with at least a 15x15" surface
- Wall space

ADVANCING

- The number of eligible competitors will be established based on registration at the close of 21.1
- The top 10% from each division will advance to Online Qualifier
- Record video of all workouts, even if you don't video-submit your score

MASTERS: Online Qualifier

May 6-10
Top 10% from each division



GENERAL

- \$50 registration
- May 6-10, online competition

EQUIPMENT

- All recommended Open equipment as well as:
- 30' of flat space suitable for movements covering distance
- 15' climbing rope
- Medicine ball 20/14 lb.
- Masters 35-54: 2 dumbbells, 50/35 lb.
- Masters 55+: 2 dumbbells, 35/20 lb.
- C2 Rower
- Gymnastics rings
- GHD
- Squat Rack

COMPETITION DETAILS

- Athletes must provide their own judge
- The judge must have completed the 2021 Judges Course
- Whenever possible, select an experienced judge that will hold you accountable
- Athletes must provide video of each workout

ADVANCING

- The top 20 athletes in each division will advance to the CrossFit Games Finals*
- *Qualifying spots for the 60-64 and 65+ divisions will be determined based on Open participation numbers

MASTERS: Drug Testing



GENERAL

- Random testing will occur throughout the year
- Historically, CrossFit drug tests over 400 athletes every year

FINALS

- All podium athletes will be drug tested
- Random tests will be administered during the competition

MASTERS: Best Practices



ONLINE COMPETITIONS

- Video all workouts
- Ensure your video setup matches the submission guidelines
- Review your workout videos **BEFORE** submitting your score
- Select experienced judges that will hold you accountable

IN-PERSON COMPETITIONS

- Pay attention to heat check-in times
- Plan to be on time, every time!
- Prepare for long competition days

GENERAL

- Consult the 2021 Rulebook for more details on the competition season

MASTERS: Calendar of Events

THE OPEN

ALL ATHLETES

**ONLINE
QUALIFIER**

TOP 10% (PER DIVISION)

FINALS

TOP 20 PER DIVISION*

	M	T	W	TH	F	SA	SU	
MARCH	8	9	10	11	12	13	14	OPEN WEEK 1
	15	16	17	18	19	20	21	OPEN WEEK 2
	22	23	24	25	26	27	28	OPEN WEEK 3
	29	30	31	1	2	3	4	
APRIL	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	1	2	
MAY	3	4	5	6	7	8	9	AGE GROUP ONLINE QUALIFIER & OCCUPATIONAL GAMES
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
JUNE	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30	1	2	3	4	
JULY	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	GAMES FINALS