

COMPETITOR'S BENCHMARKS

WEIGHTLIFTING BENCHMARKS*	Men's	Mens	Men's	Women's	Women's	Women's
	GAMES	REGIONALS	OPEN	GAMES	REGIONALS	OPEN
Press	225	185	145	155	125	95
Push Press	300	250	200	210	165	120
Push Jerk	335	285	225	235	190	155
Split Jerk	350	305	245	245	200	155
Bench Press	335	295	225	215	155	115
Deadlift	535	475	405	350	275	205
Power Snatch	245	210	165	185	135	105
Snatch	295	240	185	195	145	110
Power Clean	335	280	245	235	185	125
Clean	375	315	225	245	19	135
Clean & Jerk	345	295	245	225	175	125
Front Squat	375	325	275	255	200	145
HBBS	385	335	285	275	235	185
LBBS	455	395	355	300	245	200
OHS	355	295	235	225	175	125

*Raw strength vs technical proficiency

GYMNASTICS BENCHMARKS	Men's	Mens	Men's	Women's	Women's	Women's
	GAMES	REGIONALS	OPEN	GAMES	REGIONALS	OPEN
Max Unbroken Muscle Ups	17	10	5	12	7	3
30 Muslce Ups for time	3:15	4:15	5:00	3:45	5:00	6:30
Max Bar Muscle Ups	20	12	5	14	7	3
Max Rep Strict Pull up	25	14	8	20	10	4
Max Rep Kipping Pull Up (traditional)	65	45	30	65	45	30
Max Rep Kipping Pull Up (bfly)	65	45	30	65	45	30
Max Rep Chest to Bar Pull Up	40	30	15	40	30	15
Max Rep Strict Handstand Push Up* ¹	35	20	5	35	20	5
Max Rep Kipping HSPU	45	30	10	45	30	10
Max Rep Ring Dip	40	25	10	25	15	5
Pistols						
L-Sit Max seconds	70	45	25	70	45	25
Handstand Walk Distance	100 ft	50 ft	10 ft	100 ft	50 ft	10 ft
Max rep T2B	40	25	10	40	25	10

*1 Raw strength

MONOSTRUCTUAL BENCHMARKS*	Men's	Mens	Men's	Women's	Women's	Women's
	GAMES	REGIONALS	OPEN	GAMES	REGIONALS	OPEN
400 M Run	55 sec	65 sec	75 sec	1:05	1:25	1:40
100M Sprint	11 sec	12.5 sec	14 sec	12 sec	14 sec	16 sec
1600M Run	5:00	6:00	7:00	6:00	7:00	8:15
5K Run	18:00	21:00	24:00	20:00	23:00	26:00
10K Run	40:00	44:00	48:00	44:00	48:00	54:00
Unbroken DU	150	75	35	150	75	35
500M Row	1:22	1:28	1:33	1:30	1:37	1:45
2K Row	6:40	7:05	7:30	7:15	7:45	8:15
5K Row	17:30	20:00	22:30	19:30	22:30	26:00

*Short, Medium, Long, Recovery capacity

*No one likes 5 & 10K's BUT they have to be there.

CROSSFIT BENCHMARKS *	Men's	Mens	Men's	Women's	Women's	Women's
	GAMES	REGIONALS	OPEN	GAMES	REGIONALS	OPEN
Fran	2:15	2:45	3:15	2:25	2:55	3:25
Amanda	3:20	4:00	4:40	4:00	6:00	9:00
Diane	2:00	2:45	3:45	2:10	2:55	4:00
Helen	6:55	7:25	8:00	7:15	8:00	9:00
Angie	10:30	13:00	17:00	12:00	15:00	19:00
Cindy	32 Rds	26 Rds	20 Rds	32 Rds	26 Rds	20 Rds
Elizabeth (with squat cleans)	5:00	6:30	8:00	5:30	7:30	10:00
Grace	1:30	2:05	3:00	1:30	2:05	3:00
Isabel	1:30	2:05	3:00	1:30	2:05	3:00
Nancy	10:30	13:00	17:00	11:15	13:45	17:45
Mary	18	14	8	16	12	6
Muurph with Vest	32:00	37:00	44:00	36:00	42:00	52:00
Nate	20 Rds	14 Rds	8 Rds	18 Rds	11 Rds	6 Rds
Filthy 50	15:00	18:30	22:30	17:30	21:30	28:00
Fight Gone Bad	440	395	350	440	395	350

*Tests couplets, triplets, short, medium, long, gymnastics, heavy, light, stamina

"OPEN" -Will make it through the open

"REGIONALS" -Will score well in the Open, may make Regionals

"GAMES" -Games worthy/Top 10-15% Games Athletes