

Friday

Elite's and Masters

“Run, Row, Walk” - 100 points

Event 1

2000 meter run

2000 meter row - tie break

200 foot handstand walk - 25 foot unbroken individual / age groups 5 foot unbroken

- 22 minute time cap

Workout Description:

The workout begins with the athlete standing on their starting mat. At the call of 3,2,1... go! The athlete will take off on their 2000 meter run. They will run the designated route that will be marked out by the event crew. After they have completed their 2000 meter run, they will run the there assigned rower for a 2000 meter row. The screen will start at 0 meters, and the athlete will row until the screen hits 2000 meters. They can have any damper setting they want on the rower. The athlete must also remained strapped in the rower before the screen hits 2000 meters. After the athlete completes the 2000 meter row, the judge will mark down their tiebreak time - as this is the tiebreak before the 200 foot handstand walk. After the athlete has completed the 2000 meter row, they will move to their handstand walk lane to complete 200 feet of handstand walk. Elite individuals will have 25 foot minimum markers to complete before they can kick down on their handstand walk. Masters/Teens will have 5 foot minimum markers to complete before they can kick down on their handstand walk. Both hands must be fully over the marker for the section of handstand walk to be completed. After the athlete has completed their 200 foot handstand walk, they will cross the finish mat and their judge will mark down their final time. There is a 22 minute time cap for this workout. If you fail to complete the total work above in 22 minutes, you will be scored with an amount of repetitions, rather than a final time.

Movement Standards:

Run:

- Athlete must stay in the designated running route marked out by the event staff and judges.

Row:

- Any damper setting is allowed and can be adjusted during the event

Athlete is not allowed the touch display screen at any time

Athlete must stay strapped in the entire time of the 2000 meter row, and must remain strapped in until monitor says 2000 meters

Their judge will ensure the rower display is turned on and set to zero before the start of the event.

Handstand Walk:

- The athlete must start behind the marker.

- They must kick up into the handstand with both hands clearly behind the start marker (or 25-foot increment line). (5-foot for masters/teens)
- Athletes must travel a minimum of 25-feet for the rep to count. (5-foot for Masters/Teens)
- Both of the athlete's hands must clearly pass the 25-foot marker. (5-foot for Masters/Teens)
- If the athlete comes down before both their hands make contact on the ground after the marker, they must begin their next attempt from the beginning of that 25-foot section. (5-foot for Masters/Teens).
- Each 5-foot section will be counted as 1 rep.

Elite Trio

"Nova Three" - 100 points

18 min AMRAP

2000 meter run (as a team)

Then,

AMRAP calories on rower + handstand walk in remaining time.

Workout description:

With all three athletes on the starting mat, at the call of 3,2,1..go! All three team members will take off on their 2000 meter run. The run will be a designated route marked out by the event staff and judges. After ALL three team members have completed their 2000 meter run, they will begin their AMRAP of Rowing calories and handstand walk. It is an 18 minute clock, therefore the faster all team members finish their run, the more time they have to row calories and handstand walk. There will be 1 team member rowing, 1 handstand walking, and 1 resting at all times. Team members can switch out at any point. The handstand walk must be 25-feet minimum unbroken section before switching out team members. The score is total reps between the handstand walk and rowing calories. For every 25-feet of handstand walk completed, you will be awarded 5 reps. For every 5 calories rowed, you will be awarded 1 rep. If you did not complete a set of 5 calories rowed, you will not be awarded partial reps. You will continue this sequence with your team until the 18 minutes is up. Your team score is total reps on the handstand walk + total repetitions on the rower.

Movement Standards

Run:

- Athlete must stay in the designated running route marked out by the event staff and judges.

Row

- Any damper setting is allowed and can be adjusted during the event
- Athlete is not allowed the touch display screen at any time
- Their judge will ensure the rower display is turned on and set to zero before the start of the event.

Handstand Walk

- They must kick up into the handstand with both hands clearly behind the start marker (or 5-foot increment line)
- Athletes must travel a minimum of 25-feet for the rep to count.
- Both of the athlete's hands must clearly pass the 25-foot marker.
- If the athlete comes down before both their hands make contact on the ground after the marker, they must begin their next attempt from the beginning of that 25-foot section.
- Each 5-foot section will be counted as 1 rep.