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**FUELED BY**

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**2017 Fraser Valley Throwdown Recreational Team Events**

**“Floater”**

This WOD will run from:

5:30-8:30pm on Friday Oct 27th

9:00-5:00pm on Saturday Oct 28th

9:00-12:00pm on Sunday Oct 29th

All athletes (both individual and teams) must have completed this WOD by Sunday at noon. There will be a sign-up sheet available at the floater to register for heat times.

For time: (5 minute CAP)

21 Calorie Assault Bike

15 Burpee Over Wall (5’ wall)

9 Dumbbell Snatch 50#/35#

* Score will be athletes’ time once all work is completed and the athlete is standing on the finish mat. If the time cap is reached before all work is completed a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to reach the finish mat.
* Team Score will be the sum of the total time of all 4 athletes.

Workout Flow:

* The floater begins with the athlete seated in the Assault Bike, and ends when all work is completed and the athlete is standing on the finish mat.
* Members of each team may choose any time to perform the floater over the weekend. Teams are not required to perform the floater at the same time.

Burpee Over Wall:

* The movement begins with the athlete’s chest and thighs in contact with the ground. The movement ends when both of the athletes’ feet have touched down on the opposite side of the wall. The athlete may navigate the wall any way they see fit.

Dumbbell Snatch:

* The movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, both heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go reps are permitted. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.

**Event #1**

MM/FF Pairs

8 minutes to work to a:

1RM Clean & Jerk

1RM Snatch

* Score will be the sum of 4 heaviest successful lifts. 2 Clean & Jerk (male/female) 2 Snatch (male/female)

Workout Flow:

* Male pairs will work on a single bar with one athlete working to a 1RM Clean & Jerk and the other athlete working to a 1RM Snatch. The same format will be used for female pairs at the same time.

Clean & Jerk:

* The movement begins with the barbell on the floor. The movement ends with the athlete in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. During each repetition the athlete must receive the bar in the front rack position but passing through a full depth squat is not necessary. Both power and squat cleans will be permitted, as well as any shoulder to overhead variation.

Snatch:

* The movement begins with the barbell on the floor. The movement ends with the athlete in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. During each repetition the barbell must move to the overhead position in one motion. Both power and squat snatches will be permitted.

**Event #2**

MF/MF Pairs Relay (18 minute Cap)

Partner Carry

21 Synchronized Thruster 95#/65#

21 Synchronized Pull Up

15 Synchronized Thruster 95#/65#

15 Synchronized Pull Up

9 Synchronized Thruster 95#/65#

9 Synchronized Pull Up

Partner Carry

* Score will be the team’s time once all the work is completed and all athletes have returned to the starting mat. If the time cap is reached before any of the athletes have finished, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to return to the starting mat.

Workout Flow:

* Event 2 begins with a male carrying female partner carry to the competition floor where the pairs will work to complete all 90 reps of the synchronized “Fran” couplet, and will do so in a synchronized fashion. After the 3rd set of synchronized pull-ups are completed the pair will return to the starting mat by performing a female carrying male partner carry. The second male/female pair will be waiting to be tagged in. Once all the work is completed and all 4 athletes have returned to their starting mats, the event is complete.

Partner Carry:

* Any form of safe carry is permitted.

Synchronized Thruster:

* The movement begins with the bars on the ground. The movement ends with the athletes in a standing position with the knees, hips and arms fully extended, and the bar directly over the middle of the body. With each repetition, the athletes must receive the bar in the front rack position and both athletes must pass through a full depth squat at the same time, during which the hip crease must drop below the height of the knees. The synchronized thruster will be performed with the athletes facing each other.

Synchronized Pull Up:

* The movement begins with the athlete’s feet off of the ground, hanging with straight arms, and the hips fully open, from the pull up bar. The movement ends when both of the athletes have their chins clearly above the height of the bar at the same time.

**Event #3**

MM/FF Pairs

16:00 AMRAP

8:00 AMRAP following the rep scheme below:

2 Rope Climb

15 HSPU

100 Double Under

4 Rope Climb

15 HSPU

100 Double Under

6 Rope Climb

15 HSPU

100 Double Under…

8:00 AMRAP of:

Calorie Row

* Event #3 will be broken into 2 separate scores. The first score will be the sum of reps completed by all 4 athletes during the rope climb, HSPU, double-under triplet. The second score will be the total calories rowed that shows on the screen at the end of the 16 minutes.

Workout Flow:

* During Event #3 the female pairs will complete as many reps as possible in the triplet while the male pairs work to accumulate calories in the rower. At the 8-minute mark male pairs will move from the rower to the triplet and female athletes will move from the triplet into the rower. During the triplet, pairs will work one athlete at a time to achieve as many reps as possible. Pairs may share the work as they see fit, but only one athlete may be working at a time. During the rowing portion of this event one athlete will be rowing at a time. Pairs may switch in and out of the rower as they see fit.

Rope Climb:

* In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must remain in control during the descent. Jumping up to begin each ascent is permitted.

Handstand Push Up:

* The movement begins at the top of a handstand with the arms fully locked out, the heels on the wall and the hips open with the body in line with the arms. The hands must be placed within the clearly marked area. The marked area will measure 36-by-24, and the palm of the hand must be placed within (fingers may extend outside of the box). At the bottom of each rep, the athlete’s head must touch the mat. At the top of each rep, the athlete must return to a fully locked out position, with the heels on the wall and the feet within the clearly marked area. Kipping is allowed

Double Under:

* The athlete’s rope must pass under the feet twice for each jump.

**Event #4 (Final) Top 7 teams will qualify**

For time: (15 minute CAP)

60 C2B Pull Up

80 Snatch 135#/85#

80’ Handstand Walk

* Score will be the team’s time once all work is completed and all 4 athletes have returned back to their starting mat. If the time cap is reached before the team reaches their starting mat, a 1 second penalty will be added for each uncompleted rep including a 1 second penalty for failing to return to the mat.

Workout Flow:

* The final will begin with all 4 team members on their starting mat. On the call of “go” one of the 4 athletes will proceed to the competition floor and begin to work on the 60 chest-to-bar pull-ups. The working athlete may at anytime return to the starting mat and tag in any of the other 3 team members. The team may share the chest to bar reps as they see fit. When all chest-to-bar pull-up reps are completed all athletes must return to the starting mat. Once this has occurred either the male or female pairs will take the floor and work to complete 40 of the 80 squat snatch reps with their respective load. When both athletes have returned to the starting mat, the other pair will take the floor and work to complete the squat snatch reps at the their respective load. When all the snatch reps have been completed and all 4 team members have returned to the starting mat they may all proceed to the handstand walk portion of the event. The team may share the handstand walk distance as they see fit. The event is complete when the final handstand walk is completed.

Chest to Bar Pull Up:

* The movement begins with the athlete’s feet off of the ground, hanging with straight arms, and the hips fully open, from the pull up bar. The movement ends when the athlete's chest clearly contacts the pull up bar below the clavicle.

Squat Snatch:

* The movement begins with the barbell on the ground, and ends when the barbell comes to full lock-out overhead, with the knees, hips and arms fully extended, and the bar directly over the midline of the body. The barbell must be lifted overhead in one motion, a press out will result in a no-rep. The athlete must pass through a full squat with the hips below the knees. A power snatch followed by an overhead squat will be permitted.

Handstand Walk:

* The athlete must start with their feet behind the start line and must stay within their lane as they travel forward. To complete the handstand walk both hands must cross the finish line.