



EVENT 5 – DECISION MAKER

ADVANCED	INTERMEDIATE
FOR TIME (12 MIN TIME CAP) 30 Front Squats working at the same time: 1st Athlete: Barbell 60kg/45kg 2nd Athlete: Dumbbells 2 x 22.5kg / 2 x 15kg 3rd Athlete: Kettlebells 2 x 24kg / 2 x 16kg 30 Box Jump Overs (YGIG - Indian file) 24 inch 50 Toes to Bar - 2 Athletes Syncing/ 1 Hanging 30 Front Squats (as above) Handstand Walk (20m up and back Indian file) 50 Toes to Bar – 2 Athletes Syncing/ 1 Hanging Sprint to finish	FOR TIME (12 MIN TIME CAP) 30 Front Squats working at the same time: 1st Athlete: Barbell 50kg/35kg 2nd Athlete: Dumbbells 2 x 22.5kg/ 2 x 15kg 3rd Athlete: Kettlebell goblet squat 1 x 24kg 1 x 16kg 30 Box Jump Overs (YGIG - Indian file) 24” MMF/20” FFM 30 Toes to Bar – 2 Athletes Syncing/ 1 hanging 30 Front Squats (as above) 30 Box Jump Overs (YGIG - Indian file) 24” MMF/20” FFM 30 Toes to Bar – 2 Athletes Syncing/ 1 Hanging Sprint to finish

At the call of 3,2,1...go, all three athletes will commence the 30 front squats SYNC. Athletes can choose whether they use the barbell, dumbbell or kettlebells for these reps. Once chosen, they have to complete all 30 reps on that piece of equipment. There will be one barbell. The weight can be preloaded prior to the event to the correct male or female weight dependent on who is using the barbell.

At the completion of the 30 reps, athletes will perform 30 box jump overs shared. These are to be performed in Indian file so athlete 1 jumps over, followed by athlete 2 and athlete 3 staying in that order. Athletes may start on any side of the box but must jump on and over the full width of the box – they may not cut the corners.

Athletes will then move on to toes to bar (50 for advanced and 30 for intermediate). 2 athletes will be syncing toes to bar while one hangs. Should the hanging athlete drop, the toes to bar athletes must drop. There is no minimum work requirement and athletes can change whenever desired.

Athletes will then move back to the front squats as previously performed. Athletes can choose a different piece of equipment for this set but again must stay on that piece of equipment for all 30 reps.

Advanced athletes will then perform an up and back handstand walk. The athletes do not need to wait for the athlete in front to finish (i.e. all 3 can handstand walk in a line behind each other together as long as a safe distance is kept).

Intermediate athletes will perform the 30 box jump overs again as previously described.

The final movement is the toes to bar as previously described.

At the completion all three athletes will sprint to finish at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.



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ELEVATE
FOR TIME (12 MIN TIME CAP)
30 Front Squats
1 st Athlete - Barbell 30kg/20kg
2 nd Athlete - Dumbbells 2 x 15kg or 2 x 10kg
3rd Athlete - KB Goblet Squats 24kg/16kg
30 Box Jump Overs (YGIG - Indian file) 24" MMF/20" FFM
6 x 20m up and back 3 point touch Shuttle Run (2 at a time - 1 resting)
30 Front Squats (as above)
30 Box Jump Overs (YGIG - Indian file) 24" MMF/20" FFM
6 x 20m up and back 3 point touch Shuttle Run (2 at a time - 1 resting)
Sprint to finish

At the call of 3,2,1...go, all three athletes will commence the 30 front squats SYNC. Athletes can choose whether they use the barbell, dumbbell or kettlebells for these reps. Once chosen, they have to complete all 30 reps on that piece of equipment. There will be one barbell. The weight can be preloaded prior to the event to the correct male or female weight dependent on who is using the barbell.

At the completion of the 30 reps, athletes will perform 30 box jump overs shared. These are to be performed in Indian file so athlete 1 jumps over, followed by athlete 2 and athlete 3 staying in that order. Athletes may start on any side of the box but must jump on and over the full width of the box – they may not cut the corners.

Athletes will then move on to the shuttle runs (6 x up and back). Two athletes will run at once and change out one athlete each lap. For example athlete 1 and 2 run up and back, athlete 1 rests while athlete 2 and 3 perform the next shuttle run. There must be a three point touch at either end of the run (2 feet and one hand over the line). There is no minimum work requirement.

Athletes will then move back to the front squats, box jumps overs and shuttle runs as previously performed. Athletes can choose a different piece of equipment for this set of front squats but again must stay on that piece of equipment for all 30 reps.

At the completion of the final sprint, all three athletes will sprint to finish at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.



EVENT 5 – DECISION MAKER

TEENS 14-15	TEENS 16-17
FOR TIME (12 MIN TIME CAP) 20 Front Squats working at the same time: 1st Athlete: Barbell 35kg/25kg 2nd Athlete: Dumbbells 2 x 10kg 20 Box Jump Overs (alternating athletes) 24" MM/20"FF/20"MF 20 Toes to Bar Sync 20 Front Squats (as above) 20 Box Jump Overs (alternating athletes) 24" MM/20"FF/20"MF 20 Toes to Bar Sync Sprint to finish	FOR TIME (12 MIN TIME CAP) 20 Front Squats working at the same time: 1st Athlete: Barbell 40kg/30kg 2nd Athlete: Dumbbells 2 x 15kg/2 x 10kg 20 Box Jump Overs (alternating athletes) 24" MM/20"FF/20"MF 20 Toes to Bar Sync 20 Front Squats (as above) 20 Box Jump Overs (alternating athletes) 24" MM/20"FF/20"MF 20 Toes to Bar Sync Sprint to finish

At the call of 3,2,1...go, both athletes will commence the 20 front squats SYNC. Athletes can choose whether they use the barbell or dumbbell for these reps. Once chosen, they have to complete all 20 reps on that piece of equipment. There will be one barbell. The weight can be preloaded prior to the event to the correct male or female weight dependent on who is using the barbell.

At the completion of the 20 reps, athletes will perform 20 box jump overs shared. These are to be performed alternating athletes. Athletes may start on any side of the box but must jump on and over the full width of the box – they may not cut the corners.

Athletes will then move on to 20 sync toes to bar.

Athletes will then move back to the front squats, then box jump overs finishing with the sync toes to bar as previously performed. Athletes can choose a different piece of equipment for this set but again must stay on that piece of equipment for all 20 reps.

At the completion both athletes will sprint to finish at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.