



EVENT 1 – MAKE IT RAIN

ADVANCED & INTERMEDIATE

FOR TIME (12 MIN TIME CAP)

PART A

Burpee over bar race (bar facing)

10-9-8-7-6-5-4-3-2-1

2 athletes working in sync together

Run back and tag in athlete after each set

TIE BREAK TIME RECORDED

THEN IN THE TIME REMAINING:

PART B

1 Rep Max Clean & Jerk

* score is total weight lifted (males will have a % taken off their heaviest lift for scoring purposes)

At the call of 3,2,1...go, two athletes will run out to the bar and perform 10 synchronised bar facing burpees. Chest must be on the floor at the same time and athletes must jump with two feet over the bar at the same time for the rep to count. On completion of the 10 reps, both athletes run back to the start and one will tag in the resting athlete (meaning that one athlete will have to do 2 consecutive sets). They will run out to the bar and perform 9 synchronised burpees, run back to the start and again tag in the resting athlete. Continue in this fashion until they complete all sets. At the completion of the last rep of the burpee over bar, the two athletes will run back to the start, grab the resting athlete and all three will run to the finish line at which time their time will be recorded.

They can then go back to the bar (which can be pre-loaded) and can spend the remaining time on the clock to find their heaviest 1 rep max clean and jerk. They can work in any order and the weight can go down on the bar. The heaviest successful lift of each athlete will be recorded and a total of those lifts will be the final score. For scoring purposes, the mens total lifts will be deducted by a certain percentage to ensure scores are as fair as possible between MMF and FFM teams.



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<p>ELEVATE</p> <p>FOR TIME (12 MIN TIME CAP)</p> <p><u>PART A</u></p> <p>Burpee over bar race (bar facing) 10-9-8-7-6-5-4-3-2-1</p> <p>2 athletes working in sync together Run back and tag in athlete after each set</p> <p>TIE BREAK TIME RECORDED</p> <p><u>THEN IN THE TIME REMAINING:</u></p> <p><u>PART B</u></p> <p>Complete for time in relay style: Athlete 1 – 50 wall balls (9kg/6kg) – 350/250M row Athlete 2 – 30 wall balls (9kg/6kg) – 500/350M row Athlete 3 – 20 wall balls (9kg/6kg) – 650/450M row</p>

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Immediately, athlete 1 can run back out to the rig and perform 50 wall balls and 350m row for men or 250m row for women. On completion, they will run back to to the finish, tag athlete 2 and athlete 2 will run out and perform 30 wall balls and 500m row for men or 350m row for women. They will then run back to the finish to tag athlete 3 who will perform 20 wall balls and a 650m row for men or 450m row for women. On completion, they will run back to the finish line at which time the time will be recorded.

Should the team not complete the workout, their total reps will be recorded (10 metres on the rower counts as 1 rep).