



TRIBAL CLASH

WOD DESCRIPTION AND STANDARDS 2015

Saturday 22nd August

WOD 1 – DEVILS CAUSEWAY

WOD 1 is 4 x 3 minute intervals.

Time 0:00-3:00 : All athletes traverse the beam. AMRAP **tyre STO**H, 3 athletes working.

Time 3:00-6:00 : All athletes traverse the beam. AMRAP **synchro bar touch burpees**, 3 athletes working.

Time 6:00-9:00 : All athletes traverse the beam. AMRAP **tyre STO**H, 3 athletes working.

Time 9:00-12:00 : All athletes traverse the beam. AMRAP **synchro bar touch burpees**, 3 athletes working.

Score is total number of reps. All athletes must cross the beam. If all athletes DO NOT traverse the beam score for that section will be zero. On the time change any athletes that have not traversed the beam must cross the dead zone.

Balance Beam

Athletes may be helped onto the beam by one other team member.

Athletes must start in the mounting beam section both feet behind the black marker and unsupported by a team member.

At the end of the beam both feet must be in contact with the area in front of the black marker.

If any part of the traversing athlete's body touches the dead zone under the balance beam then he or she must return to the back of the team. The dead zone will be clearly marked on the floor.

STOH

Once 3 athletes have traversed the beam successfully they may start STO

H. Bottom of tyre must break the line of the shoulder.

Full lock out required at the top of the movement by all athletes, but not all athletes need to touch the tyre at the top of the movement.

Only 3 working at a time change as required. When changing athletes this must be done with the tyre on the floor.

Bar touch burpees

The three athletes performing bar touch burpees must all touch their chest on the floor at the same moment and all 3 touch the bar with both hands at the same time. If a no rep is called as not all athletes have touched the bar, the team may re attempt the bar touch. Athletes change when required at start of movement all athletes must be chest to floor.

WOD 2 - ANACONDA

17 minutes time cap

The team start behind the black sandbags lying down. The team sprints to the shoreline, picks up the worm and lunges with the worm to the scoring zone under the rig. Each part of the worm is a different weight. All knees must touch the sand and all athletes must reach full extension at the top of the movement. There must be no shuffling forward if this occurs team will need to perform one backward lunge before continuing. There the athletes perform 100 synchro front rack squats all athletes should have hip crease below parallel and reach all be at full extension for the rep to count with the worm. The team then return the worm with lunges back to the shoreline where it came from. Team then sprint back to the rig. When all six team members are lying behind the black start line the team start AMRAP rope climbs in remaining time. Only one person under the rig at a time, athlete must tag the next athlete in. Athletes can make multiple rope climbs from the floor. Athlete must touch the wooden bar at the top, not the rope or the green metal. Return to the ground must be under control for rep to count. BOTH hands must be under the black mark before letting go, if only 1 hand no rep. Score = rope climbs, **tie break = time finished 100 squats** .

WOD 3 – 8 BALL 2.0

WOD 4 is 8 minutes. All team athletes take turns to lift an atlas stone over the shoulder, and each stone corresponds to the points in the table below. Athletes must stay in order of Female, Female, Female, Male, Male, Male and each has a 20 second window to score the heaviest ball they can. During each 20 second interval the athlete may make as many attempts as they need at any stone, but only one (the heaviest) successful lift will count. When the 20 second timer sounds the stone must be in contact with the sand. If the stone is in any part of the lift the rep will not count. On the timer the next athlete may move into the lane and start their lift.

Girls		Boys
Weight (kg)	Points	Weight (kg)
20	1	45
35	2	65
45	4	80
65	8	95

WOD 4 – CANNIBAL RUN

1 male and 1 female from each team to complete a trail run ca. 5km

Male mass start at 6.30pm

Female mass start at 6.45pm

Score is combined finishing position of male and female athlete.