**SATURDAY 29th APRIL EVENTS**

**EVENT 1: ‘THE LOG’**

**Time cap: 15 minutes**

Score:

1a: Time to complete 2 laps around a marked course carrying the log

1b: max points accumulated in Up & Overs. 3 points for unassisted, 1 point for assisted.

**1a**: On 3-2-1-GO the athletes pick up a log. Before they can proceed around the course, all athletes must get over the beam (any way, assistance is allowed). Athletes complete a total of ***two (2) laps*** around a marked course carrying the log. All six athletes must remain in contact with the handles at all times when the log is in transit. A penalty for any one athlete letting go of the log, including in the water, is 5 synchro burpees for the team. Time stops when the log is back in its starting position after the 2nd lap.

**1b**: In time remaining from 15 minutes the team must accumulate as many points as possible in Up & Overs. The team gets 3 points for an unassisted Up & Over, and 1 point when athlete has to be assisted over the beam. If the athlete cannot reach the beam, s/he can be lifted onto the beam. As long as s/he starts with arms fully extended hanging without assistance and completes the rep without assistance, the rep qualifies as an unassisted Up & Over (3 points). The athletes can go over the log forward or backwards.

**EVENT 2: ‘SNAKE BITE’**

**Time cap: 15 minutes**

Score: Total rope climbs

Tie break: Time to complete 150 worm thrusters

150 worm thrusters

as many rope climbs as possible in remaining time

On 3-2-1-GO the team sprints to the worm and picks it up to the shoulder. The athletes complete 150 thrusters with the worm: First the team performs a squat where ALL 6 athletes must have hip crease below parallel at the same time. The team then stands to full extension and passes the worm overhead (no need for full extension) to the opposite shoulder. The thruster rep is counted when overhead by the last athlete, there is no synchro requirement for the overhead part of the movement. Once all thrusters are completed the athletes move to the rope and take turns to complete as many rope climbs as possible in remaining time. The athletes can go in any order. All team members do not have to complete a climb. The rope climb must finish with a palm of the hand touching the wooden beam for the rep to count.

**EVENT 3: ‘THE RELAY**

**Time cap: 15 minutes**

Score: Total shoulder-to-overhead reps

Tie break: Time for the first pair to complete the swim and burpee jump-throughs.

This event starts with a paired swim relay. The athletes line up in pairs behind the baseline. Two athletes at a time start by completing 10 burpee tyre jump-throughs. The pair can split the burpees if they want or one athlete can complete all, and send the other athlete ahead on the swim. After 10 burpees the pair completes a swim lap around the marker. After the swim lap the pair has to complete another 10 burpee tyre jump-throughs, again either splitting the reps or having one athlete complete all of them. When the final 10 burpees have been completed, the pair runs back to the start line and tags the next two athletes behind the baseline. When all six athletes have completed the swim lap and burpees, all athletes move to the truck tyre and complete as many shoulder-to-overhead reps in remaining time. Only three athletes are working at one time on the tyre. Bottom of tyre must be at shoulder height and all athletes must reach full extension of elbows at the top.

**EVENT 4: ‘8-Ball’**

**Time cap: 15 minutes**

Score: Points accumulated from atlas stone lifts

**Athletes start lying prone on the sand behind the start line. On 3-2-1-GO the a**thletes take turns to lift an atlas stone. Lifts accumulate points according to the weight of the stone: 1, 2, 4 or 8 points. Athletes must tag the next team member behind the start line. Athletes have to stay in order. A penalty for a tagging fault (if the next team member exits the start line before the lifting athlete has returned) is ten (10) synchro squats for the whole team.

**EVENT 5: ‘THE GIANT TYRE’**

Time cap: 10 minutes

Score: Time to complete

Athletes start at the end of the lane lying prone on the ground behind the start line. On 3-2-1-GO the athletes complete ***9 tyre flips*** with a giant 250g truck tyre. After 9 tyre flips have been completed, the athletes drag the tyre back to the start line. Once the team starts dragging the tyre, the athletes may only touch the strap and not the tyre. A penalty for handling the tyre on its way back to the start line is 5 synchro burpees for the whole team. The time stops when the tyre is touching the start line.