



TRIBAL CLASH

WOD DESCRIPTION AND STANDARDS 2015

Sunday 23rd August

WOD 5 – SHARK BAIT

1 male and 1 female from each team to complete a 400m sea swim.

Male mass start at 7.30am

Female mass start at 7.45am

Score is combined finishing position of male and female athlete.

WOD 6 – DRAG RACE

12 minute total combined time cap for WOD 7 and 8

On 3-2-1 GO! Two athletes (male/female pair) sprint down to the shoreline where they collect a tyre and attach the straps to the tyre. The strap may only be passed around the tyre once. The tyre must be dragged using the grey part of the strap to the arena. When the tyre is placed over the atlas stone to the judges satisfaction the straps must be removed and placed by the tyre. The two athletes sprint across the finish line under the rig, when all 6 athletes are touching the tyre stack WOD 7 begins.

WOD 7 – BURN RUBBER

The team may then take the tyres off the stack one by one. The stack cannot be knocked over, if this happens teams will need to restack the tyres before they may start. The tyres need to be flipped down the arena and across the line at the far end where the tyres are then stacked on the tyre over the atlas stone. Once all tyres are stacked straight and to the judges satisfaction the judge will indicate good reps. This indicates that 6 reps have been scored. The team can then start to take the tyres off and flip all of the tyres including the base one down the lane and restack under the rig. Each successful tyre stack equals one rep. Teams continue until the time cap on the last stack the number of tyres stacked will be counted.

WOD 8 – UP AND OVER

WOD 2 and 3 total time cap 16 minutes

Athletes must accumulate 60 points for time by getting 'up and over' the frame:

Assisted = 1 point. Unassisted = 2 points.

Athletes must stay in order and move from one side of the bar to the other. The rep starts and finishes with all four of the athletes hands and feet on the floor. Only one person may assist another athlete. Athletes must stay in order and all athletes must make it over the bar. There is no requirement to lock out on top of the beam. Score is time taken to complete the up and overs.

Straight into

WOD 9 – LOG JOG

When the lane judge says go the team pick up the log and complete 4 laps of the designated course for total time. Tie – breaker will be the time taken to complete the first full lap.

The event will have two scoring parts: the time for the first lap, the number of completed full laps or total time for completing 4 laps.

The team must complete FULL laps of a simple loop that starts and finishes in the arena under the rig and runs down the beach slope into the sea and around a buoy before heading back up the beach slope again back to the arena.

The log **starts on the sand** at the end of the lane and must return to this position **between each lap**, touching the ground.

All this while carrying a special six handled log all team members must be touching holding the handle the log at all times. If the athletes wish to swap positions or sides the log must go back to floor and may not travel until all six athletes have hands back on. If any athlete lets go of their log they will incur a **30 second time penalty**.

There will be a team at the sea end to administer time penalty if required after the water part of the course. Teams will be stopped for 30 seconds. The log **may not** be carried at shoulder level.