**EVENT 5: THE RINGS**Score: Swim laps / muscle up reps

Time cap: 12 minutes

On go two things happen: 1) one athlete completes a simple run – swim – run sprint lap that starts and finishes at the lane baseline. 2) any combination or number of remaining athletes lift a truck tyre overhead where it must remain for the entire duration of the 12 minute event.

Once the swimmer returns he tags the next athlete and so on.

Once any athlete has completed the swim lap they can contribute to muscle up reps as well as help to keep the tyre overhead.

The primary score for this event is the total number of swim laps completed by the team within the time cap. The secondary scoring element is the number of muscle ups completed. Thus a team achieving 5 swim laps but only 2 muscle ups would score higher than all teams who only achieved 4 or fewer swim laps regardless of how many muscle ups they achieved.

Any team that drops the tyre below the head height of the tallest athlete the muscle up score returns to 0.

Any team that drops the tyre on the floor at any point during the event swim score returns to 0.

**EVENT 6: THE STONES**Score: time to complete or reps at time out.  
Time cap: 12 minutes

20 stone lifts (30KG)  
6 up and overs  
15 stone lifts (45KG)  
6 up and overs  
10 stone lifts (65KG)  
6 up and overs  
5 stone lifts (80KG)  
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5 stone lifts (80KG)  
6 up and overs  
10 stone lifts (65KG)  
6 up and overs  
15 stone lifts (45KG)  
6 up and overs  
20 stone lifts (30KG)  
  
On go with only one person working at a time the athletes must complete a set of atlas stone lifts. These reps can be shared anyhow between the team members. Once the stone set is completed the athletes must all attempt to pass over the high beam. Any athlete failing to pass over the high beam may not proceed. As soon as the next set of stone lifts commences no more attempts to pass over the beam may be made, any athletes that have not made it are now stranded and the team may proceed as a smaller unit. The pattern continues but as the team progresses the stones get heavier and the number of reps get smaller. Once the team has completed the heaviest set of stone lifts they must sprint over the baseline at the far end of the lane to log a tie break time before completing all previous work in reverse. Any stranded athletes may rejoin the team once the team gets back to them. All reps count including successful up and over’s. So a perfect score for this workout would be 136 reps. In the case of a perfect score being achieved within the time allowance the score will be time to complete.

**EVENT 7: THE BOARD**

Score: time to complete  
Time cap: 7 minutes

This is a simple sprint race completed on a six man stand up paddle board. On go the athletes sprint down their lane to collect their SUP and paddles. They then continue down to the shore line, get on the board, paddle out to a buoy, round the buoy, return to shore, put the board and paddles back where they found them (one team member should return if not completed) and then sprint back up the lane to finish