**EVENT 1A: THE LOG (team run)**

1k run as a team carrying a log with six handlesScore: Time to complete

Each team must run together and work as a single unit transporting a 45KG log around a looped course that starts and finishes in the same place. The log is 2.4 meter long and is equipped with six carry handles. All six athletes must remain connected to the log at all times. If any athlete wishes to let go to change hands then the log must be put to ground until six hands are back on. This event will be chip timed. The log starts on the ground. At the end of the 1km loop the athletes pass over a timing mat before depositing the log back where it started. Once the log is dropped the athletes proceed immediately onto the individual run loop as detailed below.

**EVENT 1B: THE RUN (individual run)**4 km trail run
Time cap for 1A + 1B = 45 minutes

Score: Combined finishing time of all six athletes.

A solo run along a mixed terrain course around the Blackpool valley that is fully way-marked and marshalled. The team score is the combined finishing time of all six athletes.

**EVENT 2: THE BAG**

Sandbag sprint & builders bag carry

Time cap: 12 minutes
Score: Time to complete.

All teams will have on their lanes a builders bag filled with 18 sandbags, and two wooden poles. On go the teams must sprint in male-female pairs to the opposite end of the lane carrying with them a sandbag each. The athletes deposit the sandbags beyond the baseline at the far end of the lane before sprinting back and tagging the next two athletes. Repeat until all 18 sandbags have been deposited beyond the far baseline. Once this has happened, the exercise repeats only now the athletes bring all the sandbags back again. Once all the sandbags are back in the large builders bags which they started in the athletes must now work as a team using the long poles to transport the full builders bag over the far baseline and back again. Time stops once the full builders bag is deposited back where it started.

**EVENT 3: THE PIPE**Slosh pipe squats & balance beam traverse

Time cap: 12 minutes

Score: Slosh pipe reps

On go all six athletes pick up the Giant Slosh Pipe and complete 30 synchro squats with the pipe in Zercher hold. Once 30 reps have been completed the pipe is then returned to ground and the athletes must start to make their way successfully across the balance beam. As soon as even one athlete has made it across then he/she can begin repping the pipe again. As more athletes make it across they can help with this task. A maximum of 30 reps can be completed before the team must once again traverse the beam. This pattern continues for 12 minutes. Score is total slosh squats. If the team competes 30 reps before all members have made it across the beam then the whole team must wait until everyone has done the traverse before they can start the next round.

**EVENT 4: THE WORM**

‘Tribal Fran’
Time cap: 12 minutes

Score: Time to complete

This is a Tribal version of the classic CrossFit workout ‘Fran’; 21-15-9 reps for time of: Worm thrusters and Rope Climbs. The worm thrusters must be completed as a team with perfect synchronisation (all athletes must reach parallel at the same time) and the rope climbs are shared out between the team. It is not necessary for every athlete to complete a rope climb.
On go the athletes must sprint down to the far end of the lane where they will collect their worm and lunge it back up the beach until the first section of the worm is under the rig. At the end of the workout the athletes must lunge the worm back again to the far end of the lane until the first section of the worm is under the rig, before sprinting back to the starting line to finish. Score is time to complete. Tie-break time is time to complete the round of 21’s.