



EVENT 3

Go and get that thing

As many repetition as possible in 12 minutes

12 meters handstand walk

12 meters lunges with 60kg bag

Relay style A then B

Execution

This event starts on the 12 meters field long, marked on every 1.5 meter. Athlete A and B stand on the opposite side of field. At the call of "3-2-1 ... Go!" athlete A start handstand walk towards the athlete B. When he pass the 12 meter line, he will lift the bag of the ground and lunge backward with it for 12 meters. Athlete B do the same things , so they go one after another.

SCORING.

The team score is the total repetitions for 12 min. One rep is equal to 1.5meters.

MOVEMENT STANDARDS

1. WEIGHTED (BAG) LUNGES

Each lunge begins with the bag off the ground, the feet together, and the athlete standing tall. The trailing knee must make contact with the ground at the bottom of each lunge. The bag must remain lifted for duration of the repetition, no contact is allowed with the ground. The rep ends with the bag still lifted and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. If at any point the bag is dropped or comes into contact with the ground, the athlete must restart from the last 1.5m increment they crossed.



2. HANDSTAND WALK

The athlete must start with their feet behind the start line and must stay within their lane as they travel forward. Each lane will be marked at 1.5m increments. If at any time the athlete comes down from their hands, they must restart from the last increment they crossed. Both hands must cross the 1.5m increment line to earn credit for that distance.