

FUELLED BY



QUALIFYING EVENT



EVENT 1 ERG MARATHON

AMRAP (9 MIN TIME CAP)

Buy In:

120 Cal Ski-Erg

120 Cal Row

120 Cal Bike-Erg

Max Syncro Hang Snatches (Male – Female)

155 lbs / 105 lbs

Scaled Weight

115 lbs / 85 lbs

NOTES:

- Workout Starts with all 4 athletes standing behind the starting Lane
- After the Countdown Athlete 3 of the athletes go to each machine to start the Buy In
- Athletes can change and rotate the machines as many times as they want
- The team can only start the snatches once all the 3 machines have reached the 120 calories and the athletes are out of the machine
- Score will be the maximum number of Synchro snatches
- Teams can change the athletes performing the snatches as many times as they want as long as they are always performed by one female and one male
- All Erg-s machines will be set up at zero before the countdown.
- Athletes are allowed to change the damper but only after the countdown. Will be set at 10 for all machines as a default.
- For the Rowing Machine athletes can only start pulling once both feet are off the floor.

MOVEMENT STANDARDS

Hang Snatches



- The first rep of each set barbell begins on the ground and then needs to go deadlift and descend to the hang position.
- The rep is completed when the barbell reach the overhead position must in one motion.
- In the final position the athlete's feet must be brought back in line.
- This is not a ground-to-overhead any way. A clean & jerk is a no rep.
- Touch and go is permitted.
- The athlete shall be careful while dropping the barbell from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- Also barbell shall not fall or move outside of the designated area for each team for safety. Failing to do so will derive on a penalty
- Athletes can choose Power or Squat Snatch



- The rep is credited when for both athletes the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

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SCORE CARD

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BUY IN	# OF REPS	TIE BREAK
120 CAL ALL 3 MACHINES		
SYNCHRO SNATCHES		
NUMBER OF SNATCHES		

TEAM NAME: _____ CAT: _____ SCORE: _____ TIME

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 1: ERG MARATHON

TEAM NAME: _____ CAT: _____ SCORE : _____ TIME
TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____