

SOUTHERN
WARRIORS

EVENT 3

4TH SEPTEMBER

CRUSHED
LEGS



SOLID STATE TECHNOLOGY

EXPERIENCE

EVENT 3

50 SINGLE UNDER

10 WALL BALL

50 SINGLE UNDER > MOVE

20 WALL BALL

50 SINGLE UNDER > MOVE

30 WALL BALL

50 SINGLE UNDER > MOVE

40 WALL BALL

50 SINGLE UNDER > MOVE

50 WALL BALL

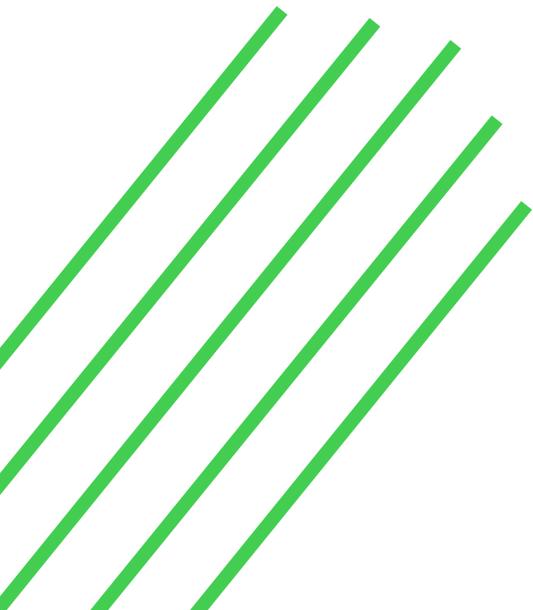
RUN TO THE FINISH LINE

TIME CAP: 10 MIN

SCORE IS TIME

LOCATION

FIELD A



FLOW

THE ATHLETE WAITS IN THE STARTING LINE.

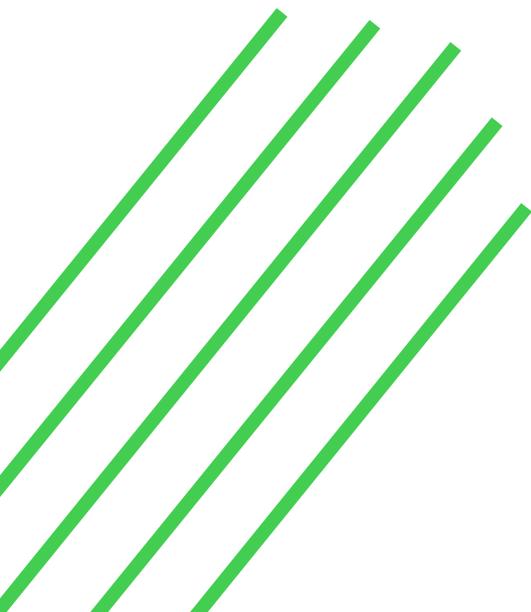
AT THE CALL OF “3,2,1... GO” HE/SHE GRABS THE JUMPING ROPE AND PERFORMS 50 SINGLE UNDERS. THEN HE/SHE GOES TO THE WALL BALLS AND PERFORMS 10 WALL BALL SHOTS.

HE/SHE WILL THEN MOVE THE JUMPING ROPE TO THE NEXT SECTION (MARKER WILL BE ON THE GROUND) AND PERFORMS 50 SINGLE UNDER.

HE/SHE WILL THEN RETURN TO THE WALL BALL AND PERFORMS 20 WALL BALL SHOTS.

HE/SHE WILL THEN MOVE AGAIN THE JUMPING ROPE TO THE NEXT SECTION AND PERFORMS 50 SINGLE UNDER.

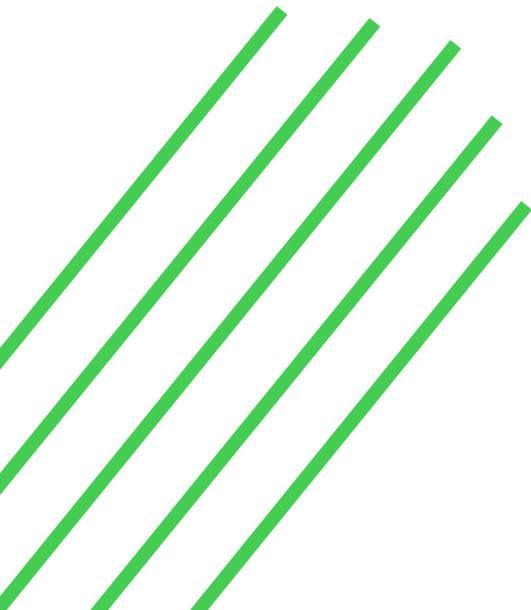
HE/SHE WILL THEN RETURN TO THE WALL BALL AND PERFORMS 30 WALL BALL SHOTS. ATHLETE WILL CONTINUE IN THIS FASHION 2 MORE ROUNDS (40 AND 50 WALL BALL SHOTS). ONCE THEY WILL COMPLETE THE FINAL 50, THEY WILL SPRINT ACROSS THE FIELD TO THE FINISH LINE WHERE THE TIME WILL BE TAKEN.



STANDARD

SINGLE UNDER

THE ROPE PASSES UNDER THE FEET TWICE FOR EACH JUMP. ONLY SUCCESSFUL JUMPS ARE COUNTED, NOT ATTEMPTS. THE ROPE MUST SPIN FORWARD FOR THE REP TO COUNT. A TWO STEP OFF IS MANDATORY.



STANDARD

WALL BALL

THE MEDICINE BALL MUST BE TAKEN FROM THE BOTTOM OF A SQUAT, HIP CREASE BELOW THE KNEE, AND THROWN TO HIT A SPECIFIED TARGET . THE REP IS CREDITED WHEN THE BALL HITS THE TARGET AT OR ABOVE THE DESIGNATED HEIGHT. HIT THE BORDER OF THE TARGET WILL NOT COUNT.

IF THE BALL DROPS TO THE GROUND FROM THE TOP , IT CANNOT BE CAUGHT OFF THE BOUNCE TO BEGIN THE NEXT REP. ATHLETES MUST SETTLE THE BALL ON THE GROUND BEFORE PICKING IT UP FOR THE NEXT REP.

