

SOUTHERN  WARRIORS

EVENT 6

5TH SEPTEMBER

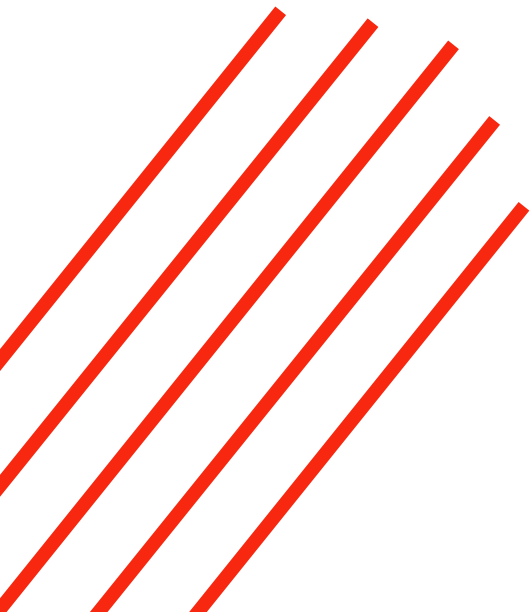
IRISH
WALL



ELITE

LOCATION

FIELD C

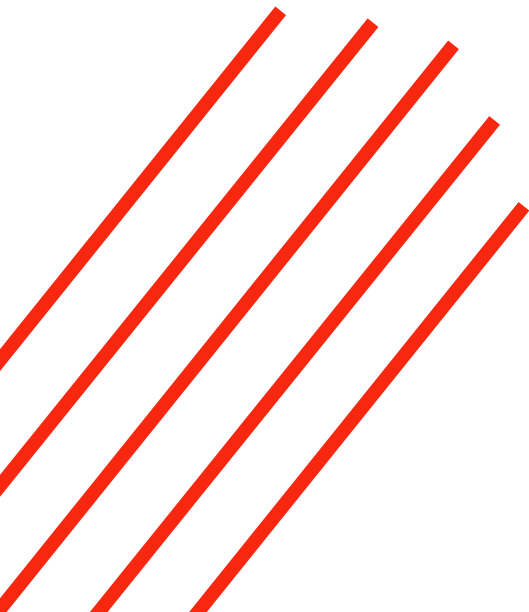


EVENT 6

20 MT. SPRINT
10 BURPEE OVER IRISH WALL
10 MT. BEAR HUG CARRY
10 SANDBAG GROUND TO SHOULDER
10MT. BEAR HUG CARRY
10 BURPEE OVER IRISH WALL
20 M. SPRINT

TIME CAP: 6 MIN

SCORE IS TIME



WEIGHT & VARIATIONS

MALE

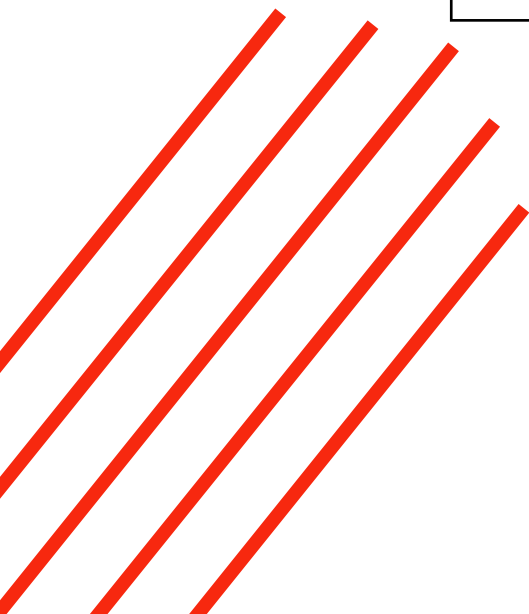
SANDBAG

SENIOR	75 KG
MASTER 35	75 KG
MASTER 40	50 KG
MASTER 45	50 KG
MASTER 50	50 KG

FEMALE

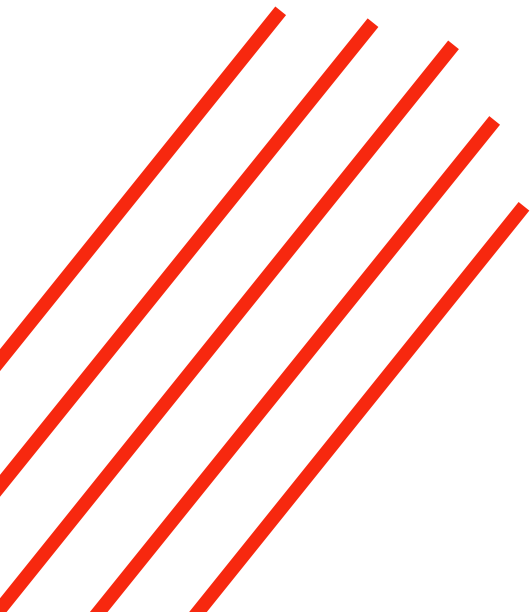
SANDBAG

SENIOR	50 KG
MASTER 35/40	25 KG
MASTER 45/50	25 KG



FLOW

**ATHLETES WILL WAIT AT THE STARTING LINE.
AT THE CALL OF “3,2,1 ... GO” THE ATHLETE WILL SPRINT TO REACH THE IRISH WALL WHERE HE/SHE WILL COMPLETE 10 BURPEES OVER
WHEN THE BURPEES ARE COMPLETED HE/SHE WILL KEEP A SANDBAG. THE ATHLETE WILL WALK 10 METRI WITH THE SANDBAG IN BEAR HUG POSITION AND THEN WILL PERFORM 10 GROUND TO SHOULDER.
THE ATHLETE WILL THEN WALK BACK 10 METRI WITH THE SANDBAG IN BEAR HUG POSITION, WILL COMPLETE 10 BURPEES OVER THE IRISH WALL AND FINALLY HE/SHE WILL SPRINT TO THE FINISH LINE WHERE THE TIME WILL BE TAKEN.**

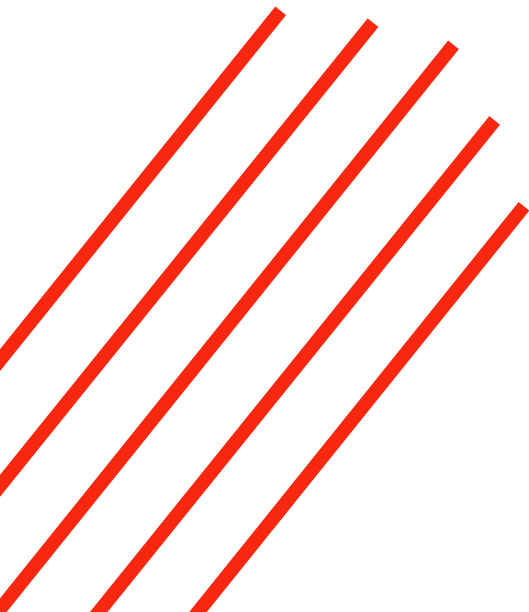


STANDARD

BURPEE OVER THE IRISH WALL

THE ATHLETE WILL BRING THE CHEST AND THIGHS TO THE GROUND.

ONCE BACK UP HE WILL HAVE TO CLIMB OVER THE IRISH WALL (1.60 METERS) AND THEN LAND ON THE OPPOSITE SIDE COMPLETING THE REPETITION.

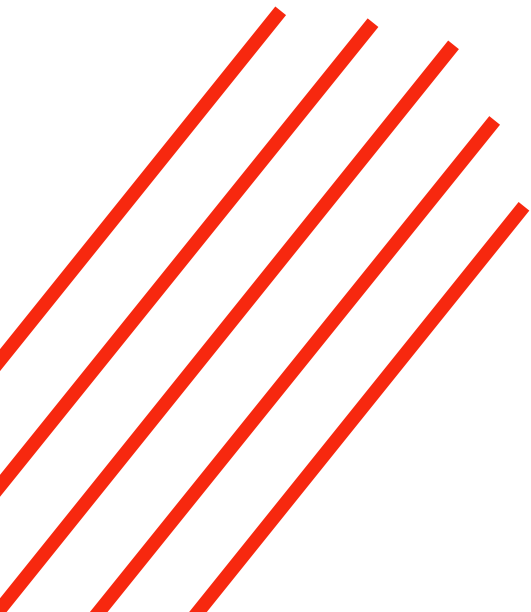


STANDARD

BEAR HUG

THE ATHLETE WILL HAVE TO GRAB THE SANDBAG AND HOLD IT RAISED ABOVE THE HIPS.

IF THE SANDBAG FALLS BELOW THE HIPS, A NO REP WILL BE CALLED AND THE ATHLETE MUST DROP THE SANDBAG ON THE GROUND, RAISE IT AGAIN AND THEN CONTINUE THE WALK.



STANDARD

GROUND TO SHOULDER

THE ATHLETE WILL LIFT THE SANDBAG FROM THE GROUND TO THE SHOULDER. IN TOP POSITION THE ATHLETE MUST HAVE HIPS, KNEES FULLY EXTENDED AND THE SANDBAG OVER CLEARLY ON THE SHOULDER.

TOUCH AND GO IS PERMITTED.

DROPPING THE SANDBAG BEHIND THE BACK WILL BE CONSIDERED A NO REP.

