



**FIELD C**  
***SKILL***

**SOUTHERN**  
**WARRIORS**  
**2 0 2 2**

**EXPERIENCE**  
**CLIMBING**



**EVENT**  
***SKILL***

**TIME CAP: 11 MIN**

BUY IN  
1000/750 M SKIERG

THEN

3 ROPE CLIMB  
21 BOX JUMP OVER (60/50 CM)  
2 ROPE CLIMB  
15 BOX JUMP OVER  
1 ROPE CLIMB  
9 BOX JUMP OVER

RUN TO THE FINISH LINE

**SCORE IS TIME**



# FLOW

- The athlete waits in the starting line.  
At 3,2,1 go he takes to the ski erg and realizes his assigned distance.  
He then goes to the rope and makes the prescribed climbs.
- The athlete then goes to the first section and performs the 21 box jumps over.
- The athlete then returns to the rope for the additional 2 climbs.  
He goes to the plyo box and moves it to second section where he will then go to perform 15 box jumps over.
- The athlete returns for the last time to the rope to perform 1 climb.  
He will then go to the plyo box and move it one more section and perform the 9 box jumps over.
- Will run in finish line for time



# STANDARD

## BOX JUMP OVER

The athlete must jump with both feet on the box.

The take-off from the ground can also be asynchronous.

The athlete is required to have both feet on the box before coming down. Otherwise he may also perform the box jump directly.

He/she may jump or steppe the descent from the opposite side from where the repetition began. During the execution the hands cannot make contact with either the box or the body. Since it is an “over” movement, no stretching of the hips is required once the athlete is on the box

## ROPE CLIMB

The athlete climbs the rope and goes to touch the crossbeam.