



FIELD A
MIXED

SOUTHERN

WARRIORS

2 0 2 2

ELITE SENIOR E MASTER

FIZZY



EVENT
MIXED

TIME CAP: 17 MIN

750 M ROW

3 SETS

7 RING MUSCLE UP

7 SNATCH

7 OVERHEAD SQUAT

500 M ROW

2 SETS

7 RING MUSCLE UP

7 SNATCH

7 OVERHEAD SQUAT

250 M ROW

1 SET

7 RING MUSCLE UP

7 SNATCH

7 OVERHEAD SQUAT

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	ROWER	RING MUSCLE UP	SNATCH	OVERHEAD SQUAT
ELITE	750/500/250	7	70/45 KG	70/45 KG
MASTER 30	750/500/250	7	60 KG	60 KG
MASTER 35	750/500/250	7	60 KG	60 KG
MASTER 40	750/500/250	5	50 KG	50 KG
MASTER 45	750/500/250	5	50 KG	50 KG
MASTER 50	750/500/250	3	50 KG	50 KG
MASTER 35-40 WOMAN	600/400/200	5 BAR MUSCLE UP	35 KG	35 KG



FLOW

- The athlete waits in the starting line. At 3,2,1 go he will take to the rower and perform the planned distance. He will then go and perform three sets of ring muscle ups, snatches and overhead squats in the following manner: Goes to the rig and performs the 7 ring muscle ups. The athlete then goes to the first section and performs 7 snatches followed by 7 overheads. Returns to the rings for the second set of ring muscle ups. He then moves the barbell to second section where he will go and perform 7 snatches and 7 overhead squats. Return to the rings for the third set of ring muscle ups. He will then move the barbell to third section and perform the assigned snatches and overheads.
- The athlete then returns to the rower for the next distance. Once completed, the next two sets will begin. Here the athlete will go to perform 7 ring muscle ups move the barbell to fourth section and perform 7 snatches and 7 overhead squats. The athlete will return to the rings where he will go to perform 7 ring muscle ups. He will again take to the barbell and move it to the fifth section. Here he will go to perform 7 snatches and 7 overhead squats.
- The athlete will return to the oar for the last assigned distance. He will then go to the rings for the 7 ring muscle ups. After finishing the reps at the rings he will go to the barbell and move it to the sixth section. Here he will go to perform the 7 snatches followed by 7 overhead squats.
- The athlete will climb over the barbell and run into the finish line.



STANDARD

GOBLET

The athlete should hold a dumbbell by having his hands at collar height. In bottom position he/she should be with the iliac crest below the highest point of the knee and in top position he/she should have feet in line, knees locked, hips open and implement supported at collar height. In bottom position the weight cannot be unloaded in support of the knees. No part of the athlete's arms may rest on the legs. The dumbbell must mandatorily be held under the chin with both hands supporting the two heads of the dumbbell.

PULL UP

The athlete starts in hang position with feet off the ground and arms extended. In top position he or she should bring the chin clearly over the bar.



STANDARD

CLUSTER

The barbell starts from the ground, and the athlete should be in bottom position with the iliac crest below the highest point of the knee. In top position the athlete should be with feet in line, knees locked, hips open, elbows locked and barbell in midline on the body. The first rep may be a squat snatch

BAR MUSCLE UP

The athlete starts in hang position with feet off the ground and arms extended. In top position he/she will have to be with elbows locked and shoulders over or above the perpendicular of the bar. The athlete will have to reach the top position phase by passing through a portion of the dip. During the kipping phase, it is not permissible to go with the feet over the bar. The athlete may not let go of the grip of the hands on the bar and move them (regrip).



STANDARD

RING MUSCLE UP

The athlete starts in hang position with feet off the ground and arms extended. In the kipping phase, the feet cannot go beyond the rings. The athlete, transitioning from a portion of the dip, should be suspended in top position with arms locked and shoulders over or above the rings.

SNATCH

The barbell starts from the ground and through a one fluid motion is brought into overhead. In top position the athlete should have feet in line, knees locked, hips open, elbows locked and barbell in midline on the body. In bottom position, touch and go allowed, bouncing prohibited. power, muscle, split, squat snatch are allowed. Hang snatch is not allowed.