



FIELD A
MIXED

SOUTHERN
WARRIORS
2 0 2 2

ALL TEAM DIVISIONS
THE WARRIORS



EVENT
MIXED

TIME CAP: 10 MIN

50 CTB SYNCHRO
40 CAL ROW (20+20)
30 THRUSTER
20 CAL SKIERG (10+10)
10 2 DUMBBELL DEVIL PRESS SYNCHRO

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	CHEST TO BAR	ROWER	THRUSTER	SKI ERG	DEVIL PRESS
ELITE MM	50	40	50 KG	20	2 X 22.5 KG
ELITE MF	50	40	50/35 KG	20	2 X 22,5 2 X 15 KG
ELITE FF	50	40	35 KG	20	2 X 15 KG
REGULAR MM	50	40	40 KG	20	2 X 22,5 KG
REGULAR MF	50	40	40/25 KG	20	2 X 22,5 2 X 15 KG
REGULAR FF	50	40	25 KG	20	2 X 15 KG
MASTER MM	50	40	40 KG	20	2 X 22,5 KG
MASTER MF	50 PULL UP	40	40/25 KG	20	2 X 22,5 2 X 15 KG
MASTER FF	50 PULL UP	40	25 KG	20	1 X 15 KG



FLOW

- The team waits in the starting line.
At 3,2,1 GO they take to the bar and perform 50 chest to bar synchro. They then go to the first section to accumulate 40 calories at the oar. Teammate A will have to accomplish 20 calories then run to his partner for change and he in turn will perform another 20. one team member, no matter which one, will then go to third section and perform 30 thrusters (free changes in this case).
- The team will then move to 5th section to accumulate 20 calories at the ski erg (10 + 10).
- They will then move to sixth section for the last 10 reps of devil press synchro.
- They will then run in the finish line for the time
- Team changes take place in the section before the one where they are working.



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

DEVIL PRESS

The athlete must perform a burpee while keeping the hands on the dumbbells at all times. In bottom position the chest will have to touch the ground compulsorily. In top position the athlete, through a double snatch, will have to bring the dumbbells into overhead position having feet in line, knees locked, hips open, elbows locked and dumbbells in midline on the body.

During the whole rep the hands cannot come off the dumbbells.
SYNCHRO IN TOP POSITION

THRUSTER

The barbell starts from the ground. The first rep can be a cluster. In bottom position the athlete should be with the iliac crest below the highest point of the knee, from here, through a single upward movement, the athlete should arrive in top position with feet in line, knees locked, hips open, elbows locked, barbell in midline on the body.



STANDARD

CHEST TO BAR

The athlete starts hanging from the bar, arms outstretched and feet off the ground.

In top position the chest should clearly make contact with the bar.

SYNCHRO: Both athletes should stand in top position taking care to touch the bar together with their chest.