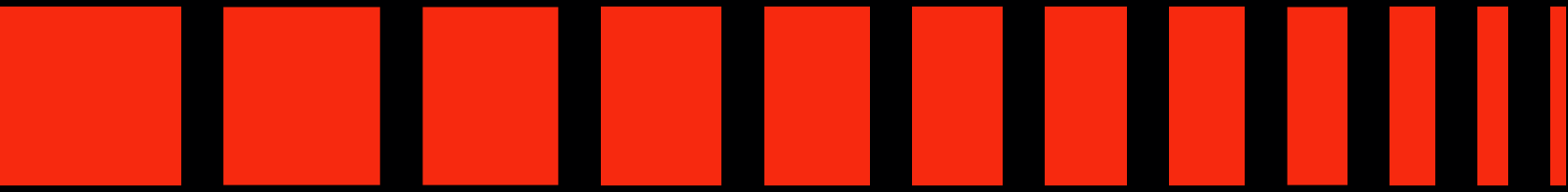




FIELD D
POWER

SOUTHERN
WARRIORS
2 0 2 2

ALL TEAM DIVISIONS
OFF ROAD



EVENT

POWER

TIME CAP: 8 MIN

20 MT FLIP THE PIG

6 SANDBAG SHOULDERING 50 lb

6 SANDBAG SHOULDERING 100 lb

6 SANDBAG SHOULDERING 150 lb

6 SANDBAG SHOULDERING 100 lb

6 SANDBAG SHOULDERING 50 lb

20 MT FLIP THE PIG


RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	PIG	SANDBAG (lb)
ELITE MM	126 KG	50/100/150
ELITE MF	106 KG	MAN 50/100/150 FEMALE 50/100/50
ELITE FF	106 KG	50/100/50
REGULAR MM	126 KG	50/100/150
REGULAR MF	106 KG	MAN 50/100/150 FEMALE 50/100/50
REGULAR FF	86 KG	50/100/50
MASTER MM	126 KG	50/100/150
MASTER MF	106 KG	MA 50/100/150 FEMALE 50/100/50
MASTER FF	86 KG	50/100/50



FLOW

- The team waits in the starting line. At 3,2,1 both team members take to the pig. In I go you go mode they will perform pig flips until they reach the predetermined distance. From here they will take to the sandbags.
- These will also have to be performed in the I go you go mode. Men will have 3 stations at increasing weight plus a return phase. Women will have 2 rising weight stations plus a return phase.

Nb: in the male/female team the I go you go mode for sandbags will be carried out like this:

6 reps at 50 pounds (3 men and 3 women)

6 reps at 100 pounds (3 men and 3 women)

6 reps at 150 pounds (the team will carry the 100 sandbag next to the 150 sandbag. here the man will perform 3 reps at 150 and the woman again 3 reps at 100 pounds)

6 reps at 100 pounds (the team will return the sandbag to the previous section. here the man will perform 3 reps at 100 and the woman again 3 reps at 100 pounds)

6 reps at 50 pounds (3 men and 3 women)

- Once the sanbags are finished, the team will return to perform the flips in I go you go mode by returning with the flip to the starting point.
- From here they will run to the finish line.



STANDARD

GROUND TO SHOULDER

The sandbag starts from the ground. Athlete must be in top position with knees locked, hips open and sandbag on shoulder. Touch and go allowed. Back drop not permitted.

FLIP

The athlete will have to perform implement tilts by moving the implement from section to section until the assigned distance is reached.