



Presents

“Survival of the Fittest”

AM Schedule of Events

0730— Registration

0800— Open & Advanced Event 1

Open—Max Deadlift in 8 mins

Advanced—Max Snatch in 8 mins

0900— Open & Advanced—Event 2

“Fran”

21-15-9 Reps

Thrusters 40/30Kg

Pull Ups

Time Cap 15mins

1000— Kids Event 1

Complete obstacle course in shortest possible time

1000— Team Event 1 (2 male + 2 female)

Max Row in 12 mins

Partners must hold 50/30 Kg in the bottom of an overhead squat (OHS).

Rowing can only commence when either team member partner is in the bottom of the OHS. Partners must rotate on rower once weight is dropped.

Note: Event timing may vary, all changes will be announced by the MC on the day.
All Open events can be scaled down, but will not contribute to your overall score.