

EVENT 1



CrossFit SEMIFINAL EVENT

FRIDAY
INDIVIDUAL

"2014 REGIONAL EVENT 5"

10 rounds for time

1 legless rope climb, 15^{foot}
Run (170^{foot})

TC 11 minutes

NOTES

This event begins with the athlete's hand on top of their round marker. At the sound of the beep, run to the rope and climb without using the legs. Then run across the stadium to touch the round marker and back to the rope for the next round (the judge will flip the round marker). Continue in this fashion for 10 rounds. After the 10th rope climb is complete, run across the competition floor to the finish mat. When the athlete reaches the finish mat, time stops.