

EVENT 2



CrossFit SEMIFINAL EVENT

FRIDAY TEAMS

"CRANK"

For time

5000-meter row

at 5:00, 10:00, 15:00 and 20:00

42m sandbag carry relay 70/45^{kg}

TC 25 minutes

NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," the athletes will move to the team's Concept2 rower and start on the 5000m row. One person is allowed on the rower at a time and switching is allowed at any time in the workout. At the 5:00, 10:00, 15:00 and 20:00 mark the team needs to stop their row and all perform a 42 meter sandbag carry in relay style. Once all team members have completed the carry, the team continues to chip away on their 5k. When the 5k is finished, the team sprints to the finish line and their workout is done. The team's score will be the time when they cross the finish line.

If a team finishes the 5k row within 20 minutes, they have completed the workout and are allowed to sprint to the finish line WITHOUT having to do the sandbag relay at 20:00.

VIEWING REMARKS

The starting mat for the workout is behind the rig. The rower is located a few meters in front of the rig. Non rowing athletes are located in the rig, behind the line. Non rowing athletes are located behind a line - close to the rower. The team is not allowed to assist in switching. Once an athlete is done rowing they need to move back to their appointed area. Once they pass the waiting line, the next athlete is allowed to enter the lane. Within their lane, there is a clear 'start' and 'turnaround' for the 21 meters out and back.