

Presented by



Workout 4

Pairs (RX & Scaled Scorecard)

Team Name: _____

WORKOUT 4

FOR TIME:

Sandbag Relay

Time Cap: 3 Minutes

Sandbag	Completed
1	
2	
3	

EQUIPMENT:

Sandbags
50/40/30kg

Reps Completed _____

Time Completed _____

SCALING:

Sandbags
40/30/20kg

Team Captain Name: _____

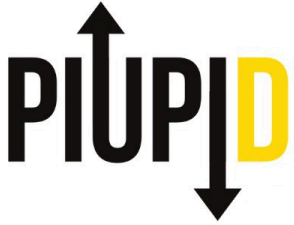
Signed: _____

Judges Name: _____

Signed: _____

I confirm the information above accurately represents the athlete's performance for this workout.

IN SUPPORT OF **KSSX**
AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



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Pairs (RX & Scaled Scorecard)



WORKOUT 4

FOR TIME:

Sandbag Relay

Time Cap: 3 Minutes

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Once the event starts there is no need to lay down, the athlete not working can stand ready for their turn
- One of the pair will make their way to the sandbags and pick up and carry back past the start line
- Once they make it over the line the other Athlete of the pair can make their way down and collect the second sandbag
- Once returned the partner can go and collect the last sandbag
- When all sandbags and both athletes are over the start line they can make their way to cross the finish line to complete their time
- Once all pairs have completed the workout we will cut the field down to 12 pairs RX and 12 pairs Scaled; they will complete the same workout and once all completed we will again cut the field down to 6 of RX and 6 of Scaled for a final heat
- Pairs overall ranking for the event will be placing for the event E.g there are 20 RX pairs, 8 are cut from the first round, they will place 13th - 20th, a team that gets cut in the second round will place 7th - 12th and a pair that finishes 3rd in the final round will place 3rd for the event
- We may double the distance after these standards are released by making it 2 rounds of the above due to not being able to test at site
- Throwing of sandbags is not permitted, athletes must drop them ONCE they have crossed the line
- There is NO permitted order but partners MUST alternate turns
- Score sheets must be signed by one of the pair

EQUIPMENT:

Sandbags
50/40/30kg

SCALING:

Sandbags
40/30/20kg