

Presented by



Workout 4

Teams

Team Name: _____

WORKOUT 4

FOR TIME:

Sandbag Drag

Time Cap: 3 Minutes

Reps	Completed
1	
2	
3	

EQUIPMENT:

Sandbag

Reps Completed _____

Time Completed _____

Team Captain Name: _____

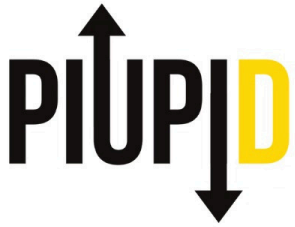
Signed: _____

Judges Name: _____

Signed: _____

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

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KENT SURREY SUSSEX



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WORKOUT 4

FOR TIME:

Sandbag Drag

Time Cap: 3 Minutes

- Teams will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Teams can stand and start pulling on the rope
- Teams CANNOT wrap rope around the bodies of any athlete
- Teams MUST stay behind the start line, any encroach onto or over the line will result in a 10 second penalty
- Time is completed when the Tape on the Rope reaches the start line
- If at the time cap the sandbag isn't at the end the score will be reps completed which the lane will be divided into 3 sections, a Rep is scored for each section completed
- Teams overall ranking for the event will be placing for the event E.g there are 20 Teams, 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 team that finishes 3rd in the final round will place 3rd for the event
- Score sheets must be signed by one of the Team

EQUIPMENT:

Sandbag

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