



Workout #1:	Burpees/250 m Hill run
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4 rounds

15 synco burpees over hay bale

250 m Hill run

All team members will complete 15 synco burpees over a pyramid of 3 hay bales. The burpees must be performed perpendicular and facing the hay bales. The team may step or jump over the hay bales as they choose, along with jump or step to the ground to perform the burpee, however all team members must re-synchronize on the ground touching chest and thighs to the ground prior to beginning the next rep.

After completion of the 15th rep the team will run a 250m hill course, lanes will separate all teams - the team cannot begin the following round or completion of the workout until all the team members have completed the run.

Time cap on this workout will be 20 min

Workout #2:	1 rep max - Clean and Jerk
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The 2 females from each team will share the same platform and bar. They will be given 7 minutes to find a 1 rep max clean and jerk. There will be a 1 minute transition period, the weights will be reset. The 2 males will then have 7 minutes to lift in the same fashion.

The clean and jerk starts with the weight on the floor and finishes with the barbell fully locked out overhead with the arms, hips, and legs extended,



and the bar over the center of the athlete's body. The barbell must pause in the front-rack position before going overhead.

A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders. Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead.

There will be two separate scores for this event, the sum of the heaviest weight lifted for each female as well as the sum of the heaviest weight lifted for each male.

Workout #3:	Mile High Couplet
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10 min AMRAP (MF - 1)  
15/12 cal Assault Bike  
12 DB snatch (50/35)

- Rest 2 min -

*\*teams will switch to other couplet*

10 min AMRAP (MF - 2)  
12/9 cal Row  
9 thrusters (95/65)

- Each athlete must complete a full round prior to switching



Teams will be broken into (MF - 1) and (MF - 2) at the team's discretion, (MF - 1) will start on the Bike/DB snatch and (MF - 2) will start on Row/Thruster after completion of the 10 min ARAMP a 2 min rest period will be provided and teams will switch to the other couplete.

This will be scored as two seperate workouts

- (MF - 1) total score from both coupletes
- (MF - 2) total score from both coupletes

Floater:	Obstacle course
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Each team member will complete the obstacle course one at a time, The next team member cannot begin until the previous team member has completed the course. The time will stop when the final team member has completed the obstacle course. This will be held at the top of "Easy Street" chair lift, east on the main lodge. There will be an 8 minute time cap.

\*full event details will be provided at the athlete briefing the day of competition.