

OPEN AND PRO INDIVIDUALS

<p>Individual Event 1: “Row, Ropes, and Run”</p> <p>Points: 100 points Location: Tarmac Saturday morning</p> <p>For time: Row 1500/1300 meters 150 Double unders Run 1500 (3 laps around tarmac)</p> <p>14-minute time cap</p> <p>Sponsored by: Paleoethics</p>	<p>Individual Event 2: “Max Snatch”</p> <p>Points: 100 points Location: Stadium Saturday afternoon</p> <p>8 minutes to establish a 1RM snatch</p> <p>*40 Burpee over bar buy-in</p> <p>Pro - It is required to do a full squat snatch.</p> <p>Open - May be power or squat snatch</p> <p>Sponsored by: OSO Barbell</p>	<p>Individual Event 3: “15.4”</p> <p>Points: 100 points Location: Tarmac Sunday morning</p> <p>AMRAP 8: 3 HSPU 3 SOS 6 HSPU 3 SOS 9 HSPU 3 SOS 12 HSPU 6 SOS 15 HSPU 6 SOS 18 HSPU 6 SOSContinue in pattern similar to 15.4.</p> <p>Open do HR Pushups</p> <p>Sandball weight - 100/60 lb.</p> <p>Sponsored by: Brute Force Sandbags</p>	<p>Individual Event 4: “The Chippa”</p> <p>Points: 100 points Location: Stadium Sunday afternoon</p> <p>21-15-9 reps for time: Calorie bike Fat bar thruster Pullups* (*Pro - Do 9 ring muscle ups after each round)</p> <p>Weights on bar: Pro - 115/75 lb. Open - 95/65 lb.</p> <p>12-minute time cap</p> <p>Sponsored by: False Grips & Crossover Symmetry</p>	<p>Individual Event 5 (Floater) : “Wheels of fun”</p> <p>Points: 100 points Location: Spartan parking lot Saturday 10-4pm Sunday 10-4pm</p> <p>2 Rounds for time: Carry sandbags 50 yards Wheelbarrow 100 yards Dump sandbags Reset empty wheelbarrow 50 yards</p> <p>6-minute time cap</p> <p>Sponsored by: Kill Cliff & Resolute</p>
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