

**OPEN AND PRO TEAMS**

<p><b>Team Event 1: “Max Snatch”</b></p> <p><b>Points: 100 points Location: Stadium Saturday morning</b></p> <p>14 minutes for each member of the team to establish a 1-rep max snatch</p> <p>Pro - It is required to do a full squat snatch.</p> <p>Open - May be power or squat snatch</p> <p><b>Sponsored by: OSO Barbell</b></p>	<p><b>Team Event 2: “Row N Run”</b></p> <p><b>Points: 100 points Location: Tarmac Saturday afternoon</b></p> <p>3 Rounds for time: Both males row 550 meters each (each on their own rower) while both females run 500 meters. Upon returning, they switch and both females row 450 meters each (each on their own rower) while both males run 500 meters.</p> <p>*The run will be done with each runner holding one end of a weighted rope and running together.</p> <p>14-minute time cap</p> <p><b>Sponsored by: Paleoethics</b></p>	<p><b>Team Event 3: “The Chippa”</b></p> <p><b>Points: 100 points Location: Stadium Sunday morning</b></p> <p>AMRAP 14: 60 Calories (each bike) 50 Synchro T2B 40 Synchro burpees over bar 30 Synchro thrusters AMRAP Synchro burpee pull ups (Pro - sync ring muscle ups)</p> <p><b>Sponsored by: False Grips &amp; Crossover Symmetry</b></p>	<p><b>Team Event 4: “15.4”</b></p> <p><b>Points: 100 points Location: Tarmac Sunday afternoon</b></p> <p>AMRAP 12: M/F 1 - 3 HSPU/3 SOS M/F 2 - 3 HSPU/3 SOS M/F 1 - 6 HSPU/3 SOS M/F 2 - 6 HSPU/3 SOS M/F 1 - 9 HSPU/3 SOS M/F 2 - 9 HSPU/3 SOS ...Continue with each M/F pair alternating and in a similar pattern as 15.4.</p> <p>Movements are synchronized. See full workout description. Sandball weight - 100/60 lb.</p> <p><b>Sponsored by Brute Force Sandbags</b></p>	<p><b>Team Event 5 (Floater) : “Wheels of fun”</b></p> <p><b>Points: 100 points Location: Spartan parking lot Saturday 10-4pm Sunday 10-4pm</b></p> <p>For time: Each team member carries and loads, wheelbarrows, dumps sandbags, and resets wheelbarrow for 1 round.</p> <p>9-minute time cap</p> <p><b>Sponsored by: Kill Cliff &amp; Resolute</b></p>
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**MASTER TEAMS**

**Team Event 1:  
Combined Age**

Points: 100  
Location: n/a

**Event 1:**  
The combined age of each team member as of November 17, 2017.

**Sponsored by:  
SUERTE**

**Masters Event 2:  
“15.4”**

Points: 100 points  
Location: Stadium  
Friday evening

AMRAP 12:  
M/F 1 - 3 HR  
Pushups/3 SOS  
M/F 2 - 3 HR  
Pushups/3 SOS  
M/F 1 - 6 HR  
Pushups/3 SOS  
M/F 2 - 6 HR  
Pushups/3 SOS  
M/F 1 - 9 HR  
Pushups/3 SOS  
M/F 2 - 9 HR  
Pushups/3 SOS  
...Continue with each  
M/F pair alternating  
and in a similar  
pattern as 15.4.

Movements are  
synchronized. See full  
workout description.  
Sandball weight - 100/60 lb.

**Sponsored by  
Brute Force  
Sandbags**

**Masters Event 3:  
“The Chippa”**

Points: 100 points  
Location: Stadium  
Friday evening

AMRAP 14:  
60 Calories (each  
bike)  
50 Synchro T2B  
40 Synchro  
burpees over bar  
30 Synchro  
thrusters  
AMRAP Synchro  
burpee pullups

**Sponsored by:  
False Grips &  
Crossover  
Symmetry**

**Masters Event 4:  
“Max Snatch”**

Points: 100 points  
Location: Stadium  
Saturday morning

14 minutes for each  
member of the team  
to establish a 1-rep  
max snatch

Pro - It is required to  
do a full squat  
snatch.

Open - May be  
power or squat  
snatch

**Sponsored by:  
OSO Barbell**

**Masters Event 5:  
“Row N Run”**

Points: 100 points  
Location: Tarmac  
Saturday afternoon

3 Rounds for time:  
Both males row 550  
meters each (each on  
their own rower)  
while both females  
run 500 meters. Upon  
returning, they switch  
and both females row  
450 meters each  
(each on their own  
rower) while both  
males run 500  
meters.

\*The run will be done with  
each runner holding one  
end of a weighted rope  
and running together.

14-minute time cap

**Sponsored by:  
Paleoethics**

**Masters Event 6  
(Floater) :  
“Wheels of fun”**

Points: 100 points  
Location: Spartan  
parking lot  
Saturday 10-3pm

For time:  
Each team member  
carries and loads,  
wheelbarrows,  
dumps sandbags,  
and resets  
wheelbarrow for 1  
round.

9-minute time cap

**Sponsored by:  
Kill Cliff & Resolute**