



EVENT 1 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

500 ROW	500
25 BURPEES OVER ROWER	525
500M ROW	1025
25 BURPEES OVER ROWER	1050

EVENT 1 "PROTECTOR"

FOR TIME:

2 ROUNDS
500M Row
25 Burpees Over Rower

DIVISION VARIATIONS

CHIEF:

2 ROUNDS
500m row
25 Burpees Over Rower

- Scored by Time
- Rower handle must remain racked until "3, 2, 1...GO"
- Athletes cannot stand up from the rower until 500m is displayed on the monitor each round
- Reset monitor each round. Athlete may receive assistance with resetting monitor
- Both feet must leave the ground as the majority of the athlete's body passes over the rower. Two-foot takeoff and landing is not required.

OFFICER:

2 ROUNDS
500m row
25 Burpees Over Rower

- Athletes may jump **OR** step over the rower

TIME COMPLETED: _____

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





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FILMING: If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

MOVEMENT STANDARDS

ROW: Athletes must use a Concept 2 rower. The rower's monitor must be clearly visible and should only be counting up. The athlete is permitted to receive assistance with resetting their monitor and the monitor **MUST** be reset when returning for the second row. The athlete cannot touch the rower handle until time has started. The athlete must remain seated with their hands on the handle until the target distance is displayed on the screen.

BURPEE OVER ROWER: Athletes start the burpee by laying down on the floor with the chest and the thighs clearly making contact. Athletes will then jump or step up from the burpee. They will then proceed to jump over the rower with both feet in the air at the same time. Athletes are not allowed to make contact with the rower during their burpee. When performing burpees, athletes must face away from the monitor. This is done to prevent athletes from jumping around the rear of the rower.

DISCLAIMER: Any effort that is made on the athlete's part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.