

## EVENT 5

For time:

2,000-m row

60-m handstand walk

5 legless rope climbs

1,000-m row

40-m handstand walk

4 legless rope climbs

500-m row

20-m handstand walk

3 legless rope climbs

**Time cap: 30 min.**

## NOTES

Prior to starting the workout, set up the workout area as shown in the floor plan. The camera must be placed on the same side as the rower, and the monitor must be clearly visible. The rope must be on the opposite side of the rower.

This workout begins with the athlete seated on the rower with their hands at their sides, clearly off the paddle. At "3, 2, 1 ... go," the athlete will complete a 2,000-meter row, then 60 meters of handstand walking, changing directions after every 5 meters, and then 5 legless rope climbs. They will continue this sequence with a 1,000-meter row, 40-meter handstand walk, and 4 legless rope climbs, then finally a 500-meter row, 20-meter handstand walk, and 3 legless rope climbs. Time stops when the athlete touches above the 15-foot mark, completing the final legless rope climb.

The athlete's score will be the total time taken to complete the event or the total number of repetitions completed at the time cap. There is no tiebreak for this event.

**After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.**

## EQUIPMENT

- Concept2 rower
- 15-ft. climbing rope
- Tape to mark the floor

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

## VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and heights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

## ONLINE SEMIFINALS - INDIVIDUALS

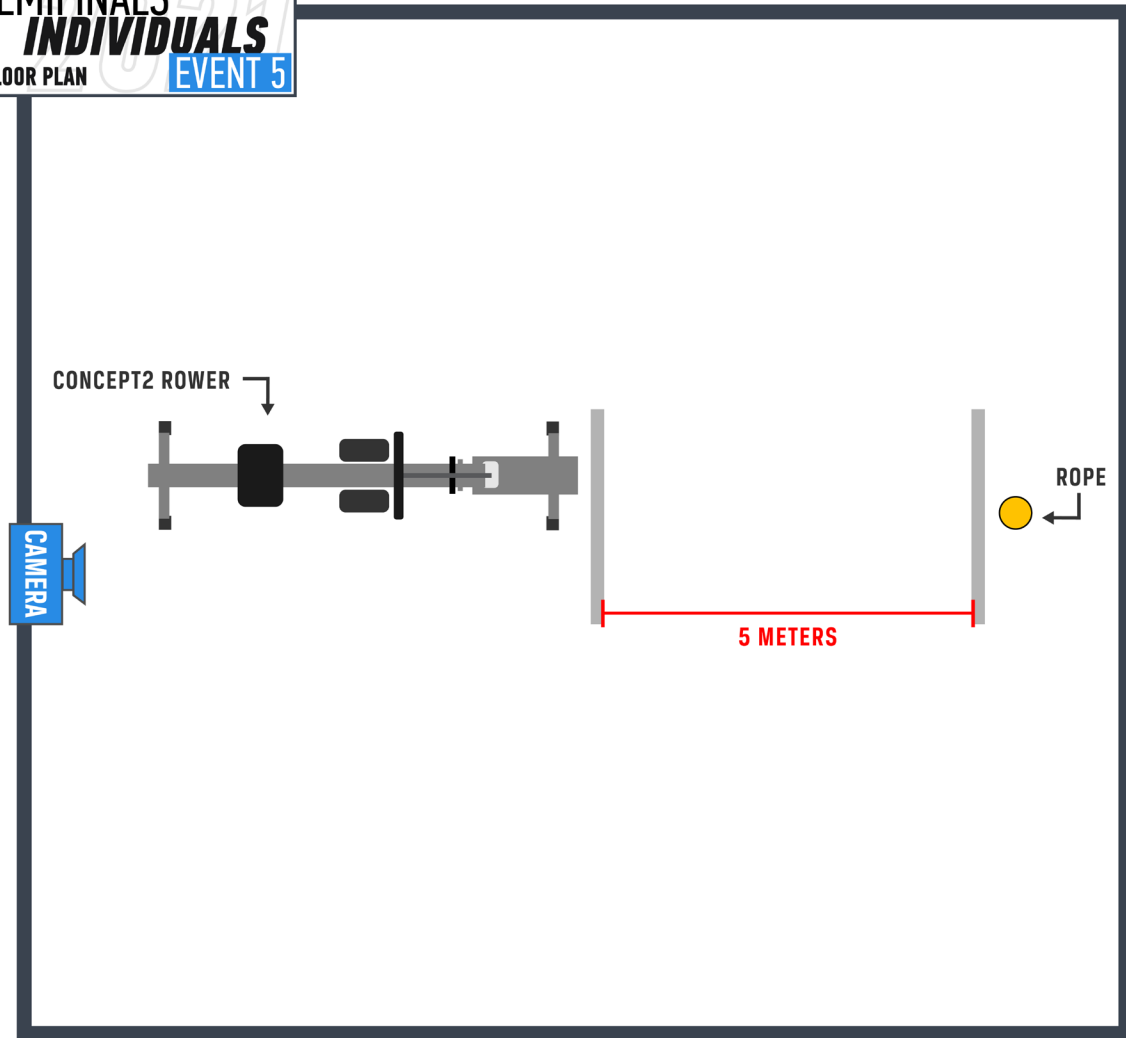
WEEK 3: 12:00 P.M. (NOON) PT SATURDAY, JUNE 12, THROUGH 12:00 P.M. (NOON) PT SUNDAY, JUNE 13

WEEK 4: 12:00 P.M. (NOON) PT SATURDAY, JUNE 19, THROUGH 12:00 P.M. (NOON) PT SUNDAY, JUNE 20

Presented by



SEMIFINALS  
**INDIVIDUALS**  
FLOOR PLAN **EVENT 5**



## MOVEMENT STANDARDS

### ROWING



- The monitor on the rower must be set to zero at the beginning of the row. Athletes may have assistance resetting the rower between rounds.
- The athlete must stay seated on the rower with their hands holding the paddle until the monitor reads at least the designated distance.
- If the athlete reaches the time cap on the rower, every 100 meters completed when the rower comes to rest will count as a rep (rounded down, e.g., 475 meters = 4 reps).

### HANDSTAND WALK



- When kicking up, the hands (including the fingers) must be placed on the ground **BEHIND** the line designating the 5-meter segment.
- Placing the hands on or over the line when kicking up constitutes a no rep.



- Each 5-meter segment will count as 1 rep.
- Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of the 5-meter segment before the feet touch the ground.
- If at any time the athlete comes down from their hands before finishing a 5-meter segment, they must repeat the entire segment.
- Athletes are not required to kick down after completing a segment but **MUST** change directions after completing each 5-meter increment.

## MOVEMENT STANDARDS

### LEGLESS ROPE CLIMB



- Each rep starts with both feet on the ground.



- The athlete may jump into the rope climb.
- The athlete **CANNOT** use legs to assist with the ascent.



- The rep is credited when one hand clearly touches above the designated 15-foot mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least 15 feet high.
- **Only after** the athlete has clearly made the touch at the top of the climb can they use their legs to descend the rope.
- There are no additional requirements during the descent of the climb.

**EVENT 5**

For time:

2,000-m row  
60-m handstand walk  
5 legless rope climbs  
1,000-m row  
40-m handstand walk  
4 legless rope climbs  
500-m row  
20-m handstand walk  
3 legless rope climbs

Time cap: 30 min.

<b>2,000-M ROW</b>	EVERY 100 METERS = 1 REP	20
<b>60-M HANDSTAND WALK</b>	___5M ___10M ___15M ___20M ___25M ___30M ___35M ___40M ___45M ___50M ___55M ___60M	32
<b>5 LEGLESS ROPE CLIMBS</b>		37
<b>1,000-M ROW</b>	EVERY 100 METERS = 1 REP	47
<b>40-M HANDSTAND WALK</b>	___5M ___10M ___15M ___20M ___25M ___30M ___35M ___40M	55
<b>4 LEGLESS ROPE CLIMBS</b>		59
<b>500-M ROW</b>	EVERY 100 METERS = 1 REP	64
<b>20-M HANDSTAND WALK</b>	___5M ___10M ___15M ___20M	68
<b>3 LEGLESS ROPE CLIMBS</b>		71

**Athlete Name** \_\_\_\_\_  
Print

**Time OR Reps at 30 Min.** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Athlete Signature Date

Athlete Copy

**ONLINE SEMIFINALS - INDIVIDUALS - EVENT 5**

**Athlete Name** \_\_\_\_\_  
Print

**Time OR Reps at 30 Min.** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Judge Signature Date