

PORSCHE



2020 ELITE SPORT GUIDE



INTRODUCTION

Thank you for participating in CrossFit® Strength in Depth 2020. We have worked hard to develop a high quality competition to test your fitness and provide you with an unforgettable experience.

Please read this document carefully. It contains valuable information regarding the workouts, movement standards, prizes, and heats.

40 males and females will compete in the Elite Individual division. 20 teams will compete in the Elite team division. The winning individual of each division (Male, Female and Team) will receive an invite to the Reebok CrossFit Games

SPORT GUIDE

TRAVEL

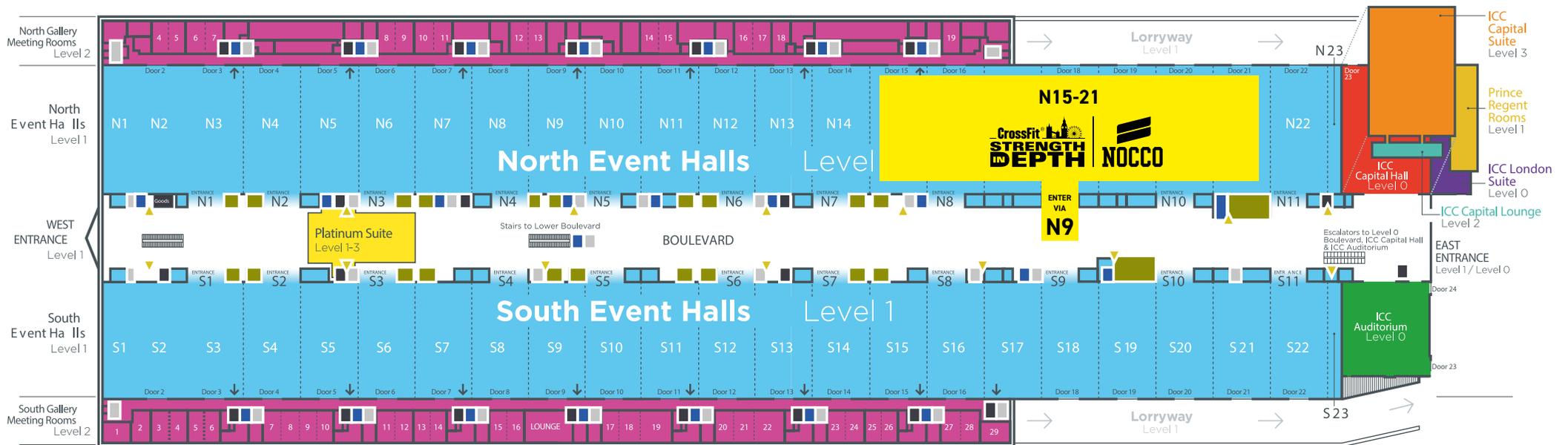
ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London E16 1XL

London, is one of the world's busiest international business hubs, and can be reached by more people, from more destinations, in less time than any other city in the world. Find out how to travel by car, train, tube, taxi or plane by hitting this link:

<https://www.excel.london/visitor/getting-here>

Getting to ExCeL London couldn't be easier!

Use Prince Regent DLR station exit for CrossFit® SiD 2020 and access the ExCeL via the East entrance.



REGISTRATION

Registration will take place on **Thursday 23rd January between 1600hrs – 1830hrs.**
Registration will take place at entrance N9 within the Boulevard. Hall N9 is best accessed via the East entrance to the ExCeL. There is a contingency registration window on Friday 24th January between 0800hrs – 0900hrs.

PLEASE NOTE: FRIDAY WILL BE A BUSY DAY AND WE RECOMMEND ALL ATHLETES REGISTER ON THURSDAY.

ROWING SAFETY BRIEFING

There will be a separate MANDATORY safety briefing for Event 3 for Elite Individuals (SiD Regatta).

THIS ROW SAFETY BRIEFING WILL TAKE PLACE AT ROYAL DOCKS ADVENTURE, address as follows: Royal Docks Adventure, 1012 Dockside Road, London, E16 2QT

Athletes are required to go directly to this location at the times stated. There are two opportunities for athletes to attend a safety briefing:

Thursday 23rd January – 1300hrs – 1530hrs

OR

Friday 24th January – 0830hrs – 1100hrs.

Strength in Depth will notify all individual athletes when their safety briefing will take place, following athletes initial request.

ATHLETE FACILITIES

Athletes will access the event through the boulevard via the N9 entrance (where registration takes place).

Athletes will have a designated area at the event. The athlete area will provide a space for all athletes to keep their belongings, the area will always be manned by a member of the CrossFit Strength in Depth volunteer team as well as contracted security staff. The area is purposefully located away from the competition with the hope that it will provide a calm environment for athletes to prepare for their next event.

Please note that coaches and spectators DO NOT have access to the athlete area.

ATHLETE WAIVER

Athletes are required to read and sign to say they accept the terms and conditions of the Athlete Waiver as well as the Athlete Questionnaire before they will be permitted to compete.

The Waiver and Questionnaire should have now been completed by all athletes.

Access to the waiver can be done so through the following link:

<https://www.surveymonkey.co.uk/r/CFSID>

COACHES PASSES

Included within your athlete registration is 1 coaches pass.

This pass will allow the coach access into the main arena and warm up area.

It will however not provide access to the athlete area.

If you have not already done so please urgently send the following details to

lydia@strengthindepth.com

Name of competing athlete (& division):

Coach name:

Coach email:

ATHLETE ATTIRE

There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

PROGRAMME

For the latest copy of the event schedule please visit the Strength in Depth website, here:

<https://strengthindepth.com/crossfit-strength-in-depth/the-final-2/information/>

ATHLETE BRIEFINGS

Thursday 23 January

1300 – 1530 hrs Elite Individual Row Safety Briefing 1 – Royal Docks Adventure

Friday 24 January

0830 – 1100hrs Elite Individual Row Safety Briefing 2 – Royal Docks Adventure

1130 - 1200hrs Elite Individuals – NOCCO Arena (Events 1 & 2)

1215 – 1300hrs Elite Teams – NOCCO Arena (Events 1-5)

1930 – 2000hrs Elite Individuals – NOCCO Arena (Events 3-5)

Saturday 25 January

1830 – 1900hrs Elite Teams – NOCCO Arena (Events 6 & 7)

1900 - 1930hrs Elite Individuals – NOCCO Arena (Event 6 & 7)

Athletes are required to attend the briefings applicable to them, i.e individual or team.

The briefings will cover workout execution and the required movement standards for the workouts.

These briefings are compulsory for all competing athletes to attend due to the logistics of the workouts.

PRE-WORKOUT PROCESS

It is the athlete's responsibility to report to Athlete Control fifteen minutes before the start of their heat. Athlete control will be located adjacent to the warm up area. At athlete control the athlete support team will log you onto that heat and escort you to the FoP.

Please note, athletes late arriving at Athlete Control will not be permitted to compete in that heat resulting in a nil score for that workout.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

1 - Blade Runner

SPONSOR:

Virus & DBMAX

LOCATION:

East Car Park

SCHEME OF WORK:

6km Run

This is a 2 times, 3000m loop.

NUMBER OF HEATS:

2 (1 male/1 female)

TIME CAP:

40 minutes

SCORING:

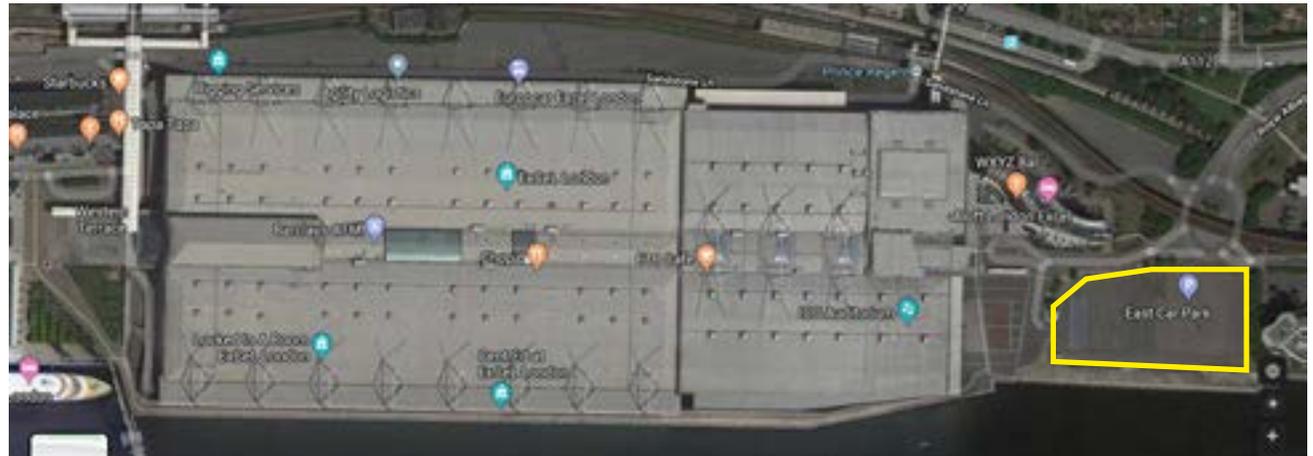
The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the time cap they will be penalised and awarded the total time cap and a score in seconds (40:00 secs).

EAST CAR PARK Run Event



WORKOUTS ELITE INDIVIDUAL

WORKOUT:

2 - The Standard

SPONSOR:

Reyllen

LOCATION:

NOCCO Arena

SCHEME OF WORK:

For Time:

30 clean and jerks 62.5/42.5kg

30 ring muscle ups

30 snatches 62.5/42.5kg

The athlete begins on the start mat. At the sound of the timer clock, the athlete may begin the workout by progressing down their lane to the barbell.

The athlete completes thirty clean and jerks; advancing the bar forward one lane increment after every ten repetitions. Upon completing the clean and jerks, the athlete progresses back along their lane to the rig.

At the rig, the athlete completes thirty ring muscle ups. Upon completing the ring muscle ups, the athlete progresses along their lane in order to return to the barbell.

The athlete completes thirty snatches; advancing the bar forward one lane increment after every ten repetitions. Upon completing the snatches, the athlete steps over their bar to advance to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

8 (4 male / 4 female)

TIME CAP:

12 minutes (Males) / 14 minutes (Females)

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 12/14 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

3 – Regatta SiD

SPONSOR:

WIT

Supported by

London Youth Rowing,
Royal Docks Adventures,
WinTech Racing,
Concept 2

LOCATION:

Royal Dock Adventures

SCHEME OF WORK:

On water row time trial

NUMBER OF HEATS:

TBC

TIME CAP:

N/A

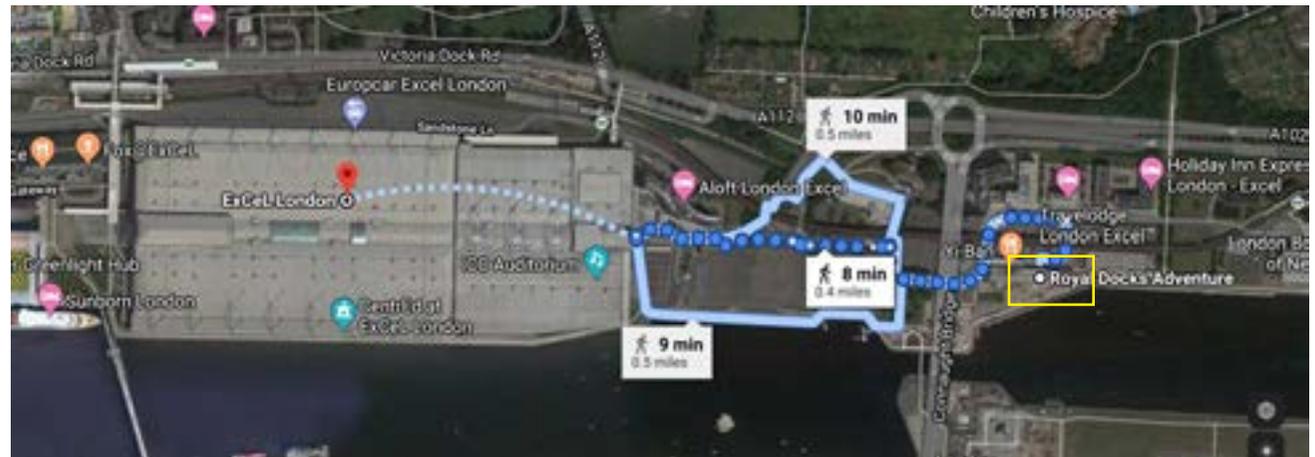
SCORING:

TBC

PENALTIES:

TBC

DIRECTIONS TO ROYAL DOCKS ADVENTURE Rowing Safety Briefing and Event Registration



WORKOUTS ELITE INDIVIDUAL

WORKOUT:

4 - Creeping Death

SPONSOR:

Assault Fitness

LOCATION:

NOCCO Arena

SCHEME OF WORK:

For Time:

100 wall ball shots 9/7kg

75 toes to bar

75 assault bike calories (females 50 cal)

75 double dumbbell shoulder to overhead 2x 22.5/15kg

100ft walking single arm overhead lunge 1 x30/22.5kg

The athlete begins on the start mat. At the sound of the timer clock, the athlete may begin the workout by progressing down their lane to the position of the medicine ball.

The athlete completes one hundred wall ball shots. Upon completing the wall ball shots, the athlete positions themselves under the pull up bar, adjacent to the wall ball target, for the toes to bar.

The athlete completes seventy-five toes to bar repetitions. Upon completing the toes to bar, the athlete progresses to mount the assault bike.

The athlete completes seventy five (fifty for females) calories on the assault bike. Upon completing the calories, the athlete advances to the dumbbells positioned on their assigned lane.

Two dumbbells are positioned at the half way line of the lane; marked with a red dashed line. The athlete completes seventy five dumbbell shoulder to overhead repetitions with a dumbbell in each hand. The athlete advances one lane increment after every fifteen repetitions. When these are complete, the two dumbbells are positioned out of play across the end of the lane where they will find a single heavier dumbbell.

The heavier dumbbell is driven overhead and lunged the full length of the lane in 2m (6ft) intervals before turning around and lunging the dumbbell to the centre of the lane to complete the one hundred foot distance.

Upon crossing the centre line, the dumbbell is placed down and the athlete advances to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

4 (2 Male/2 Female)

TIME CAP:

20 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 20 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

5 – Clean Bandit

SPONSOR:

GOWOD

LOCATION:

NOCCO Arena

SCHEME OF WORK:

For Time:

30 double unders

10 cleans 100k/70kg

30 double unders

8 cleans 110/75kg

30 double unders

6 cleans 120/80kg

30 double unders

4 cleans 130/85kg

30 double unders

2 cleans 140/92.5kg

The athlete begins on the start mat. At the sound of the timer clock, the athlete may begin the workout by progressing down their lane to enter the first marked increment on the floor.

The athlete's ropes will be positioned in the first lane increment and the barbell in the second half of the lane. The athlete advances the barbell one full increment after each completed set of cleans, loading the bar as directed, and returns to the first increment for the double unders each round. (Athletes will be responsible for loading their own bars and providing their own ropes).

Upon completion of the final two cleans, the athlete steps over their bar to advance to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

8 (4 Male/4 Female)

TIME CAP:

10 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

6 – Tin Trail

SPONSOR:

Theragun

LOCATION:

NOCCO Arena

SCHEME OF WORK:

4 rounds for time:

3 rope climbs

12m handstand walk

3 rope climbs

12m handstand walk

20m yoke carry 250/160kg

The athlete begins on the start mat. At the sound of the timer clock, the athlete may begin the workout by advancing to the rope on the rig.

The athlete completes three rope climbs before advancing to the lane for the handstand walk.

The handstand walk is not required to be unbroken and is divided into two metre (6ft) increments for scoring. The athlete completes the handstand walk before returning to the rig for a set of rope climbs and another handstand walk. After this second set, the athlete picks up the yoke and walks it 20m towards the rig.

The rope climb and handstand walk pattern is maintained for a further three rounds. On the second yoke carry, the yoke is returned 20m back towards its original position. The yoke is walked to the rig on the third carry; and back to the yoke's original position on the fourth and final carry. When the athlete completes the final yoke carry, they advance to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

8 (4 Male/4 Female)

TIME CAP:

15 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

7 - 21-15-9

SPONSOR:

foodspring

LOCATION:

NOCCO Arena

SCHEME OF WORK:

For time:

21 ski cals

15 bar facing burpees

9 overhead squats 100/65kg

The athlete begins on the start mat. At the sound of the timer clock, the athlete may begin the workout by progressing down their lane to the ski ergometer sited on the red dashed half way line.

Upon completion of twenty-one calories on the erg, the athlete advances to the barbell and drops chest and thighs to the floor to begin the first bar facing burpee.

Upon completion of fifteen bar facing burpees, the athlete lifts the bar to begin nine overhead squats with the bar advancing every three repetitions.

Upon completion of the final overhead squat, the athlete steps over the bar to advance to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

8 (4 Male/4 Female)

TIME CAP:

7 mins (Males) 8 mins (Females)

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 7/8 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE TEAM

WORKOUT: 1

SPONSOR: DBMAX

TEAM COMPOSITION: All

LOCATION: East Car Park

SCHEME OF WORK:

Team 6000m sandbag run

All four athletes run the first 3000m loop, after which, two athletes drop out and only two athletes complete the second 3000m. The team must carry a 20kg sandbag throughout the workout. The sandbag can be carried by one or multiple athletes.

NUMBER OF HEATS:

1

TIME CAP:

45 mins

SCORING:

The score is the total time taken for the team to complete the race.

This will result in an overall (TIME) score - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If teams do not complete the workout within the time cap they will be penalised and awarded the total time cap and a score in seconds (45:00 secs).

WORKOUTS ELITE TEAM

WORKOUT: 2

SPONSOR: Reyllen

TEAM COMPOSITION: MM/FF

LOCATION: NOCCO Arena

SCHEME OF WORK:

For Time:

60 clean and jerks 62.5kg (male/male)

15 synchro ring muscle ups (male/male)

15 synchro ring muscle ups (female/female)

60 snatches 42.5kg (female/female)

The team begins on the start mat. At the sound of the timer clock, the male athletes may begin the workout by progressing down their lane to the barbell.

The male athlete's complete sixty clean and jerks sharing the reps between them and advancing the bar forward one lane increment after every twenty repetitions. Upon completing the clean and jerks, the athletes progress back along their lane to the rig.

At the rig, the male athletes complete fifteen synchro ring muscle ups. Upon completing the ring muscle ups, they go OVER their bar to advance to the finish mat triggering the release of the female athletes to the field of play.

Upon release, the female athletes advance to the rig to complete fifteen synchro ring muscle ups. Upon completing the ring muscle ups, they progress down their lane to their bar.

The female athletes complete sixty snatches; advancing the bar forward one lane increment after every twenty repetitions. Upon completing the snatches, the female athletes go OVER their bar to advance to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

2

TIME CAP:

15 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE TEAM

WORKOUT: 3

SPONSOR: Assault Fitness

TEAM COMPOSITION: MF/MF then ALL

LOCATION: NOCCO Arena

SCHEME OF WORK:

For time:

100 wall balls (per sub-team, one athlete from each sub team working simultaneously)

50 synchro toes to bar (per sub-team, all athletes working simultaneously)

50 assault bike calories (per sub-team, one athlete from each sub team working simultaneously)

50 worm push press (full team)

100ft worm lunge (full team)

The team begins on the start mat. At the sound of the timer clock, the athletes break into male/female sub teams and commence the workout by progressing down their lane to the wall ball stations. Both sub-teams work concurrently with one athlete from each sub-team throwing the ball while their partner awaits their turn. When BOTH sub-teams have reached the one hundred wall ball target, all four athletes advance to the pull up bars.

At the pull up bars, the sub-teams work concurrently to produce synchro toes to bar. Only the sub-team pairs are required to be in synch, the two sub-teams may progress at different rates. When BOTH sub-teams have reached the fifty toes to bar target, all four athletes advance to the assault bikes.

Both sub-teams work concurrently with one athlete from each sub-team producing calories on the bike while their partner awaits their turn. When BOTH sub-teams have reached the fifty calorie target, all four athletes advance to the worm.

The team works together to complete fifty worm push presses; advancing forward two metres every ten repetitions (with the lead athlete reaching the white line of each increment) for a total of ten metres (the end of the 10 metre distance will be indicated by the red dashed line in the centre of the lane).

Immediately after completing the push presses, the team begins advancing the worm along the lane by lunging it forward. At the end of the lane, when the lead athlete's feet have both crossed the solid red line, the team will reverse direction and return to the rig end of the lane. Again, when the lead athlete's feet have crossed the solid red line, the team will drop the worm and run back down the lane to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

2

TIME CAP:

15 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE TEAM

WORKOUT: 4

SPONSOR: GOWOD

TEAM COMPOSITION: MF/MF

LOCATION: NOCCO Arena

SCHEME OF WORK:

Each sub-team, For Time:

21 synchro overhead squats 60/40kg

50 double unders (per athlete, concurrently)

15 synchro overhead squats

50 double unders

9 synchro overhead squats

50 double unders

Sub team 1 completes workout to release sub-team 2.

1 minute transition to event 5

The team begins on the start mat. At the sound of the timer clock, the first MF sub-team commences the workout by progressing down their lane to the barbells.

The athletes complete twenty one synchro overhead squats, before advancing to the double unders.

Both athletes work concurrently to complete fifty double unders each; then return to the barbells to complete fifteen overhead squats, then fifty double unders each; then return to the barbells to complete nine overhead squats before a final set of fifty double unders.

Upon completing the workout, the first sub team runs to the finish mat in order to release the second sub-team.

The second sub-team completes the workout as per the first sub team, before advancing to the finish mat where time is called and the score recorded.

All teams will wait for the event time cap of 9 minutes to elapse, at which point there will begin a 1 minute transition to Event 5.

NUMBER OF HEATS:

2

TIME CAP:

9 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 9 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE TEAM

WORKOUT: 5

SPONSOR: Eleiko

TEAM COMPOSITION: MM/FF

LOCATION: NOCCO Arena

SCHEME OF WORK:

1RM hang snatch

The athletes begin on the FINISH mat from the previous event. During the one minute interval period following event four, the bars are rolled forward to the lifting platforms marked out in yellow tape where the weight plates are already laid out in front of the platform.

At the judge's call of "Go" the female athletes begin their 3 minute interval during which they may attempt a one rep max hang snatch. After 3 minutes have elapsed, the team works together to deload the female bar and the females exit the field of play by walking to the finish mat, while the males load their own bar.

The males are then able to take their turn. After a total of six minutes have elapsed the event is concluded and the combined total is tallied for scoring.

Only the athlete performing the lift may be present on the platform during any given lift and any plates that are not in use must also be clearly off the platform, positioned at the finish mat side. Violation of these rules will result in the lift being invalidated.

NUMBER OF HEATS:

2

TIME CAP:

6 mins

SCORING:

The score is the heaviest load the individual successfully lifts.

This will result in an overall (WEIGHT) score - leading to a position score (i.e. first for the heaviest combined weight).

PENALTIES:

The team has 3 minutes per sub team to execute valid lifts for scoring. Etiquette violations or lifting outside of the allocated time period will result in the invalidation of the lifts and they will not contribute to the team score.

WORKOUTS ELITE TEAM

WORKOUT: 6

SPONSOR: Theragun

TEAM COMPOSITION: MF/MF

LOCATION: NOCCO Arena

SCHEME OF WORK:

10 rounds for time:

1 legless rope climb (per athlete)

20m handstand walk

3 synchro sandball cleans 70/50kg

Each sub-team completes five rounds total, alternating every round.

The team begins on the start mat. At the sound of the timer clock, the first MF sub-team commences the workout by progressing down their lane to the ropes.

Each athlete from the sub-team must complete a legless rope climb in order to progress to the handstand walk.

The handstand walk is not required to be completed unbroken and the two athletes may contribute to the walk by completing multiples of the two metre lane increments on their hands.

At the end of the twenty metre handstand walk, the athletes advance back up the field of play to the sandballs and complete three synchronised sandball cleans. After every three successful cleans, the athletes advance the bags one lane increment toward the finish mat in order to demonstrate the team's progress in the workout. After moving the sandballs, the sub team returns to the start mat to tag the second sub-team into play.

The sub-teams complete alternate rounds, tagging each other after each round, until each sub-team has completed five rounds for a total of ten for the team. Upon completion of each sub-team's final round, they advance to the finish mat and when the whole team is present on the mat, time will be called and the score recorded.

NUMBER OF HEATS:

2

TIME CAP:

15 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE TEAM

WORKOUT: 7**SPONSOR:** tfench**TEAM COMPOSITION:** Full team**LOCATION:** NOCCO Arena**SCHEME OF WORK:**

For time:

30 bike/bike/row/row kcals

30 synchro worm burpees

30 synchro worm thrusters

The team begins on the start mat. At the sound of the timer clock, the full team commences the workout by progressing down their lane to mount one of the equipment pieces. Athletes may swap across the machines contributing as much or as little to the effort as they see fit. Once each machine reads thirty calories on the screen, the athletes may advance to the worm.

The athletes perform thirty synchro burpees over the worm before lifting it to their shoulders to complete thirty worm thrusters. The worm is advanced one lane increment every ten repetitions with the lead athlete's feet passing fully over the line each time.

Upon completing the thirty worm thrusters the team drops the worm and runs to the finish mat where time is called and the score recorded.

NUMBER OF HEATS:

2

TIME CAP:

8 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 8 minute time cap they will be penalised 1 second for every rep not completed.

MOVEMENT STANDARDS ELITE INDIVIDUAL

EVENT 2

MOVEMENT: Clean & Jerk

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and must be completed in two distinct movements. No part of the body other than the feet may touch the ground during the repetition.

The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.

The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk so long as all requirements are met.

Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows do not need to be in front of the bar, and the hips and knees do not need to be fully extended.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.

EVENT 2

MOVEMENT: Muscle up

MOVEMENT STANDARDS:

The movement begins with the athlete hanging from the rings, with arms fully extended and feet off the ground. If performing consecutive kipping muscle-ups, a change of direction below the rings is required. The rep is credited when the elbows are fully locked out in the support position. Athletes must pass through some portion of a dip before reaching lockout. Kipping is allowed, but swings or rolls to support are not permitted. No part of the foot may rise above the rings during the kip.

EVENT 2

MOVEMENT: Snatch

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.

EVENT 3

MOVEMENT: On Water Row

MOVEMENT STANDARDS:

A full safety briefing will be conducted onsite at the event.

EVENT 4

MOVEMENT: Wall Ball

MOVEMENT STANDARDS:

The medicine ball must be in the support position in front of the body at the start of each rep. Squat until the hip crease is below the knee. A squat clean is allowed as long as the ball starts on the ground. The rep is credited when the centre of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

EVENT 4

MOVEMENT: Assault Bike

MOVEMENT STANDARDS:

The monitor on the bike will be set to zero, and the athlete must reach 75/50 calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.

EVENT 4

MOVEMENT: Toes to Bar

MOVEMENT STANDARDS:

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

EVENT 4

MOVEMENT: Dumbbell Shoulder to Overhead

MOVEMENT STANDARDS:

The movement begins with one head of each dumbbell on the athletes shoulders. A press, push press, push jerk or split jerk is permitted, provided that the dumbbells are driven from the shoulder to the overhead position and the hips, knees, and elbows are locked out and under control.

MOVEMENT STANDARDS ELITE INDIVIDUAL

EVENT 5

MOVEMENT:

Walking Overhead Single Arm Lunge

MOVEMENT STANDARDS:

The movement begins with athlete stood at extension, feet together, with the dumbbell supported overhead and the elbow, hip and knees fully extended and under control. The lunge route is completed by passing through 2 metre increments marked on the Field of Play.

Throughout the lunge, the dumbbell must remain over the athlete's body on a locked elbow. The trailing knee must make contact with the ground at the bottom of each lunge and dumbbell must be held by enclosing the handle with the palm and fingers – the athlete may not support the rubber head of the dumbbell with an open palm.

The rep ends with the dumbbells still supported overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.

If the athlete fails to meet any standard during a lunge, including not touching the trailing knee to the ground, not reaching full extension at

the top of the rep or not keeping the dumbbell overhead for the entire rep, the athlete must restart from behind the last 2 metre increment that they successfully crossed. Similarly, if at any time during the lunge the dumbbell is lowered from overhead, the athlete must restart from behind the last 2 metre increment that they successfully crossed.

A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbell overhead and all standards for the repetition have been met.

EVENT 5

MOVEMENT: Clean

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and the lift must be completed in one continuous motion. No part of the body other than the feet may touch the ground during the repetition.

The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all the requirements are met.

Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows in front of the bar with hips and knees fully extended.

EVENT 5

MOVEMENT: Double Under

MOVEMENT STANDARDS:

This is a standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

EVENT 6

MOVEMENT: Rope Climb

MOVEMENT STANDARDS:

In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must bring both hands below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.

EVENT 6

MOVEMENT: Handstand Walk

MOVEMENT STANDARDS:

The athlete must start with their feet BEHIND the mark denoting the start of the lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the 2 metre increment. Both hands, including palms and fingers, must fully cross the line marking each 2 metre increment for the rep to count.

If an athlete's palm comes into contact with the white tape marking the athlete's lane, he or she must restart from the last 2 metre increment.

EVENT 6

MOVEMENT: Yoke Carry

MOVEMENT STANDARDS:

The yoke is carried across the athlete's shoulders. The hands may be positioned on the crossbeam or on the uprights as per the athlete's preference. The athlete's feet must remain entirely within their lane - if the athlete drifts so that their feet exit the lane they will be required to drop the yoke, reset and begin again once they are positioned fully within the lane. In order to complete the prescribed distance, both 'forks', the posts that hold the weight plates, must be seen to cross entirely over the taped marker. Dropping the yoke with either fork not being clearly over the marker will require the athlete to move the yoke into the correct position before advancing.

MOVEMENT STANDARDS ELITE INDIVIDUAL

EVENT 7

MOVEMENT: Ski Erg

MOVEMENT STANDARDS:

The ski erg screen should be active and set to count up in calories prior to the workout starting.

Athletes may not pull on the handles unless they are positioned over the footplate.

EVENT 7

MOVEMENT: Bar Facing Burpee

MOVEMENT STANDARDS:

The bar facing burpee must be performed perpendicular to and facing the barbell. Athletes may jump or step back to reach the bottom position. The chest and thighs must touch the ground with the head behind the barbell. Hands and feet must remain inside the width of the plates. Stepping and/or jumping back to the starting position are both permitted. Athletes must jump over the barbell using a two-foot take off. Touching the bar, single-legged jumping, or stepping over is not permitted. The rep is credited when both feet have touched the ground on the opposite side of the barbell. There is no need to land with both feet at the same time. Athletes must be perpendicular to and facing the barbell before starting the next rep. If a “no rep” is received for any reason, the entire rep must be repeated.

EVENT 7

MOVEMENT: Overhead Squat

MOVEMENT STANDARDS:

These are standard barbell overhead squats in which the barbell is held over the athlete's body and the athlete passes through a full squat back to extension. The hip crease must clearly pass below the top of the knees in the squat and the repetition is complete when the athlete returns to a standing position with knees, hips and elbows clearly locked out. It is common for even experienced athletes to neglect the hip extension and care must be taken to clearly display this.

MOVEMENT STANDARDS ELITE TEAM

EVENT 1

MOVEMENT: Sandbag Carry

MOVEMENT STANDARDS:

The sandbag can be carried by one or multiple athletes throughout the workout. The bag can be carried however the team wish to.

EVENT 2

MOVEMENT: Clean and Jerk

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and must be completed in two distinct movements. No part of the body other than the feet may touch the ground during the repetition. The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.

The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk, provided that all requirements are met.

Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows do not need to be in front of the bar, and the hips and knees do not need to be fully extended.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count.

EVENT 2

MOVEMENT: Synchro Muscle Up

MOVEMENT STANDARDS:

The movement begins with the athletes hanging from the rings, with arms fully extended and feet off the ground. If performing consecutive kipping muscle-ups, a change of direction below the rings is required. The rep is credited when both athletes the elbows are fully locked out in the support position. Athletes must pass through some portion of a dip before reaching lockout. Kipping is allowed, but swings or rolls to support are not permitted. No part of the foot may rise above the rings during the kip.

EVENT 2

MOVEMENT: Snatch

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

EVENT 3

MOVEMENT: Wall Ball

MOVEMENT STANDARDS:

The medicine ball must be in the support position in front of the body at the start of each rep. Squat until the hip crease is below the knee. A squat clean is allowed as long as the ball starts on the ground. The rep is credited when the centre of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce. Athletes may transition when the ball is in the air.

EVENT 3

MOVEMENT: Synchro Toes To Bar

MOVEMENT STANDARDS:

In the toes-to-bar, the athletes must go from a full hang to having their toes touch the pull-up bar together. Both athletes must have both of their feet in contact with the bar at the same time, inside the hands. Hooking is not permitted. The arms and hips must be fully extended at the bottom, and the feet must be brought back behind the vertical line of the bar for linked repetitions to count.

EVENT 3

MOVEMENT: Assault Bike

MOVEMENT STANDARDS:

The monitor on the bike will be set to zero, and the athlete must reach 75/50 calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.

EVENT 3

MOVEMENT: Worm Push Press

MOVEMENT STANDARDS:

Each worm push press starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the overhead portion, each athlete's hips and knees must be fully extended as the worm is lifted over the athletes' head and moved to their opposite shoulders. The arms do not require to reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are as follows 40/30/40/30kg.

MOVEMENT STANDARDS ELITE TEAM

EVENT 3

MOVEMENT: Worm Lunge

MOVEMENT STANDARDS:

Each lunge starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the lunge, every athlete's knee must make contact with the floor at the same time. As they all rise to standing, the athletes must all have their hips and knees fully extended at the same time before beginning the next step. Athletes may arrange themselves as they like under the worm but the section loads of the worm are as follows 40/30/40/30kg

EVENT 4

MOVEMENT: Synchro Overhead Squat

MOVEMENT STANDARDS:

The synchro overhead squat begins with both athletes holding the barbell overhead at full extension of the elbows hips and knees. Both athletes must be observed to pass through a full squat with crease of the hip clearly passing below the top of the knees. The repetition is complete when the athlete returns to a standing position with knees, hips and elbows clearly locked out and the repetition is synchronised when both return to this position. It is common for even experienced athletes to neglect the extension of the hip when standing and care must be taken to clearly display this.

EVENT 4

MOVEMENT: Double Under

MOVEMENT STANDARDS:

This is a standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Both athletes complete the double unders concurrently and must complete fifty repetitions each.

EVENT 5

MOVEMENT: Hang Snatch

MOVEMENT STANDARDS:

In the hang snatch, the barbell must be deadlifted to the waist. The bar must then travel from above the knees directly to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a hang muscle snatch, a hang power snatch, a hang squat snatch or a hang split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet together.

EVENT 6

MOVEMENT: Legless Rope Climb

MOVEMENT STANDARDS:

In the rope climb, the athlete ascends the rope to touch the cross beam at the top, without the use of their legs. Both hands must be brought down below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.

EVENT 6

MOVEMENT: Handstand Walk

MOVEMENT STANDARDS:

The 20m handstand walk is to be completed by one or both athletes as a combined effort. The athletes must start with their feet BEHIND the mark denoting the start of the lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, the team must restart from behind the last successful 2 metre increment. Both hands, including palms and fingers, must fully cross the line marking each 2 metre increment for the rep to count.

If an athlete's palm comes into contact with the white tape marking the sides of the lane, the team must restart from the last successful 2 metre increment.

EVENT 6

MOVEMENT: Sand Ball Clean

MOVEMENT STANDARDS:

The sand ball cleans begin with the ball on the floor. The athlete must lift the ball from the floor, bring it to the shoulder (either) and must return to touch the floor before the next repetition.

The reps are synchronised with both athletes standing tall at full extension with the ball under control at the shoulder and the non-working arm held up in-line with the shoulder. Sand balls may be dropped behind the athlete after a successful repetition if they choose.

MOVEMENT STANDARDS ELITE TEAM

EVENT 7

MOVEMENT: Row

MOVEMENT STANDARDS:

The rower screen should be active and set to count up in calories prior to the workout starting. Damper settings may be adjusted once on the field of play.

The athletes may enter and exit the rower as often as required until their respective distances have been completed. It is not necessary to use the straps on the foot stretchers and they may choose to hold each other's feet down for quicker transitions.

Athletes may not pull on the handle unless they are sat on the seat with feet on the foot stretchers. Athletes may be assisted into and out of the rower.

Athletes may perform as many or as few repetitions as they see fit and may rotate in and out as required.

EVENT 7

MOVEMENT: Bike

MOVEMENT STANDARDS:

The bike screen should be active and set to count up in calories prior to the workout starting. Damper settings may be adjusted once on the field of play.

Athletes may perform as many or as few repetitions as they see fit and may rotate in and out as required until their respective distances have been completed.

EVENT 7

MOVEMENT: Worm Burpee

MOVEMENT STANDARDS:

The worm burpees begin with two athletes on each side of the worm facing the finish line. The chests and thighs of the whole team must be in contact with the ground simultaneously. When jumping over the worm, a two-foot take off is required. The rep is counted when all four athletes land on the opposite side of the worm.

EVENT 7

MOVEMENT: Worm Thruster

MOVEMENT STANDARDS:

Each rep begins with the athletes on the same side of the worm, with the worm resting on their shoulders. In the squat portion, each athlete's hip crease must clearly and simultaneously pass below the tops of their knees. In the overhead portion, each athlete's hips and knees must be fully extended as the worm is driven over the athletes' heads and before being dropped to the opposite shoulders.

The arms do not require to reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are arranged as follows 40/30/40/30kg.

PRIZES

We are happy to confirm we have doubled our prize pot from 2019.

Alongside sponsor donated 'stash' athletes will receive the following prize pot for each division.

Elite Individual Male/ Female/Team	First place	£5,000
Elite Individual Male/ Female/Team	Second place	£3,000
Elite Individual Male/ Female/Team	Third place	£1, 500

HEATS

The heat breakdown for each event may vary so please note:

YOU WILL NOT REMAIN IN THE SAME HEAT THROUGHOUT THE COMPETITION.

Athlete Control are on hand throughout the weekend to ensure individuals/teams are on time at the correct field of play. Any questions regarding your heats times throughout the weekend please direct to the Athlete Control team who will be located next to the CFSiD warm up area.

You can view your heat allocation for Friday 24 January within your competition corner account or by selecting your name/team name when the final leaderboard is live.

Athletes will be reseeded at the end of Friday 24 January. As well as at the end of Saturday 25 January and prior to event 7 on Sunday 26 January.



PORSCHE

