

# SPORT GUIDE

## WIT Strength in Depth Origins 2021

27 & 28 November The University of Bath, Sports Training Village.



# INTRODUCTION

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Thank you for participating in WIT Strength in Depth Origins 2021. We have worked hard to develop a high quality 'athlete-centred, sports-focused' competition to test your team's fitness and provide you with an enjoyable experience.

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

## ATHLETE ROSTER

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Each competing team at WIT Strength in Depth Origins will comprise of 7 males, 5 females and a master of each sex, one of which over 40 and the other over 35. This registered team of 12 athletes will be the only athletes allowed to compete during the weekend.

In addition to the core competing team, we have encouraged the submission of 4 substitutes and 1 coach, these passes are included within your teams entry fee. These tickets can only be allocated to athletes within your team (as per online team profile). Any unallocated athlete/sub passes from this set of 16 cannot be allocated to spectators (i.e. they are for listed athletes only).

In the event of injury during the final weekend your substitutes can be called upon. All substitutions need to be run by SiD HQ prior to any action. Substitutions can only be made in the event of injury, any changes during the weekend to the athlete roster are final, for example the injured athlete can then not be subbed back into the competing team. Teams are restricted to 1 injury substitution over the final weekend.

The name of the team coach must also be submitted so a note can be made at the registration desk. Team coaches can also collect their passes at the same times as athlete registration. Coach passes will be in addition to the 16 passes you are allocated within your fee.

## ATHLETE REGISTRATION

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### **Athlete Registration:**

From 1700 - 2030hrs on Friday 26th November

From 0700 - 0745hrs on Saturday 27th November

### **Athlete Briefings:**

0745 - 0815hrs on Saturday 27th November

0745 - 0815hrs on Sunday 28th November

*We strongly encourage teams to register on Friday evening to prevent the rush on Saturday 27th November; this also provides a great opportunity to come and see the competition arena before the competition itself.*

During athlete registration each individual athlete will need to have filled in the online waiver prior to arrival (waiver link: <https://www.surveymonkey.co.uk/r/WITSIDOrigins21>)

Following this, athletes will be given their competitor passes. It is possible for the team captain/one team member to complete the registration process per team; however this person will not be able to collect wrist bands for any team member that has not completed the online waiver.

Please note: Athlete substitutions also need to follow this process and will be classed as 'athletes' onsite.

## COVID GUIDELINES

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Whilst there are no mandatory Government guidelines for events and COVID, it is still important to mitigate risk. Please therefore see below the safety precautions that we are advise when attending WIT SiD Origins 2021.

1. Whilst not obligatory, we encourage all attendees to take a lateral flow test prior to arrival on site, as well as a self assessment for any of the recognised symptoms of COVID-19. Should you return a positive test or be displaying any symptoms you must not attend the event.
2. We strongly encourage all attendees when transitioning between internal venues with smaller corridors etc to wear face coverings.
3. Please stay on top of washing your hands in the washrooms. Hand sanitizer will also be available at the entrance of each venue.
4. Athletes: In between heats, we will spray down the equipment with a Dettol spray. For piece of mind if you would like to bring your own cleaning products this is also welcomed.

## ATHLETE IDENTIFICATION

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It is mandatory for all athletes to bring identification with them to the event. Prior to one of the workouts onsite athlete names submitted for the competing team will be cross checked with athlete IDs prior to the team commencing their workout.

## ATHLETE REGISTRATION

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There will be a dedicated athletes area at the WIT SiD Origins 21 Final. This year we are utilising a different area of the University and this will be located in the tennis courts. Dependent on the time of registration teams will either be pointed to the athlete briefing or to the athlete area.

The athlete area will be monitored at all times by a member of the WIT SiD Origins 21 team so please respect any requests made by a member of the team. The athlete area is strictly for athletes only!

Further to the athlete area there will be a dedicated warm up area located in the Jumps and Throws room. All necessary warm up kit, including a rig (courtesy of Eleiko) can be found here, lifting is restricted to the matted areas. Please note, access to this area is restricted this year and will be closely monitored by our athlete control team. Athletes will not have access to this area until they have checked in with athlete control first in the athlete area. The athlete control team will then lead all athletes to the warm up area. Athletes will also have access to lockers, changing rooms and shower facilities - these might come in useful after certain events!

LOST PROPERTY: Please speak to a University member of staff located at the Lower Ground Floor Reception in the Sports Training Village.

## ATHLETE WAIVER

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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 will be completed online using Survey Monkey, this can be completed by following this link: <https://www.surveymonkey.co.uk/r/WITSIDOrigins21>

## PROGRAMME

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Events 1, 2, 3, 4, 5 and 6 take place on Day 1 of competition. With workouts 7, 8, 9, 10 and 11 taking place on Day 2 of the competition. For the first year, we will not be hosting a final workout, all competing teams will therefore complete the final workout (event 11).

The 71 qualified final teams and the 8 Invitational teams will compete on separate leaderboards, however the heat allocations will be mixed with the Invitational teams places in penultimate heats for each event.

**The full event schedule can be downloaded from the homepage of our website by clicking on Event Information.**

## ATHLETE BRIEFING

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There will be an athlete briefing at 0745hrs on Saturday 27 November for Day 1 of the competition and at 0745hrs on Sunday 28 November for Day 2 of the competition. These briefings will cover workout execution and the required movement standards for the workouts. These briefings are compulsory for all competing teams to attend due to the logistics of the workouts as well as the concurrent programming. At the very least team captains should be present at the briefing to then relay all information.

## PRE-WORKOUT PROCESS

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This year the pre-workout process has changed, we hope this will ensure that the warmup area is a much safer and less chaotic environment. Please respect the timings we allocate per heat to warm up, we have ensured that this is fair across the board.

### **Protocol for all workouts within the main arena:**

1. Athletes report to athlete control in the athlete area
2. Athlete Control confirm that athletes can access the warmup area and they are escorted to the space (at any one time there should be a maximum of 2 heats within the warmup area, please therefore be mindful and share equipment)
3. The warmup area athlete control team will pull heats together and escort teams to the relevant field of play

**Protocol for outside events and the swimming event, please report to athlete control in the athlete area and you will be advised on the weekend.**

## WORKOUTS WORKOUT 1: FOREST GUMP

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**TEAM COMPOSITION:** 7 Males and 5 Females (working as a whole team)

**LOCATION:** Outdoor

### SCHEME OF WORK:

For time:

4km tfech worm carry

The whole team will complete the 4km run. The tfech worm must be carried throughout the run. The tfech worm must be carried on the athletes shoulders and not carried by the straps.

The 4km run will be broken into 3x 1.3km laps. At the end of each lap the worm must be placed on the finish line, including the finish.

**NUMBER OF HEATS:** 5 Heats

**TIME CAP:** 30 mins

### SCORING:

The team score is the total time taken 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 30-minute time cap, they will be penalised and receive a total time of 60 minutes.

## MOVEMENT STANDARDS

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### RUN:

Teams will be sent off independently within their heats in 20 second waves. Athletes must stick to the cross-country path and not cut corners. As a general, teams must stick to the left hand side of the course throughout the run.

### WORM CARRY:

Only two athletes can carry the worm at any one time and athletes are not permitted to carry the worm using the straps.

## WORKOUTS WORKOUT 2: THE TERMINATOR

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**TEAM COMPOSITION:** 7 Males (working as a whole team)

**LOCATION:** NOCCO Arena

### SCHEME OF WORK:

For time:

33 Clean & Jerk @60kg

24 Clean & Jerk @85kg

15 Clean & Jerk @100kg

6 Clean & Jerk @115kg

3 Clean & Jerk @130kg

1 Clean & Jerk @145kg

At the call of GO one male from the sub team will advance to the lifting platform, whilst the remaining 6 males will stay on the start mat. Only one athlete can leave the start mat at any one time throughout the workout. A clear tag is required between transitions.

There is no minimum work requirement for athletes.

If a bar lands off the lifting platform the workout is stopped, and the reps at that weight is wiped from the total.

The females will load the bar weights for the males.

There will be a 1 minute transition between events 2 & 3.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 7 mins

### SCORING:

The team score is the total time taken to complete the workout. 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 7 minute time cap, they will be penalised 1 second for every rep not completed. (7:00 plus 1 sec, 2 sec, etc).

## MOVEMENT STANDARDS

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### CLEAN & JERK:

The clean and jerk must be completed in two distinct movements. The clean can be a muscle clean, a power clean, a squat clean, or a split clean. 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). The jerk (overhead portion of the movement) can be a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line. If the athlete steps off the platform with the bar or the barbell lands off the platform, the entire workout will be restarted.

## WORKOUTS WORKOUT 3: COMMANDO

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**TEAM COMPOSITION:** 5 Females (working as a whole team)

**LOCATION:** NOCCO Arena

### SCHEME OF WORK:

For time:

33 Snatch @42.4kg

24 Snatch @52.5kg

15 Snatch @57.5kg

6 Snatch @62.5kg

3 Snatch @67.5kg

1 Snatch @72.kg

At the call of GO one female from the sub team will advance to the lifting platform, whilst the remaining 4 females will stay on the start mat. Only one athlete can leave the start mat at any one time throughout the workout. A clear tag is required between transitions. There is no minimum work requirement for athletes.

If a bar lands off the lifting platform the workout is stopped, and the reps at that weight is wiped from the total.

The males will load the bar weights for the females.

There will be a 1 minute transition between events 2 & 3.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 7 mins

### SCORING:

The team score is the total time taken to complete the workout. 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 7 minute time cap, they will be penalised 1 second for every rep not completed. (7:00 plus 1 sec, 2 sec, etc).

## MOVEMENT STANDARDS

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### SNATCH:

The movement begins with the barbell on the ground. The bar 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 knees, hips and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

Pressing out the bar is permitted provided that the bar does not reverse direction of travel during the lift.

## WORKOUTS WORKOUT 4: TREMORS

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**TEAM COMPOSITION:** 6 athletes working in two sub-teams of 3 (any combination)

**LOCATION:** WIT Arena

**SCHEME OF WORK:**

For Time

Each Sub Team to complete:

3 rounds

20 tfench worm deadlifts (2 person worm)

20 tfench worm shoulder to overhead

Two athletes working on the tfench worm, one athlete hanging.

Straight into..

80 cal row / 80 cal bike / 300 double unders

All 3 athletes working at one time.

At the call of Go sub team one will enter the field of play and the athletes begin to complete 20 tfench worm deadlifts. Two athletes will lift the tfench worm while the third athlete will hang from the pull-up bar. Teams can only complete the work on the tfench worm while an athlete is hanging.

Sub teams can rotate athletes at any point but athletes cannot interchange sub teams.

Upon completing the 3 rounds, sub team one will advance to the bike, rower and double under station. The row cals, bike cals and double unders are completed simultaneously i.e one athlete on the rower, one athlete on the bike, one athlete completing double unders.

Again, athletes can rotate stations within their sub team at any point.

Once sub team one has completed 3 rounds plus 80 cal on the bike, rower and 300 doubles they can advance to the finish mat, at which point sub team two can begin.

A team member can either do Workout 04 OR Workout 05 (not both).

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 15 mins

**SCORING:**

The team score is the total time taken per 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 15-minute time cap they will be penalised 1 seconds for every rep not completed (15:00 plus 00:01, 00:02, etc).

## MOVEMENT STANDARDS

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### **ROWING MACHINE:**

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.

Athletes may not pull on the handle unless they are sat on the seat with feet on the foot stretchers.

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

### **BIKEERG:**

One athlete working at a time, the work can be distributed however the team sees fit.

Athletes may only adjust the slider and are not permitted to touch the monitor.

### **DOUBLE UNDERS:**

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.

The double unders will be completed using the athletes' own ropes. In the event of a rope breakage athletes may share. Athletes may perform as many or as few repetitions as they see fit and may rotate in and out as required.

### **tfench WORM SHOULDER TO OVERHEAD:**

Each tfench worm shoulder to overhead starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the overhead portion, 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. The worm must be placed on the ground from waist height. If the worm is dropped from above waist height, the reps for that set will be wiped to zero.

### **tfench WORM DEADLIFT:**

Each tfench worm deadlift starts with the athletes on the same side of the worm, with the worm resting on the floor. At the top of the tfench worm deadlift, the hips and knees must be fully extended with the shoulder above or behind the vertical plane of the bar. Athletes may not use the straps to deadlift the tfench worm.

## WORKOUTS WORKOUT 5: JAWS

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**TEAM COMPOSITION:** 6 athletes working in three sub-teams of 2 (any combination)

**LOCATION:** Swimming Pool

### SCHEME OF WORK:

For time:

Sub Team 1: Swim 100m together, then 6 In Outs - one athlete working

Sub Team 2: Swim 150m together, then 8 In Outs - one athlete working

Sub Team 3: Swim 200m together, then 10 In Outs - one athlete working

At the call of 'Go' sub team one will enter the pool together with both athletes setting off on the swim simultaneously. Upon completion of 100m (4 lengths) by either athlete, they may exit the pool and begin six 'In Outs' while the second athlete is still completing their swim. Both athletes must complete the swim for the next sub team to start their leg. Upon completion of the swim distance and 'In Outs' by the first sub team, both athletes must exit the pool to allow the next sub team to begin.

Sub team two completes 150m (6 lengths) and 8 In Outs under the same conditions as the first sub team. Upon completion of the swim distance and 'In Outs' by the second sub team, both athletes must exit the pool to set off the next sub team.

Sub team three completes 200m (8 lengths) and 10 In Outs under the same conditions as the other sub teams. Upon completion of the swim distance and 'In Outs' by the third sub team, both athletes must exit the pool to conclude the workout.

A team member can either do Workout 04 OR Workout 05 (not both).

**NUMBER OF HEATS:** 5 Heats

**TIME CAP:** 20 mins

### SCORING:

The team score is the total time taken per 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 1 minute for every 25 meters not completed (20:00 plus 01:00, 02:00, etc). In the eventuality of a tie break on penalties, count back based on the split time from the previous sub team's swim will be ranked.

## MOVEMENT STANDARDS

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### SWIM:

Both athletes swim in the lane at the same time. They are not required to swim together but both athletes must have completed the allocated distance before exiting the pool.

### IN OUT:

The athlete begins in the pool without contact with the pool edge. They are then able to grab the poolside and pull themselves out to a fully extended standing position. They then return to the pool submerging themselves fully before the next repetition. Athletes must face away from the pool edge when entering the pool and may not rotate in the air when doing so. Athletes may not maintain a hold on the pool edge during the submersion.

## WORKOUTS WORKOUT 6: HEAT

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**TEAM COMPOSITION:** 7 Males & 5 Females (working in 6 sub teams of 2- any combination)

**LOCATION:** Nocco Arena

### SCHEME OF WORK:

For Time:

Sub Teams 1 & 2

30 front squats 40/30kg

30 synchro pull ups

30 thrusters 40/30kg

Sub Teams 3 & 4

25 front squats 60/40kg

25 synchro chest-to-bar pull ups

25 thrusters 60/40kg

Sub Teams 5 & 6

20 front squats 80/50kg

20 synchro bar muscle-ups

20 thrusters 80/50kg

At the call of 'Go' sub team one will enter the field of play and the first athlete will begin to complete the front squats. One athlete working at a time until the total prescribed volume is reached.

Upon completing the front squats, both athletes advance to the pull up bar in order to begin the synchro movements. The sub team, having completed all of the pulling exercise, progresses back to complete repetitions of the thruster. Once the thrusters are completed the athletes return to the holding area to tag the next sub team.

The sub teams complete their prescribed work, releasing each sub team in turn, until all teams have completed their workout, or the time cap of 20 minutes is reached.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 20 mins

### SCORING:

The team score is the total time taken per team to complete the workout. 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 20-minute time cap they will be penalised 1 second for every rep not completed (20:00 plus 00:01, 00:02, etc).

## MOVEMENT STANDARDS

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### **FRONT SQUAT:**

These are standard barbell front squats in which the barbell is racked over the athlete's shoulders in front of the neck and the athlete passes through a full squat back to extension. The hip crease must pass clearly below the top of the knees in the squat and the repetition is complete when the athlete returns to a standing position with knees and hips clearly locked out. If the athlete's elbows contact the knees, the repetition will not be counted. The barbell may not be passed to the next athlete and must return to the floor before the other athlete attempts a lift.

### **SYNCHRONISED PULL- UP:**

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chin must pass clearly above the level of the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met. The reps are synchronised when both athletes clearly have their chins over the bar at the same time.

### **THRUSTER:**

This is a standard barbell thruster in which the barbell moves from the bottom of a squat, with the barbell in the front rack position to full lockout overhead in one movement. The hip crease must pass below the knees. A squat clean into the thruster is allowed if the bar is on the ground. At the top, the barbell must be over the centre of the body with the hips, knees, arms fully extended and under control

### **SYNCHRONISED CHEST TO BAR PULL-UP:**

This is a standard chest to bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chest must come clearly into contact with the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met. The reps are synchronised when both athletes clearly contact the bar with their chest at the same time.

### **SYNCHRONISED BAR MUSCLE UP:**

This is a standard bar muscle-up. The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the athletes support themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout.

No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an up rise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completion of the rep. Athletes may not rest after the completion of the rep by using their body to rest on the bar.

The reps are synchronised when both athletes clearly display elbows fully locked out while they support themselves above the bar with the shoulders over or in front of the bar at the same time.

## WORKOUTS WORKOUT 7: BACKDRAFT

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**TEAM COMPOSITION:** 5 Females (Working as a whole team)

**LOCATION:** NOCCO Arena

### SCHEME OF WORK:

In 8 minutes:

Establish a max in the following complex:

1x clean + 1x hang clean

The 5 females have 8 minutes to establish a max in the above complex. Athletes can lift in any order and have as many lifts as time allows.

Only two female athletes can assist with changing the weight plates at any one time.

If the bar lands off of the platform, the entire team's lifts will be wiped to 'zero'.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 8 mins

### SCORING:

The score will be based on the aggregate of the female teams weight scores. This will result in a single weight score - leading to a position score i.e. first for the heaviest total weight.

### PENALTIES:

If a bar lands off the lifting platform at any point the score for the entire team will be reset to 0.

## MOVEMENT STANDARDS

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### CLEAN AND HANG CLEAN:

The clean can be a muscle clean, a power clean, a squat clean, or a split clean. 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).

After completing the clean the bar must then travel from above the knees directly to the shoulders in one motion without stopping. The bar cannot touch the ground between the clean and the hang clean. This can be a muscle hang clean, a hang power clean, a hang squat clean or a hang split clean. The barbell must come to the shoulders with elbows past the vertical plane of the bar. The hips and knees must be fully extended, the bar directly over the heels and the feet together.

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 entire team score for hang clean portion of the workout will be wiped to 0.

## WORKOUTS WORKOUT 8: THE FUGITIVE

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**TEAM COMPOSITION:** 7 Males (Working as a whole team)

**LOCATION:** NOCCO Arena

**SCHEME OF WORK:**

In 10 minutes:

Establish a max in the following complex:

1x Snatch + 1x Hang Snatch

The 7 males have 10 minutes to establish a max in the above complex. Athletes can lift in any order and have as many lifts as time allows.

Only two male athletes can assist with changing the weight plates at any one time.

If the bar lands off of the platform, the entire team's lifts will be wiped to 'zero'.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 10 mins

**SCORING:**

The score will be based on the aggregate of the male teams weight scores. This will result in a single weight score - leading to a position score i.e. first for the heaviest total weight.

**PENALTIES:**

If a bar lands off the lifting platform at any point the score for the entire team will be reset to 0.

## MOVEMENT STANDARDS

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**SNATCH AND HANG SNATCH:**

The movement begins with the barbell on the ground. The bar 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 knees, hips and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension.

Pressing out the bar is permitted provided that the bar does not reverse direction of travel during the lift.

In the hang snatch, 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. The bar cannot touch the ground between the snatch and the hang snatch. This can be a muscle hang 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.

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 entire team score for the hang snatch portion of the workout will be wiped to 0.

## WORKOUTS WORKOUT 9: BRAVEHEART

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**TEAM COMPOSITION:** 6 athletes working in two sub-teams of 3 (any combination)

**LOCATION:** Outdoor Sprint Track

### **SCHEME OF WORK:**

6 rounds for time:

Run 400m

15 synchro single arm overhead dumbbell lunges (1x 15kg, 1x 22.5kg, 1x30kg)

12 synchro down ups

At the call of 'Go!' the first sub team of 3 will run 400m together. Once the first sub team returns to their station, they will complete 15 synchro single arm dumbbell overhead lunges. One athlete will use a 15kg dumbbell, one athlete will use a 22.5kg dumbbell and one athlete will use a 30kg dumbbell. Once all 12 lunges have been completed, the first sub team completes 12 synchro down ups. Once the 12 down ups have been completed, the first sub team will rest and the second sub team will begin the same workout. Both sub teams will complete alternating rounds until they have completed 3 rounds each and 6 rounds in total.

Athletes can complete workout 9 or workout 10, not both.

**NUMBER OF HEATS:** 6 Heats

**TIME CAP:** 20 mins

### **SCORING:**

The team score is the total time taken per 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 20-minute time cap they will be penalised 1 minute for every lap not completed and 1 sec for every rep not completed.

## MOVEMENT STANDARDS

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### **RUN:**

This is a 400m run on the track. All 3 athletes must complete the 400m but do not need to stay together.

### **SYNCHRONISED SINGLE ARM OVERHEAD DUMBBELL LUNGE:**

The movement begins with all three athletes stood at extension, feet together, with the dumbbell supported overhead and the elbow, hip and knees fully extended and under control.

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 athletes may not support the rubber head of the dumbbell with an open palm.

The rep ends with the dumbbells still supported overhead and the athletes standing tall with the hips and knees fully extended. The athletes must alternate which foot leads for each rep. The non-supporting arm may not contact the body.

### **SYNCHRONISED DOWN UP:**

The Down Up movement will start in the standing position with all three athletes with hips and knees extended and fully open. At the bottom of the down up the athletes must have their chest and thighs on the floor before they can return to the top position. The rep is completed when the athlete returns to the starting position, with the hips and knees extended.

## WORKOUTS WORKOUT 10: HIGHLANDER

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**TEAM COMPOSITION:** 6 athletes working in three sub-teams of 2 (any combination)

**LOCATION:** WIT Arena

**SCHEME OF WORK:**

For Time

Each Sub Team:

60 wallball 10ft/9kg 9ft/6kg

45 synchro toes to bar

45 pistol squats

15 synchro burpee box jump overs 24"

At the call of 'Go' sub team one will enter the field of play and the first athlete will begin to complete the 60 wallball, athletes can break the work however they see fit. Upon completing the wallball, the athletes immediately advance to the synchro toes to bar. Once all toes to bar are completed the pair will advance to the pistols. At this time, sub team two may enter the field of play to begin their workout. The next sub team can enter the field of play as the previous sub team completes the toes to bar.

Sub team one advances to the synchro burpee box jump overs. Upon completion of the prescribed work, sub team one advances to the finish mat and their workout is complete.

Sub team three cannot begin the workout until sub team one has completed the entire workout and sub team two have completed the toes to bar.

The workout concludes when sub team three has completed their workout.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 15 mins

**SCORING:**

The team score is the total time taken per 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 15-minute time cap they will be penalised 1 seconds for every rep not completed (15:00 plus 00:01, 00:02, etc).

## MOVEMENT STANDARDS

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### **WALLBALL:**

The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The centre of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep. The medicine ball can be transitioned in the air.

### **SYNCHRONISED TOES-TO-BAR:**

The athletes must go from a full hang to having their toes touch the pull-up bar at the same time. Both athletes must have both of their feet 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.

### **PISTOL SQUAT:**

The pistol squat begins and ends with the athlete standing and the hip fully open, knee fully locked out on the squatting leg. The hip must pass below parallel at the bottom of the repetition, and the opposite foot (non-supporting leg) cannot touch the ground until the repetition is completed. The non-supporting foot must be in front of the supporting foot during the entire repetition. You may hold the foot of the opposite (non-supporting) leg with your hand while performing the pistol squat. Athletes do not have to alternate legs.

### **SYNCHRONISED BURPEE BOX JUMP OVERS:**

Athletes must start the same side of the box before commencing the burpee box jump overs. The athletes must then drop down to the ground with chest and thighs on the floor simultaneously before jump over/ on top of the box with a two-footed take-off and landing. Stepping up is not permitted but stepping down is. Only the feet may come into contact with the box. The repetition finishes when both the athlete's feet are back on the ground on the other side of the box. Athletes may not begin the following rep until their partner athlete has finished their previous rep.

# WORKOUTS WORKOUT 11: WIT SID ORIGINS FINAL

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**TEAM COMPOSITION:** 7 Males & 5 Females (working in 6 sub teams of 2- any combination)

**LOCATION:** NOCCO Arena

## **SCHEME OF WORK:**

For Time:

Sub teams 1-3:

9 Rope Climbs

21m Handstand Walk

12 Overhead Squat 70/45kg

Sub teams 4 & 5:

9 Rope Climbs

21m Handstand Walk

9 Overhead Squat 85/55kg

Sub teams 6:

9 Rope Climbs

21m Handstand Walk

6 Overhead Squat 100/65kg

At the call of 'Go' sub team one will enter the field of play and the athletes begin to complete the rope climbs. The work may be shared as the sub team sees fit.

Upon completion of the rope climbs, the athletes will complete a 21-metre handstand walk broken into 3x 7m meters. Again, one athlete working at one time and sharing the total work.

Once the handstand walk is completed, the two athletes will advance to the lifting platform to complete overhead squats.

Sub team one completes 12 overhead squats to complete their workout before tagging in sub team two.

Sub teams two and three follow this same pattern.

Sub teams four and five follow the same pattern but complete only 9 overhead squats at the heavier weight increment.

Sub team six follows the same pattern but completes only 6 repetition at the heaviest weight increment.

The workout is concluded when sub team six has completed the overhead squats and crossed the finish line.

**NUMBER OF HEATS:** 10 Heats

**TIME CAP:** 15 mins

## **SCORING:**

The team score is the total time taken per 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 15-minute time cap they will be penalised 1 second for every rep not completed (15:00 plus 00:10, 00:20, etc).

## MOVEMENT STANDARDS

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### **HANDSTAND WALK:**

The 21m 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 1 metre increment. Both hands, including palms and fingers, must fully cross the line marking each 1 metre increment for the rep to count.

### **ROPE CLIMB:**

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.

### **OVERHEAD SQUAT:**

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.

## PRIZES

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The winning qualified team will receive £3500 and an automatic team place at Strength in Depth Origins 2022 (entrant fees still apply), the second placed qualified team will receive £1500, and third placed qualified team £1000.

All prizes are awarded at the discretion of Strength in Depth.

The winning Invitational team will receive £1000

## HEATS

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There are 71 Qualified teams and 8 Invitational Teams, all teams consisting of 12 athletes. The heat breakdown for each event varies so please note: **YOUR TEAM WILL NOT REMAIN IN THE SAME HEAT ON DAY 1 OR DAY 2 OF THE EVENT.**

Athlete Control are on hand throughout the weekend to ensure teams are on time at the correct field of play. Any questions regarding your heat times throughout the weekend please direct these to the Athlete Control team who will be located in the athlete area.

### Heat Composition - Day 1- Saturday 27 November

For a downloadable version of the WIT SiD Origins Day 1 Heat Allocations please see here: <https://strengthindepth.com/strength-in-depth-origins/the-final/information/>

### Heat Composition - Day 2- Sunday 28 December

Teams will be seeded on Day 2 depending on their performance on Day 1. Therefore, heat composition will change. The top performing teams will be in the last heats as per the previous day.

Notification will be made on our website by 20:30hrs on Saturday 27 November 2021.

 **WIT**  
**STRENGTH**  
**IN** **DEPTH**  
**ORIGINS**

  
**NOCCO**

 **WIT**

  
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**PORSCHE**

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