

# 2023 SPORT GUIDE

28th & 29th January - The University of Bath, Sports Training Village



# INTRODUCTION

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Thank you for joining us for WIT Strength in Depth Origins 2023. We have worked hard to develop a high quality 'athlete-centred, sport-focused' competition to test your team's fitness and to 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 whom is over 40 years of age and the other over 35 years. This registered Team of 12 athletes will be the only athletes permitted to compete throughout the weekend.

In addition to the core competing members, we have encouraged the inclusion of 4 substitutes and 1 Coach; these passes are included within your team's entry fee. The tickets for substitutes may only be allocated to athletes already within your team (as per your online team profile). Any unallocated athlete/sub passes from this set of 16 may not be allocated to spectators (i.e. they are for listed athletes only).

In the event of injury during the Final weekend you will be able to call upon these substitutes to shore up your team. All substitutions must be agreed with SiD HQ prior to their inclusion by contacting Athlete Control. Substitutions may only be made in the event of injury and any changes to the athlete roster throughout the weekend will be final. Specifically, the injured athlete may not be subbed back into the competing team later. Teams are restricted to 1 injury substitution over the final weekend.

The name of the Team Coach must also be submitted ahead of the event so that we have a record at the registration desk. Team Coaches are able to collect their passes at the same times as athlete registration. Coach passes will be provided, free of charge, in addition to the 16 passes allocated within the Team registration fee.

# ATHLETE REGISTRATION

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## **Athlete Registration:**

From 1700 - 2030hrs on Friday 27th January

From 0700 - 0740hrs on Saturday 28th January

## **Athlete Briefings:**

0745 - 0815hrs on Saturday 28 January

0745 - 0815hrs on Sunday 29 January

***We strongly encourage teams to register on Friday evening to prevent the rush on Saturday 28 January; this also provides a great opportunity to come and see the competition arena prior to the competition itself.***

For 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/sidorigins2023>

Additionally, teams will have to confirm the 12 competing athletes to the registration team. Teams will then be allocated their competitor/ substitute athlete passes. It is possible for the Team Captain or a designated 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 must also complete this process.

# ATHLETE ID

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It is mandatory for all athletes to bring photographic 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 FACILITIES

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There will be a dedicated Athletes Area at the WIT SiD Origins 23 Final. This will be held in the Tennis Court area as it was in 2021. 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 23 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 Warmup Area located in the indoor sprint track. All necessary warm up kit, including a rig (courtesy of Eleiko) may be found there. Importantly, lifting is restricted to the matted areas. Please note, access to the Warmup Area is restricted and will be closely monitored by our Athlete Control team. Athletes will not have access to this area until they have first checked in with Athlete Control at the Athlete Area. The Athlete Control team will then lead all athletes to the Warmup Area prior to their heat.

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 that 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/sidorigins2023>

# PROGRAMME

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

The 70 Qualified Final Teams and the 10 Invitational Teams will compete on separate Leaderboards, however the heat allocations will be mixed with the Invitational Teams places in the penultimate heats for each event.

The full event schedule can be downloaded from the homepage of our website by clicking on Event Information [HERE](#).

# ATHLETE BRIEFING

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There will be an athlete briefing at 0745hrs on Saturday 28th January for Day 1 of the competition and at 0745hrs on Sunday 29th January 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 in order to ensure full understanding of the specific logistics and programming of the scheduled events. At the very least team captains should be present at the briefing to then relay all information.

# PRE-WORKOUT PROCESS

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We want to ensure that the Warmup Area is a safe and organised environment. Please respect the timings we allocate per heat to warm up, we have ensured through careful planning 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 of others and willing to 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.

# EVENT 1

<b>START / FINISH:</b> 09.00-11.30	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> OUTDOORS	<b>MAXIMUM HEAT DURATION:</b> 25:00	<b>NUMBER OF HEATS:</b> 5	<b>NUMBER OF TEAMS:</b> 16
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**TEAM COMPOSITION:** M/F: 7 males, 5 females. Working in sub teams of 6, any combination.

## BASIC DESCRIPTION

For Time:  
3600m Sandbag Run

Whole Team (12 athletes) - Loop (1.2km)  
Sub Team 1 ( 6 athletes) - Loop (1.2km)  
Sub Team 2 - (6 athletes) - Loop (1.2km)

Time cap 25 minutes

## DETAILED DESCRIPTION

The full Team will assemble on the balcony area. At the call Go! The whole team will depart, running around the perimeter of the University site with a sandbag carried between them.

When the Team has completed their lap of the University site they will return to the balcony area and take a knee in their allocated bay and divide into 2 Sub Teams. Sub Team 1 will then head off on a second lap of the University site with the sandbag while Sub Team 2 remains at rest in the bay.

Upon the return of Sub Team 1, Sub Team 2 will then set off on the final lap of the University site with the sandbag. When Sub Team 2 has completed their lap, they will return to the balcony area to join Sub Team 1 in the bay.

When all 12 members of the Team are present; they will take a knee together in their bay - this releases the athlete with the sandbag and timer chip to run across the finish line, at which point time will be called and recorded.

Only the athlete with the bag and chip will cross the finish line at the conclusion of the workout.

## MOVEMENT STANDARDS

### Sub Team Handover Protocol:

Athletes 'take a knee' together in the bays to represent the end of each round and confirm all athletes from the Sub Team as present. Teams will not be permitted to progress until all 12 athletes are within the bay and in a kneeling position on one or both legs.

### Sandbag Carry:

The Sandbag is to be carried as the team determines best for them. Two or more athletes may carry the sandbag together. The athlete carrying the sandbag may be switched at any time. The sandbag must not be dragged on the floor at any time.

## EVENT 2

<b>START / FINISH:</b> 10.30-13.10	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> FOP 2	<b>MAXIMUM HEAT DURATION:</b> 15:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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**TEAM COMPOSITION:** M/F: 7 males, 5 females. Working in sub teams of 4, any combination.

### BASIC DESCRIPTION

For Time:  
Worm Thrusters (140kg)  
Synchro Burpees Over Worm

Sub Team 1 - 14-12-10  
Sub Team 2 - 12-10-8  
Sub Team 3 - 10-8-6

Time cap 15 minutes

### DETAILED DESCRIPTION

All 12x Team members will assemble at the start line and will agree 3x Sub Teams of 4 athletes mixing males and females at their discretion.

At the call Go! Sub Team 1 will enter the field of play and begin their round of 14-12-10 Worm Thrusters and Synchro Burpees over the worm. Upon completion of the burpees over the worm they will drop the worm where they found it, from waist height, and run to the finish line. Only Sub Teams 2 and 3 advance the worm.

As Sub Team 1 reaches the finish line, Sub Team 2 will enter the field of play and pick up the worm, advancing it an increment towards the finish line in order to demonstrate the progress of the team. They will then begin their round of 12-10-8 Worm thrusters and Burpees over the worm. Upon completion of the burpees over the worm, they will drop the worm from waist height and run to the finish line.

As Sub Team 2 reaches the finish line, Sub Team 3 will enter the field of play and pick up the worm, advancing it an increment towards the finish line to demonstrate progress. They will then begin their round of 10-8-6 Worm thrusters and Burpees over the worm. Upon completion of the burpees over the worm they will pick up the worm and Lunge it to the start position, drop it from waist height and run to the finish line where the time will be called.

Teams dropping the worm from above the waist will be subject to a penalty.

Teams that do not complete the workout will be required to reset their lane at the conclusion of the heat by carrying the worm back to the start position.

### MOVEMENT STANDARDS

#### Worm Thruster:

This is effectively a synchro thruster for 4 athletes with a worm. The worm will be lifted to the shoulder with all athletes placing their heads on the same side. The athletes will squat together, ensuring that their hips descend below the level of the knees, then drive the worm up and over their heads to the opposite shoulder. Elbows are not required to lock out in the overhead position.

The worm must be fully supported by the athletes at all times during the workout - athletes to the front or rear of the worm allowing a segment to dangle will invalidate any repetitions completed until the worm is fully supported again.

Repetitions in which one or more athletes fail to squat to the appropriate depth, or in which one or more athletes fail to pass the worm to the opposite shoulder are to be considered 'no reps' and will require to be repeated.

#### Synchro Burpees Over Worm:

Two Athletes will position themselves to the left of the worm and two athletes will position themselves to the right of the worm. All athletes will descend to the floor together and touch their chest and thighs to the floor before standing up and jumping over the worm. The jumps should all be two-footed take offs and athletes should not touch the worm on the way over. Athletes should not step over the worm. The reps are synchronised in position on the floor.

#### Worm Lunge:

This is a synchronised lunge for 4 athletes while the worm is fully supported. The athletes will step forward on the leading leg and lunge until the knee of the trailing leg touches the floor. The leading leg should be the same for all athletes. The athletes will then stand to full extension to demonstrate that they are synchronised before beginning the next repetition. Athletes may 'step through' into the next rep provided that they demonstrate full extension on each rep.

The distance to be travelled and the specific requirements for the team regarding lane markings will be discussed during the workout briefing.

## EVENT 3

<b>START / FINISH:</b> 12.40-14.45	<b>NUMBER OF ATHLETES:</b> 6	<b>LOCATION:</b> POOL	<b>MAXIMUM HEAT DURATION:</b> 20:00	<b>NUMBER OF HEATS:</b> 5	<b>NUMBER OF TEAMS:</b> 16
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**TEAM COMPOSITION:** M/F: 6 athletes working in sub teams of 2, any combination.

**EXCLUSIONS:** Athletes may not participate in Event 4.

### BASIC DESCRIPTION

Swim, for Time:

Swim 1050m

Sub Team 1 - 250m

Sub Team 2 - 200m

Sub Team 3 - 150m

Sub Team 2 - 200m

Sub Team 1 - 250m

Time cap 20 minutes

### DETAILED DESCRIPTION

Teams of 6 will assemble at the edge of the pool and arrange themselves into Sub Team Pairs at their discretion. Athletes must remain within their pairs throughout the duration of the workout.

At the call Go! Sub Team 1 will enter the pool and begin their round of 10 lengths of the 25m pool. When both athletes complete their 25m and exit the pool, they will trigger the release of Sub Team 2 who will both complete their 8 lengths of 25m in order to trigger the release of Sub Team 3.

When Sub Team 3 both exit the pool from their 6 lengths of 25m, the workout continues, but in reverse with Sub Team 2 being triggered for release next in sequence to complete a further 8 lengths of 25m. Sub Team 1 is finally released to repeat the 10 length distance upon the return of Sub Team 2.

When Sub Team 1 returns from their final length of the pool they will both touch the pool edge in order to conclude their effort and time will be called for the team.

### MOVEMENT STANDARDS

#### Beginning a Round:

Sub Team AA may dive from the pool edge, the platform or begin in the water at their discretion but may not move from the pool edge until the call Go!

Subsequent Sub Team Pairs may enter the water upon the return of both athletes from the previous pair but only once both athletes are fully out of the water.

False starts will be penalised at 10 seconds for each instance.

#### Lane Discipline:

The Team must remain within their allocated lane throughout the duration of the workout. Athletes may not touch the lane dividers or the pool edge at any time unless the athlete requires assistance from a lifeguard.

Athletes must touch the opposite end of the lane with either both hands or both feet in order to reverse direction in the lane.

## EVENT 4

<b>START / FINISH:</b> 13.35-16.15	<b>NUMBER OF ATHLETES:</b> 6	<b>LOCATION:</b> FOP 2	<b>MAXIMUM HEAT DURATION:</b> 15:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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<b>TEAM COMPOSITION:</b> 6 athletes working in sub teams of 3, any combination.	<b>EXCLUSIONS:</b> Athletes may not participate in Event 3.
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BASIC DESCRIPTION	DETAILED DESCRIPTION
<p>For Time: Complete 120 synchro hang dumbbell snatches</p> <p>Sub Teams of 3 alternating every 2 minutes 30 seconds for up to 15 minutes:</p> <p>21 synchro box jump 20" 21 kcal ski and bike Remaining time max synchro hang dumbbell snatch 1x 15kg, 1x 22.5kg, 1x 30kg</p> <p>Time cap 15 minutes</p>	<p>The 6 athletes allocated to this event will assemble as 2x Sub Teams of 3. The objective of the workout is to complete 120x synchro hang dumbbell snatches as quickly as possible within the available time. Note that the dumbbell allocation (1x 15kg, 1x 22.5kg, 1x 30kg) will remain constant throughout the rounds and this should be a consideration in Sub Team composition.</p> <p>At the call Go! Sub Team 1 will enter the field of play and begin Synchro Box Jumps, synchronising all 3 athletes at extension on the box. Upon completion of the 21x synchro box jumps, the athletes will progress to the ergs where one athlete will Ski, one athlete will Cycle while the third athlete rests. The resting athlete is able to contribute to either machine effort by switching in as required.</p> <p>Upon completing the erg calories, the 3 athletes will make their way to the dumbbells to complete as many Synchro Hang DB Snatches as possible within the time remaining from the 2.5 minute interval.</p> <p>At the end of the 2.5 minute interval, Sub Team 1 will return from the snatches and reset at the start line while Sub Team 2 enters the field of play to begin their synchro box jumps. Sub Team 2 will complete the movements in the same order as Sub Team 1 and complete as many synchro hang DB snatches as possible in the remaining time.</p> <p>The workout will run for up to a total of 6 rounds with each Sub Team completing up to 3 rounds of work each. At 15 minutes, time will be called and the remaining repetitions calculated for scoring. Teams completing the workout prior to the 15 minute cap will be ranked according to finish time.</p>

MOVEMENT STANDARDS
<p><b>Synchro Box Jump:</b> Athletes perform a two-footed jump onto the box before coming to full extension. Athletes must be stable on the box when they come to extension and are considered to be synchronised when all 3 athletes are observed to have full extension of knees and hips on the box at the same time. Athletes may then step or jump down. Athletes may not step up onto the box. Rebounding the box jumps is permitted in this event.</p> <p><b>Ski:</b> The damper will be set to 5 prior to the event and may not be adjusted until the call Go! Athletes may only pull the handles whilst positioned on the ski erg base - in the case of a transition, the athlete entering may only pull once they are stood on the base.</p> <p>Handles should not be 'ghosted' at the point that the calories are reached - this can break the handle and disrupt the event for the other athletes. Please guide the handles back to the top before moving on. In the event of a mechanical failure or screen error the judge will have a back up protocol to account for such an event.</p> <p>Athletes may not leave the machine before the Kcal target has been confirmed on screen by the judge.</p> <p><b>Cycle:</b> The damper will be set to 5 prior to the event and may not be adjusted until the call Go! The seat height may be adjusted prior to the call Go! But athletes should not touch the damper setting or screen. In the event of a mechanical failure or screen error the judge will have a back up protocol to account for such an event.</p> <p>Athletes may not leave the machine before the Kcal target has been confirmed on screen by the judge.</p> <p><b>Synchro Hang Dumbbell Snatch:</b> The dumbbell is pulled from the floor to the waist before the athlete rebends to initiate the hang. The DB is then moved to the overhead position in a single continuous motion. The DB may not be cleaned to the shoulder and then jerked to the overhead. The rep is credited when the athlete has the dumbbell over the body with the knees, hips and elbows fully extended. Athletes must demonstrate support in the overhead position rather than briefly 'flashing' the elbow straight and the dumbbell should be positioned over the body rather than forwards or to the side.</p> <p>The athletes are considered synchronised when all three have met the conditions of the rep and are locked out overhead. The athletes must alternate hands for each rep and may switch hands at any point after lockout.</p>



## EVENT 5

<b>START / FINISH:</b> 15.10-18.30	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> FOP 1 (MAIN)	<b>MAXIMUM HEAT DURATION:</b> 20:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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**TEAM COMPOSITION:** M/F: 7 males, 5 females. Working in sub teams of 4, any combination.

### BASIC DESCRIPTION

3 Rounds for Time:

*Sub Team 1 (AA/BB)*

16 power cleans 90/60kg (AA)

6 rope climbs (AA)

40 synchro pistol squats (AABB)

6 rope climbs (BB)

16 power cleans 90/60kg (BB)

*Sub Team 2 - As above*

*Sub Team 3 - As above*

Time cap 20 mins

### DETAILED DESCRIPTION

All 12 athletes will assemble at the start line and arrange themselves into 3x Sub Teams of 4. Each Sub Team of 4 will consist of 2x Pairs - AA and BB.

At the call of Go! Sub Team Pair 1AA will enter the field of play and two of the athletes, pair 1AA will complete 16x Power Cleans sharing the volume as they see fit, complete 6x Rope Climbs between them and then run to the start line to join pair 1BB.

Once the Sub Team Pair 1AA has returned from the rope climbs, the two pairs will contribute to complete 2x synchro pistol squats until a total of 40x Pistol squats has been completed.

For clarity: The team will be allocated a box in which two athletes from the active subteams may perform synchro pistol squats. Any two of the athletes from the active sub team may work on the synchro pistol squats at a time, and are welcome to switch in and out at their discretion, but the athletes must complete a minimum of two repetitions for the reps to count and may only switch when a multiple of two repetitions has been completed. They may switch the working athletes as frequently as required until a total of 40 repetitions has been met. There is no minimum work requirement for any individual athlete.

Upon completion of the pistol squats, the entire Sub Team will run to the rope where pair 1AA will move to the finish line out of play while pair 1BB completes 6x rope climbs and run to the platform to complete 16x Power Cleans before moving to the finish line to trigger the release of Sub Team 2.

Sub Team 2 will be released when all 4 of the athletes from Sub Team 1 have reached the finish line.

Sub Teams 2 and 3 complete their rounds as per Sub Team 1 and time is called when all 3 Sub Teams have reached the finish line.

### MOVEMENT STANDARDS

#### Power Clean:

While listed as a 'power clean', any clean variation may be used to complete the reps, provided all standard conditions are met.

The bar is pulled from the floor to the shoulder in one continuous movement. The rep is credited when the athlete is athletically straight with knees and hips locked out, feet aligned under the hips and the elbows driven forward of the bar. A split clean, power clean or squat clean may be utilised provided that the other conditions are met. The reps may be cycled but athletes are cautioned to ensure knees and hips are fully opened with the elbows forward of the bar before beginning the next rep.

Males and females must use the weight increment allocated to them, sharing the bar or rolling bars on or off the platform as required. Only one barbell may be present on the platform at a time.

#### Rope Climb:

Athletes climb to touch the 15' marker on the rope. Climbs may be legless or wrapped at the athlete's discretion. Each athlete must produce a minimum of one climb for their Sub Team. Athletes that have completed their climb should advance to the finish line.

Athletes may only drop from the rope once both of their hands are below the RED LINE.

#### Synchro Pistol Squat:

The two athletes to perform the pistol squats may be drawn from any mix from the Sub Team. The two athletes must stand within the marked box facing toward the start line. The athletes must perform their repetitions on the same leg. They are considered in synch when they have successfully completed a rep and are at extension ready to begin the next rep. The two athletes must alternate the legs and reps must be completed in sets of two to count. A pair of athletes only able to complete 1 rep in a set may switch out and their repetition will not contribute to the count.

The athlete supports their body weight on one leg and squats through that leg until the hip crease is below the level of the knee. The non supporting leg may be held with a hand but may not touch the floor or the supporting leg at any time during the repetition. The rep is credited when the athlete is under control at full extension.

Athletes transitioning rapidly through their reps should be aware that the chest being angled forward is not considered 'at full extension' and should be mindful of this in their execution.

## EVENT 6

<b>START / FINISH:</b> 09.00-12.20	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> FOP 1 (MAIN)	<b>MAXIMUM HEAT DURATION:</b> 20:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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**TEAM COMPOSITION:** M/F: 7 males working as one team and 5 females working as one team

### BASIC DESCRIPTION

Sub Team 1 - 7 Males

For Time:

45 thruster @60kg (Split time)

30 thruster @80kg (Split time)

10 thruster @100kg (Split time)

5 thruster @110kg (Split time)

3 thruster @120kg (Split time)

Time cap 9 minutes

2:00 Break

Sub Team 2 - 5 Females

For Time:

30 thruster @40kg (Split time)

20 thruster @50kg (Split time)

10 thruster @65kg (Split time)

5 thruster @70kg (Split time)

3 thruster @80kg (Split time)

Time cap 8 minutes

### DETAILED DESCRIPTION

At the call of Go! The male athletes begin the workout using the preloaded bar at 60kg. Athletes share the volume of the work as required until all reps have been completed or the allocated time expires.

The barbell must be rolled off the platform in order to safely change the loading.

There is no minimum work requirement for any individual athlete.

At the end of the time allocated to the male athletes there will be a brief 2 minute break while the first barbell is set for the females.

Following the break, at the call of Go! The female athletes begin the workout using the preloaded bar at 40kg. Athletes share the volume of the work as required until all reps have been completed or the allocated time expires.

The barbell must be rolled off the platform in order to safely change the loading.

There is no minimum work requirement for any individual athlete.

### MOVEMENT STANDARDS

#### Thruster:

With the barbell loaded at the shoulder in the front rack position, the athlete descends until the hip crease is clearly below the level of the knee. The athlete then stands and drives the bar into the overhead position demonstrating support with the bar directly over or slightly behind the line of the body. In the overhead position, the athlete must be athletically straight - with the knees, hips and elbows locked out. The bar must remain in motion after the drive and may be pressed out after a stall but the bar may not reverse direction or return to the shoulder before being pressed out - in such instances the movements will be considered a 'no rep' and must be repeated.

Thruster reps may be cycled where the athlete is able and reps may be accomplished as clusters, provided that the other standards are satisfied. Thrusters and clusters are executed as a single continuous drive from the squat and as such may not be jerked.

Bars may not be dropped behind the athlete from overhead. This is an important safety measure and violation of the rule will result in invalidation of the lift/lifts.

## EVENT 7

<b>START / FINISH:</b> 11.00-14.20	<b>NUMBER OF ATHLETES:</b> 6	<b>LOCATION:</b> FOP 2 (TENNIS)	<b>MAXIMUM HEAT DURATION:</b> 20:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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<b>TEAM COMPOSITION:</b> 6 athletes working in sub teams of 2, any combination.	<b>EXCLUSIONS:</b> Athletes may not participate in Event 8.
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<p><b>BASIC DESCRIPTION</b></p> <p>For Time:</p> <p>50 worm hang clean (BB/CC)          50 synchro toes to bar (AA)          50 worm hang clean (AA/CC)          50 synchro toes to bar (BB)          50 worm hang clean (AA/BB)          50 synchro toes to bar (CC)</p> <p>Time cap 20 minutes</p>	<p><b>DETAILED DESCRIPTION</b></p> <p>The Team of 6 assembles at the start line.</p> <p>At the call of Go! The team takes to the field of play and 4 of the 6 athletes lift the worm to their shoulder while the remaining 2 athletes, Sub Team Pair AA, make their way to the rig. Sub Team Pair AA begin their set of 50x Synchro Toes To Bar while the other 4 athletes begin Worm Hang Cleans.</p> <p>At the end of the round, when both the toes to bar and worm hang cleans are complete Sub Team Pair BB from the worm will switch with the athletes on the rig for another 50 toes to bar.</p> <p>At the end of the second round, the final Sub Team Pair, CC will switch onto the rig for the final round of 50 toes to bar.</p> <p>The worm is not advanced during this workout. Teams dropping the worm from above the waist will be subject to a penalty.</p>
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<p><b>MOVEMENT STANDARDS</b></p> <p><b>Worm Hang Clean:</b></p> <p>The worm hang clean begins with the worm fully supported at the hip by all 4 athletes. It is raised to the shoulder by the athletes and the rep is credited when all 4 athletes are fully extended at the knees and hips with the worm supported on the shoulder.</p> <p>Likely, the worm hang clean will begin with a clean from the floor to a position of support at the shoulder before being dropped to the hip for the first rep. Reps will only count when pulled from the hip to the shoulder.</p> <p>If the worm is deadlifted from the floor to the hip, there should be a definite pause before cleaning the bar to the shoulder for the rep to count.</p> <p><b>Synchro Toes To Bar:</b></p> <p>The athletes begin 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.</p> <p>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.</p> <p>The rep will be credited when both athletes satisfy the standards above, with both athletes contacting the bar at the same time.</p>
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## EVENT 8

<b>START / FINISH:</b> 12.45-14.50	<b>NUMBER OF ATHLETES:</b> 6	<b>LOCATION:</b> TRACK	<b>MAXIMUM HEAT DURATION:</b> 20:00	<b>NUMBER OF HEATS:</b> 5	<b>NUMBER OF TEAMS:</b> 16
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<b>TEAM COMPOSITION:</b> 6 athletes working in sub teams of 3, any combination.	<b>EXCLUSIONS:</b> Athletes may not participate in Event 7.
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<p><b>BASIC DESCRIPTION</b></p> <p>For Time:</p> <p>10 synchro down ups (All) Sub Team 1 800m run</p> <p>10 synchro down ups (All) Sub Team 2 800m run</p> <p>10 synchro down ups (All) Sub Team 1 800m run</p> <p>10 synchro down ups (All) Sub Team 2 800m run</p> <p>40 synchro down ups (All)</p> <p>Time cap 20 minutes</p>	<p><b>DETAILED DESCRIPTION</b></p> <p>All 6 athletes will assemble in their allocated bay and arrange themselves into 2x Sub Teams of 3.</p> <p>At the call of Go! All 6 athletes will complete 10 synchro down ups, after which Sub Team 1 will take to the track and perform 2x 400m laps.</p> <p>Upon the return of Sub Team 1, all 6 athletes will complete 10 synchro down ups, after which Sub Team 2 will take to the track and perform 2x 400m laps.</p> <p>The Sub Teams continue to run and switch in this fashion, with the whole Team completing 10x synchro down ups each time a Sub Team returns, in order to trigger the next Sub Team to the run.</p> <p>When both Sub Teams have completed 2 rounds each, they will reunite in the bay and perform 40 synchro down ups to establish a finish time or until time is called at 20 minutes.</p>
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<p><b>MOVEMENT STANDARDS</b></p> <p><b>Run:</b> Teams will be allocated bays according to seeding; placing the highest ranking teams closest to the start line. Once the athletes have made their way onto the track, they may use any lane they choose.</p> <p><b>Synchro Down Ups:</b> The athletes drop to the floor to bring their chest and thighs into contact with the ground. They then stand up and fully extend the knees and hips. The athletes will be synchronised in this fully extended position. There is no requirement to jump or to raise the arms overhead.</p>
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## EVENT 9 - FINAL

<b>START / FINISH:</b> 14.40-17.20	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> FOP 1 ( MAIN)	<b>MAXIMUM HEAT DURATION:</b> 15:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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**TEAM COMPOSITION:** 7 males, 5 females working in sub teams of 2, any combination.

### BASIC DESCRIPTION

For Time:

*Sub Team 1*

15 deadlift/ barbell hold 120/80kg

3 handstand walk lengths

15 synchro pull-ups

*Sub Team 2*

15 deadlift/ barbell hold 120/80kg

3 handstand walk lengths

15 synchro chest to bar pull-ups

*Sub Team 3*

12 deadlift/ barbell hold 140/90kg

3 handstand walk lengths

12 synchro chest to bar pull-ups

*Sub Team 4*

12 deadlift/ barbell hold 140/90kg

3 handstand walk lengths

12 synchro bar muscle-ups

*Sub Team 5*

9 deadlift/ barbell hold 160/100kg

3 handstand walk lengths

9 synchro bar muscle-ups

*Sub Team 6*

9 deadlift/ barbell hold 160/100kg

3 handstand walk lengths

9 synchro ring muscle-ups

Time cap 15 minutes

### DETAILED DESCRIPTION

All 12 athletes will assemble at the start line and arrange themselves into 6x Sub Team Pairs. Each pair is allocated a portion of the workout and races to clear the field of play for the following pairs.

At the call of Go! The first Pair - Sub Team 1 will take to the field of play and perform 15 Deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the Handstand Walk with one athlete working at a time, switching in/out as required. Finally, they move to complete 15 Synchro Pull Ups before exiting the field of the play to trigger the next Sub Team to begin.

Sub Team 2, will take to the field of play and perform 15 deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the handstand walk with one athlete working at a time, switching in/out as required. Meanwhile, the rest of the Team may load the barbells to the next increment for Sub Teams 3 and 4. Finally, they move to complete 15 Synchro Chest to Bar Pull Ups before exiting the field of the play to trigger the next Sub Team to begin.

Sub Team 3, will take to the field of play and perform 12 deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the handstand walk with one athlete working at a time, switching in/out as required. Finally, they move to complete 12 synchro chest to bar pull ups before exiting the field of the play to trigger the next Sub Team to begin.

Sub Team 4, will take to the field of play and perform 12 deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the handstand walk with one athlete working at a time, switching in/out as required. Meanwhile, the remaining team members may load the barbells to the next increment for Sub Teams 5 and 6. Finally, they move to complete 12 Synchro Bar Muscle Ups before exiting the field of the play to trigger the next Sub Team to begin.

Sub Team 5, will take to the field of play and perform 9 deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the handstand walk with one athlete working at a time, switching in/out as required. Finally, they move to complete 9 synchro bar muscle ups before exiting the field of the play to trigger the next Sub Team to begin.

Finally, Sub Team 6, will take to the field of play and perform 9 deadlifts between them with one athlete working to produce reps while the other athlete holds the bar at extension from a deadlift. They immediately progress to the handstand walk with one athlete working at a time, switching in/out as required. Finally, they move to complete 9 Synchro Ring Muscle Ups before exiting the field of the play to conclude the workout.

Hold bar off ground while the other works - Hold female bar but reps on Male bar

### MOVEMENT STANDARDS

Overleaf.

## EVENT 9 - FINAL

<b>START / FINISH:</b> 14.40-17.20	<b>NUMBER OF ATHLETES:</b> 12	<b>LOCATION:</b> FOP 1 ( MAIN)	<b>MAXIMUM HEAT DURATION:</b> 15:00	<b>NUMBER OF HEATS:</b> 8	<b>NUMBER OF TEAMS:</b> 10
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**TEAM COMPOSITION:** 7 males, 5 females working in sub teams of 2, any combination.

### MOVEMENT STANDARDS

**Deadlift/Hold:** The deadlift is a conventional deadlift with the hands outside the knees. Sumo deadlifts are not permitted. Starting at the floor, the barbell is lifted until hips and knees are fully locked out with the shoulders clearly behind the bar. The arms must remain straight throughout. No bouncing of the bar is permitted.

The athlete holding the bar comes to and remains at extension while their partner produces repetitions. Only repetitions performed while the partner holds the bar count toward scoring.

Male athletes may only produce repetitions on the bar loaded to the male weight increment. In a pair of two males, where one bar is loaded to the female's increment, one male will hold the female bar at extension while the other performs reps. They may switch positions as required.

**Handstand Walk:** The handstand walk must be completed by at least one of the two athletes in the sub team. The distance may be shared with the two athletes taking turns to complete segments of that distance.

The athletes must start with their feet BEHIND the mark denoting the set distance, 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, they must restart from the start of the last successfully completed increment. Both hands, including palms and fingers, must fully cross the line marking the end of the set distance to count. If an athlete's palm comes in contact with the white tape marking the sides of the athlete's lane, they must restart from the start of the last successfully completed increment.

Full lane protocols will be demonstrated at the Athlete briefing.

**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.

**Synchronised Chest to Bar:** 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 uprise 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.

**Synchronised Ring Muscle-Up:** This is a standard ring muscle-up. The athlete begins below the rings 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 rings with the shoulders over or in front of the wrists. Athletes must pass through some portion of a dip to lockout.

No part of the foot may rise above the horizontal plane of the bottom of the rings at any point. Roll to support or use of an uprise is not permitted.

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.

# PRIZES

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The winning Qualified Team will receive £3500 and an automatic team place at Strength in Depth Origins 2024 (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 70 Qualified teams and 10 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 that 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 28th January**

WIT SiD Origins Heat Allocations will be released on Monday 23 January on the website [HERE](#).

## **Heat Composition - Day 2- Sunday 29th January**

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 28 January 2023.

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IN DEPTH**  
**ORIGINS**