

WOD 1 - SHIFTING WOD

AMRAP 8 MINS

RELAY FORMAT IN M/F PAIRS:

5 SYNCHRO FARMER DEADLIFTS
20m FARMERS LOG CARRY
5 SYNCHRO KETTLEBELL SWINGS
20m FARMER LOG CARRY

DETAILS

Teams will divide into three pairs. Each pair must be a mixed sex pair. You **MUST STAY** in your selected pair throughout the whole workout.

All three pairs start at the barrel end of their lane.

On GO.. Pair 1, must perform 5 synchro Farmer carry deadlifts.

After performing the deadlifts, the pair have to farmer carry the logs down towards the rig.

Leave the Logs within the box (next to their wooden kettlebell)

Once both teammates are at their kettlebells, they must perform 5 synchro kettlebell swings. (Russian style - Shoulder height)

After the 5 synchro kettlebells, the pair must then pick up their logs and farmers carry them back to the start, passing on the logs to the next pair.

The will then continue in a relay format until the 8 mins is up.

EQUIPMENT

2 x WODland Farmers Carry Logs Male.
2 x WODland Farmers Carry Logs Female.
1 x WODland Wooden Kettlebell Male.
1 x WODland Wooden Kettlebell Female.

JUDGES' NOTES

Each Pair **MUST** start at the barrel.

Judges' will make sure each pair completes their synchro deadlifts before setting off on their farmers carries.

Each pair must then leave their farmers carry logs within the white box area, before picking up their kettlebell.

Each pair **MUST** complete 5 synchro kettlebell swings, to Russian height. (Shoulder level)

Once each pair completes 5 synchro swings, they can then carry their logs back down to the start line. Passing on to the next pair.

SCORING

MAX Rounds and Reps

1 FULL COMPLETED LENGTH = 50 points.

5 Deadlifts = 5 points.

20m Carry = 20 points.

5 KB Swings = 5 points.

20m Carry = 20 points.

SCALING OPTIONS

WOD 2 - The Yarder

FOR TIME - 10 MIN CAP

IN PAIRS AND 4's, 21-15-9-15-21. remaining time - MAX solo log pulls

21 SAND BAG CLEAN OVER SHOULDER (IN 4's)
21 SYNCHRO BURPEES TO HIGH REACH (IN PAIRS)

15 SAND BAG CLEAN OVER SHOULDER
15 SYNCHRO PULL UPS

9 SAND BAG CLEAN OVER SHOULDER
9 SYNCHRO TOES TO BAR

15 SAND BAG CLEAN OVER SHOULDER
15 SYNCHRO PULL UPS

21 SAND BAG CLEAN OVER SHOULDER
21 SYNCHRO BURPEES TO HIGH REACH

REMAINING TIME - MAX EFFORT LOG PULLS

DETAILS

All team members must be stood behind the white line at the start.

On GO.. 4 people run out to perform 21 sand bag cleans over shoulder.

This can be split however you like between the 4 team mates; women's 40kg sand bag or the male's 60kg sand bag. *(Only a male can lift the 60kg and only a women can lift the 40kg sand bag.)*

The other 2 teammates have to wait under the rig whilst the sand bag cleans are performed. ONCE the 21 cleans are complete, the sand bags MUST BE HELD OFF THE GROUND whilst the pair perform their 21 synchro burpees to high reach.

Once completed, the 15 Sand bag cleans can begin.

This continues until completed.

The team can divide the work however they wish; the two team members performing the exercise on the rig have to change each movement, but can be mixed or same sex pairs. You can not change mid movement or change pairs during the workout. BUT the pair on the rig must be able to perform the same gymnastic movement to the same standard; if one out of the two team members on the rig needs to scale their element, then both members on the rig need to complete the scaled option.

In any remaining time, the team can move on to the max effort log pulls. These are performed by 1 teammate at a time. The log must be pulled from behind the white line. The log must touch the top

Then controlled down to the floor, without dropping. The team can swop out when they like.

JUDGES' NOTES

All synchro elements must be maintained throughout; burpees to high reach is full extension, touching the bar. Pull-ups must end with both team member's chins above the bar; toes to bar must end with both pairs toes touching the bar together. The kip swing does not need to be synchro.

The sand bag cleans must be performed by 1 teammate at a time. Can be done by either male or female, but they can not mix which bag they use.

Sand Bags MUST stay off the floor whilst performing the movements on the rig.

SCORING

Total amount of REPS performed. If a tie breaker is required, the time taken to complete 21-15-9-15-21 is taken and the quickest time wins.

If the workout is not complete, then total reps to where they made it is the scored.

SCALING OPTIONS

On all gymnastic movements, the scaling option is 3:1.

NOTE: Each "movement" of work must be carried out either RX or Scaled, you cannot switch mid round.

If no teammates can perform synchro Pull-Ups the scaled option is; 3:1 Press ups.

If no teammates can perform synchro toes to bar, the scaled option is 3:1 Knee Raises (above hip height).

WOD 3 - Snag Line

TOTAL TIME - 11 MIN

PART A - AMRAP 5 MINS

10 WORM THRUSTERS (4 MAN)
4 ROPE CLIMBS (2 MAN)

1 MIN REST

PART B - AMRAP 5 MINS

10 WORM LUNGES (4 MAN)
4 ROPE CLIMBS (2 MAN)

WORM MUST BE KEPT OFF THE FLOOR WHILST ROPE CLIMBS GO ON.

DETAILS

All team members must be stood behind the white line at the start.

On GO.. 4 people run out to perform 10 worm thrusters.

This can be split however you like between the 6 team mates.

The other 2 teammates have to wait under the rig whilst the worm thrusters are been performed.

Once the 10 Worm Thrusters are complete can the 2 team mates begin their 4 rope climbs.

The worm must stay off the ground during all rope climbs. If the worm is dropped, all work on the rope must stop until the worm is picked back up.

ONLY once the 4 rope climbs have been complete, can you decide to change members on the worm. The 4 rope climbs can be performed by either of the 2 team mates.

This continues until the 5 mins is up.

EVERYONE has a 1 min break and the worm can be placed on the floor.

On the second GO... 4 people then pick up the worm to perform 10 worm lunges.

The other 2 teammates have to wait under the rig whilst the worm movement is been performed.

The worm must stay off the ground during all rope climbs. If the worm is dropped, all work on the rope must stop until the worm is picked back up.

ONLY once the 4 climbs have been complete, can you change person on the worm. The 4 rope climbs can be performed by either of the 2 athletes.

JUDGES' NOTES

Judges will stand facing the rig, so will be able to assess both the worm movements and the rope climbs.

For a thruster to count as a rep, the worm must be lifted onto the same shoulder of all 4 teammates. All 4 teammates must squat below parallel, before standing up and pushing the worm over head onto the other shoulder. This counts as 1 rep.

For a lunge to count as a rep, the worm must be lifted onto the same shoulder of all 4 teammates. All 4 teammates must then lunge forward on the same leg, and back to standing tall for this to count as 1 rep.

The worm must be kept off the floor whilst the rope climbs are performed.

The team can only change / swop teammates after 1 round is completed in that formation within the AMRAP.

SCORING

Total number of reps from both 5 min AMRAP added together.

SCALING OPTIONS

If a teammate can not perform a rope climb, this is scaled to 3:1 rope pull ins. The teammate must start flat on the floor with 1 hand on the rope and 1 hand on the floor. Keeping the legs LOCKED OUT, the teammate must pull themselves up until they are stood tall. They must then control themselves back down to the floor flat for the rep to count. IF they drop to the floor, it is a NO REP!

WOD 4 - Good WOD Races

FOR TIME 60 MIN CAP

AS A WHOLE TEAM:

COMPLETE THE TRAIL RUN

DETAILS

Each team will be given their Heat time. Please refer to the event timetable for your teams heat.

Each team member must have their team number on their arm. (*Pens provided within the goodie bag.*)

EACH team member MUST wear their own chip timer. (*Each team will have 6 chip timers in their goodie bag*)

Each team must turn up to the start line under the "RedBull Arch" on time. For the other heats. There will be an area to wait before making your way down to the start line.

Starting on GO.. The team will set off on the fell run.

They will then perform, together, one complete lap of the WODland trail run.

When they arrive at the quarry section of the run. There will be piles of logs waiting for each team in the Heat area!

The team must then figure out how to carry the log the rest of the way around the run.

A team CAN NOT LEAVE the log area until ALL 6 members are together, otherwise they will forfeit their position in the race.

ALL 6 members must be together when they cross the finish line for their time to count. Any team who leaves a member behind will forfeit they're placing.

EQUIPMENT

All 6 teammates.

1 log collected from the collection point.

JUDGES' NOTES

Judges' will be put around the whole course to make sure teams are sticking together. To also point the teams in the correct direction. A team cannot cross the finish line until all 6 members are together.

The runners must have their team number written on both arms, so they can be clearly identified as they complete the run.

A Team CAN NOT leave the quarry area UNTIL ALL 6 members are together!

SCORING

The score is the time taken to complete the WOD, with the chip timing system recording the time taken.

SCALING OPTIONS

Teams can walk at any point during the race.

If a teammate can not run and chooses not to take part in the race, they will receive a time penalty from the WODland Park Rangers. The length of the time penalty will be arranged on the day of the event.

For example, the time penalty could be adding an extra 5 mins to the teams final time after completing the WOD.

WOD 5 - BIKE TRAIL

FOR TIME - 30 MIN CAP

RELAY FORMAT IN M/F PAIRS:

12 LAPS OF THE WODLAND BIKE TRAIL

DETAILS

Team will divide into three (M/F) pairs.

Starting in their lanes, on GO.. Pair 1 will jump on their bike and begin the workout.

They will then perform, their lap of the bike trail.

On completing their lap, they will return to their lane and hand their bikes on to Pair 2.

The athletes have to get off their bike and pass it to the other same sex team mate, who will be stood waiting in their lane.

Pair 2 will then complete their lap, return to their lane, and pass their bikes on to Pair 3, and so on.

Each pair will complete 2 laps each, totalling 12 laps between all 6 team members. The score will be the time taken to complete all 12 laps of the track.

EQUIPMENT

2 bikes and 4 helmets will be provided to each team.

Helmets must be worn during every lap of the bike track.

On GO, Pairs 1 and 2 will have their helmets already on; when their lap is complete, Pair 1 will hand their helmets over to Pair 3 on their return to the lane, and so on in sequence.

If helmets are not worn the athletes will be disqualified from this WOD and result in not scoring any points in the WOD.

JUDGES' NOTES

Laps are completed in pairs, so each pair's completed lap counts as 2 laps towards the final total.

Teammates CAN NOT set off UNTIL the pair is back to go together!

SCORING

The score is the time taken to complete the WOD, with the judge recording the time on their stopwatch.

SCALING OPTIONS

If a team member cannot ride a bike, or does not feel comfortable riding, they can run along whilst pushing the bike around the circuit.

If a team member cannot or does not want to take part in this workout, they forfeit their position within the team. This must be taken up by one of their teammates.

FOR EXAMPLE, if one male does not wish to take part, then one of the other two male teammates must complete their laps for them. If two male athletes do not wish to take part, this means the remaining male teammate will have to complete all laps.

Should there be any changes to the team lineup like this, judges MUST be informed ahead of the race who is completing each lap.

WOD 6 - Leave for Sawdust

AMRAP 8 MINS

RELAY FORMAT IN M/F PAIRS:

20m SYNCHRO SHUTTLE SPRINT - BURPEE OVER HURDLE

DETAILS

Teams will divide into three pairs. Each pair must be a mixed sex pair. You **MUST STAY** in your selected pair throughout the whole workout.

Pair 1 & 3 will start under the Rig. Pair 2 will start at the barrel end. Pair 1 will start laying on the floor behind the white line.

On GO.. Pair 1, must jump up and run to the hurdle. Before going over the hurdle they must perform 1 x burpee.

After performing 1 x burpee, you can then climb over the hurdle to sprint down to Pair 2 to tag them.

Pair 2 can **ONLY** set off once Pair 1 has completed the sprint together.

You can help your partner climb over the hurdle if required.

Once Pair 2 completes their sprint together. Pair 3 can begin their sprint up to tag Pair 1.

The will then continue in a relay format until the 8 mins is up.

EQUIPMENT

1 x WODland Hurdle.

JUDGES' NOTES

The following pair in the relay, **MUST** be on the floor before starting their sprint.

Judges' will make sure each pair completes their burpee before climbing over the hurdle. (Or their scaled option.)

Each pair must start behind the line and cannot start their sprint until both members from the other pair has completed their sprint together.

SCORING

The score is total amount of lengths performed by the team as pairs within the 8 minutes.

1 point will be given per 1 completed pairs length.

SCALING OPTIONS

If a teammate can not get over the hurdle and their team member cannot get them over. You can have to perform 2 x burpee's before running around the hurdle.

A Teammate **CAN** help another teammate over the hurdle. **BUT** another pair cannot help another pair out.

WOD 7 - LumberJack

10 Mins CAP

Time Cap - 10 mins

To be performed at some point throughout the weekend

All six team members will have 10 minutes in which to each achieve the following 5RM barbell complex:

- 2 × Power Snatch
- 2 × Hang Snatch
- 1 × Overhead Squat

DETAILS;

Each team will have a 10 minute slot within which to warm up and then perform a maximum weightlift for the complex outlined above.

These slots will need to be booked in advance via the online booking system, but are available across the entire weekend.

The team can divide their time however they wish, but all six athletes must make at least one attempt of the complex within the time. The complex cannot be broken up, and must be performed in its entirety as above. If a team member fails at some point during their attempt, the entire attempt will not count.

It is up to each team member to let their judge know when they are attempting each chosen weight.

JUDGES' NOTES;

Teams will book their slot for their 5RM complex in advance. The bar must be Power Snatched off the ground & stood up straight with the bar locked out before beginning the second Power Snatch.

The Bar must then be brought straight into the Hang Snatch position without touching the floor.

The athlete must be stood up straight with the bar locked out over head to count for each rep.

From the second Hang Snatch the bar must remain locked out over head to perform the 1 x Overhead Squat.

The hips **MUST** go below their knee creases & fully stood up at the top of the rep to count.

SCORING;

The score for this WOD is the combined total of all the heaviest weights lifted by all six team members.

WOD 8 - Log Stacker

FOR TIME - 15 MIN CAP

FOR TIME COMPLETE

3 ROUNDS OF:

20 Synchro 6 man sit ups

1 Worm Complex = 5 / 10 / 15 - Push Press, Clean, Thruster

REMAINING TIME:

MAX EFFORT - Muscle Up OR Toes to Bar

DETAILS

All team members must be stood behind the white line at the start.

On GO.. all 6 teammates run out to before 20 synchro sit ups. (3 people per side of the worm)

After performing the sit ups, two teammates pick up the farmers logs and must keep them off the floor in a suitcase carry position whilst the 4 teammates performs 1 worm complex.

If the farmers logs are dropped, all work on the worm must stop. You can not change person from the logs to the worm until that "complex " is complete.

Once 1 round is complete, then team must walk the worm and farmers carries logs in to the next section of the lane before reforming the next round.

Once the team has completed all 3 rounds, they will find themselves positioned in front of the rig. The worm must stay off the floor as 1 team mate performs either toes to bar or muscles up. The team can swop between movements as they please.

JUDGES' NOTES

Judges will stand facing the worm and log carriers so will be able to assess both the worm movements and the logs off the floor.

For a worm complex to count the 4 teammates must complete all 5-10-15 movements.

For a push press to count as a rep, the worm must be lifted onto the same shoulder of all 4 teammates. All 4 teammates must push the worm over head onto the other shoulder to land all on the same shoulder. This counts as 1 rep.

For a clean to count as a rep, the worm must be lifted from the floor up onto the same shoulder of all 4 teammates. All 4 teammates must then stand tall and bring the worm back to the floor in sync for this to count as 1 rep.

For a thruster to count as a rep, the worm must be lifted onto the same shoulder of all 4 teammates. All 4 teammates must squat below parallel, before standing up and pushing the worm over head onto the other shoulder. This counts as 1 rep.

The Farmer carry logs must be held off the floor whilst the complex is performed. They can only be placed down if the worm is on the floor.

The worm must be kept off the floor whilst max effort muscle ups or toes to bar are performed.

The team can only change / swop teammates after 1 round is completed in that formation within that round.

SCORING

Total amount of REPS performed. If a tie breaker is required, the time taken to complete the 3 rounds is taken and the quickest time wins.

If the workout is not complete, then total reps to where they made it to is the score.

Total number of reps from the toes to bar or muscles up. A muscle Up counts as 3 points. A toes to bar counts as 1 point.

SCALING OPTIONS