



# Age Group Event 1

## For Time

180/140 Calorie Row

Every minute on the minute,  
perform 5 Lateral Burpees Over Erg\*

\*5 burpees for ages 35 - 49

\*\*3 burpees for 50+ and teen athletes

Time Cap: 17:00

## Event Flow

Athletes begin in a “felony start” on the right hand side of their rowing machine (face down, hands on head). At the sound of the beep, and at the top of every minute, athletes will perform 5 (or 3) burpees and then row for the remainder of that minute. Time stops when athletes reach 180/140 calories on their monitor AND get both feet into the finish zone (center of the circle).

## Movement Standards

For the lateral burpees, reps must be performed parallel to your rowing machine. Athletes must always do their first rep of each round on the right hand side of their rowing machine to receive credit for that rep (if you start on the left, your judge just won't count the first one). The chest and thighs must touch the ground at the bottom of each rep. The athlete must jump over the erg rail using a 2-foot takeoff. On the very first burpee to begin the workout, athletes will be starting in the face-down “felony” position. The first rep will be credited when the athlete lands on the opposite side of the rowing machine, as long as the 2-foot takeoff standard is achieved when jumping over the rail. There is no requirement to open the hips when jumping, no requirement to jump forward or back with two feet together, and no requirement to land with both feet together.

The judges will be looking for two things on the burpee:

1. Chest and thighs touch the ground at the bottom of each rep
2. A 2-foot takeoff is performed when jumping over the erg rail

Lastly, on the landing, feet must touch down on the ground before hands. No silliness there.

For the row, athletes may not touch the monitor. Both feet must be in the foot pads in order to grab the handle.

If, in an effort to finish the calories and avoid burpees on their final minute, an athlete clearly rows beyond the top of the minute (as designated by the airhorn), they will incur a 5 burpee + 5 calorie penalty. For example, if an athlete's monitor reads 178 at the 12-minute mark but he clearly begins another stroke after the horn sounds to hit 180 calories, he will be penalized with 5 more burpees plus an extra 5 calories before moving to the finish mat. Tie goes to the runner. If you are finishing a stroke when the horn sounds, no worries. If you clearly start another stroke after the sound, it will not be an effective strategy.

## Scoring

Score for Event 1 is the total time of completion. The time cap is 17:00. Any calories not completed within the 17:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work but are unable to reach the Start/Finish zone within the cap, their score will be recorded as 17:01 on the leaderboard. 100 points are available for Event 1.