



Bumper Run

For Time

1.7 Mile Bumper Plate Run (45/25)

1.7 Mile Rope Run

Time Cap: N/A

Event Flow

Athletes will run 1.7 miles together while carrying a single bumper plate between them. Once completed, they will then run 1.7 miles together with a rope.

Athletes will begin the event with their bumper plates behind the start/finish line. After crossing the line, their chip timer will begin. Athletes will run one 1.7-mile lap with their bumper plate. When they reach the exchange zone adjacent to the start/finish line, they will exchange their bumper plate for a 4-ft. rope. Athletes will run a second 1.7-mile lap with the rope. Their time will stop when their chip crosses the start/finish line.

Movement Standards

Athletes must stay on the designated running course at all times. Signage and volunteers will help direct the athletes. The bumper plate may be passed between athletes at any time. Rolling the bumper plate is not permitted. For the rope run, both athletes must maintain a grip on the rope at all times.

Scoring

Score for “Bumper Run” is the total time of completion. There is no time cap. 100 points available.