



Pairs Event 2

“Stampede”

For Time:

Athlete 1:

100 ft. Stall mat drag (3/2)
100 ft. Sandbag carry (180/120)
100 ft. D-ball carry (150/100)
15 D-ball cleans (150/100)

Athlete 2:

15 D-ball cleans (150/100)
100 ft. D-ball carry (150/100)
100 ft. Sandbag carry (180/120)
100 ft. Stall mat carry (3/2)

Points Available: 100

Time Cap: 8:00

Event Flow

Athletes begin on the Start/Finish mat. At the sound of the beep, athlete 1 will advance to their stall mats and drag them 100 ft. to the designated drop zone. Men will move 3 stall mats; women will move 2. After the stall mats have been placed in the designated drop zone, athlete 1 will sprint back and carry their sandbag to the drop zone and then the D-Ball to the drop zone, where he or she will perform 15 D-ball cleans. Once athlete 1 completes 15 D-ball cleans, he or she will sprint back to the Start/Finish mat and tag athlete 2. At that point, athlete 1's work is complete and athlete 2 may begin.

Athlete 2 starts by sprinting down to the drop zone and performing 15 D-ball cleans. Once 15 reps have been completed, athlete 2 will sprint the D-ball back to the Start/Finish Mat. Then, athlete 2 will return the sandbag and stall mats to where they started in the same fashion. Time stops after the stall mats have been returned to their original starting point and athlete 2 has both feet on the Start/Finish mat.

Division Details

| Implement | Men | Women |
|------------|----------|----------|
| Stall Mats | 3 mats | 2 mats |
| Sandbag | 180 lbs. | 120 lbs. |
| D-ball | 150 lbs. | 100 lbs. |

Movement Standards

Athletes must stay in their lane for the entire event.

When moving implements from one end of the competition floor to the other, athletes may carry them any way they choose as long as both the athlete and the implement remain in their lane. For the stall mats, athletes may move their mats one at a time or all at once. For the sandbag, athletes may not grab the handle to move it at any time.

For the D-Ball cleans, the athlete must lift the D-ball and pass it over either shoulder. The ball must pass over the shoulder and not around. A pause at full hip and knee extension is not required, however the athlete must move the ball over their shoulder, not duck under the ball. Any effort to shorten the range of motion by an athlete moving their body under the ball instead of the ball over their shoulder while standing tall will be considered a “no rep.”

Scoring

Score for event 2 is the total time of completion. The time cap is 8:00. Any reps not completed within the 8:00 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 mat within the 8:00 cap, their score will be recorded as 8:01 on the leaderboard. 100 points are available for Event 2.