



Shuttle Runner

For Time

60 Shuttle Runs*

Athlete 1 does 30 reps,
then athlete 2 does 30 reps

Time Cap: 5:00

**Division Details:*

*50+ and scaled divisions complete 40 shuttle runs,
20 by athlete 1 and then 20 by athlete 2*

Event Flow

Both athletes begin on the Start/Finish mat. At the sound of the beep, athlete 1 completes 30 shuttle runs (20 for 50+ and scaled divisions), then returns to the Start/Finish mat. Then, athlete 2 completes their 30 (or 20) shuttle runs. Time is called when athlete 2 reaches the Start/Finish mat.

Movement Standards

For the shuttle runs, the athlete will begin each round with both feet on the Start/Finish mat. At the sound of the beep, the athlete will run to the designated mat on the other end of their lane (the two mats will be placed 10m apart). Once both feet have made contact with that mat, the athlete will run back to the Start/Finish mat. Each down + back is counted as 2 shuttle runs. At every turn-around, both feet must clearly be on the mat in order for the rep to count.

Scoring

Score for "Shuttle Runner" is the total time of completion. The time cap is 5:00. 100 points available.