



Masters Event 1

“Camaro”

For Time:
5 Shuttle runs
21 Wall balls
21 Pull-ups
4 Shuttle runs
15 Wall balls
15 Pull-ups
4 Shuttle runs
9 Wall balls
9 Pull-ups
3 Shuttle runs

Points Available: 100

Time Cap: 9:00

Event Flow

Athletes begin on the Start/Finish mat. At the sound of the beep, athletes will complete 5 shuttle runs, then 21 wall balls and 21 pull-ups, 4 shuttle runs, then 15 wall balls and 15 pull-ups, 4 shuttle runs, 9 wall balls and 9 pull-ups, and then 3 shuttle runs. Time will stop when athletes reach the start/finish mat after all work has been completed. Time cap: 9:00.

Division Details

Age	Men	Women
35-39	Wall Balls: 30 lb. Pull-ups: chest to bar	Wall Balls: 14 lb. Pull-ups: chest to bar
40-44	Wall Balls: 30 lb. Pull-ups: chest to bar	Wall Balls: 14 lb. Pull-ups: chin over bar
45-49	Wall Balls: 20 lb. Pull-ups: chin over bar	Wall Balls: 10 lb. Pull-ups: chin over bar
50+	Wall Balls: 20 lb. Pull-ups: chin over bar	Wall Balls: 10 lb. Pull-ups: chin over bar

Movement Standards

All movements have standard points of performance commonly used in competition.

Shuttle runs take place between the start/finish mat and the wall ball mat. The first rep of each set starts with both feet clearly on the designated mat. It ends with a 4-point touch on the mat at the opposite end (both feet and both hands must clearly touch the mat). On the final shuttle run of each set, a 4-point touch is not required. Once the athlete's feet reach the mat on the final shuttle run of each set, he or she may immediately start their wall balls. Similarly, on the final shuttle run, a hand touch is not required. Time stops when both feet are clearly on the start/finish mat after the final shuttle run.

For the wall balls, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to make contact with the 10 ft. target. Catching the ball on the bounce between reps is not permitted; if dropped, it must settle between reps.

Chest-to-bar pull-ups begin from an arms-extended hang and finish with any part of the chest below the collar bones contacting the bar on each rep.

Chin-over-bar pull-ups begin from an arms-extended hang and finish with the chin reaching a height that is clearly above the horizontal plane of the pull-up bar.

Scoring

Score for event 1 is the time on the clock when the athlete completes their final shuttle run. Any reps not completed at the 9:00 time cap will be added as additional seconds to their cap time. For example, if an athlete is unable to finish their final 9 pull-ups and 3 shuttle runs, their score will be recorded as 9:12 on the competition leaderboard. 100 points are available for Event 1.