



## Masters Event 2

### “ST. HELENS”

#### For Time:

100 ft. Sandbag Carry  
100 Wall Balls  
100 Double-Unders  
50 Toes to Bar  
50 Dumbbell Snatch, alternating\*  
25 Sandbag Cleans  
100 ft. Sandbag Lunge

\*50+ divisions complete 25 reps of alternating dumbbell snatch

Points Available: 100

Time Cap: 22:00

#### Division Details

	Men 35-49	Men 50+	Women 35-49	Women 50+
Sandbag	100 lb.	70 lb.	70 lb.	50 lb.
Dumbbell	50 lb.	25 reps at 50 lb.	35 lb.	25 reps at 35 lb.
Wall Balls	20 lb, 10 ft	20 lb, 9 ft	14 lb, 9 ft	10 lb, 9 ft

#### Event Flow:

Event 2 is a chipper. At the call of go, the athlete will carry the sandbag 100 ft from the start mat to the mat at the end of the lane. The athlete will then complete 100 wall balls to a target, 100 double-unders, 50 toes to bar, 50 dumbbell snatches, alternating each hand, 25 sandbag cleans over the shoulder, and a 100 ft lunge carrying the sandbag on the shoulder back to the start mat. Once the athlete stands tall on the start/finish mat, the time will stop. Score is total time of completion.

#### Movement Standards:

For the sandbag carry, the athlete can carry it any way they choose. Putting it on the back, shoulders, or carrying it in the bear hug position are all allowed.

For the double-unders, the rope must pass under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

For the wall-ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the target, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. Both feet must come into contact with the bar at the same time, inside the hands.

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from the front. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

For the sandbag cleans, the athlete must lift the sandbag and pass it over either shoulder. The bag 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 bag over their shoulder, not duck under the bag. Any effort to shorten the range of motion by an athlete moving their body under the sandbag instead of the bag over their shoulder while standing tall will be considered a "no rep."

Each lunge begins with the sandbag on the shoulder, the feet together, and the athlete standing tall. Resting the sandbag on the back across both shoulders is not allowed. The trailing knee must make contact with the ground at the bottom of each lunge. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the sandbag at the shoulder for the entire rep, the athlete must restart from where their last completed step was made. The athlete is not allowed to push off of the legs with the hands at any time. Lunges will be measured in 25 ft. increments along the length of the floor.

## **Scoring**

Score for event 2 is the total time of completion. The time cap is 22:00. Any reps not completed within the 22:00 time cap will be added as additional seconds to the cap time. For example, if the athlete completes all the work except for the 100 ft sandbag lunge, their score will be recorded as 22:04 on the leaderboard, a one second penalty for each of the 25ft lunge increments not completed.