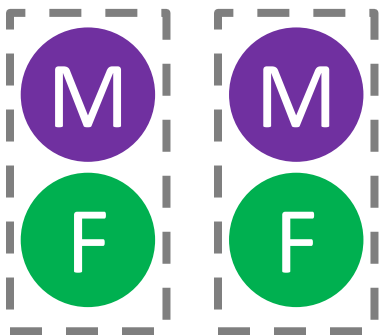




EVENT 2+3



One pair at a time:



8:00 -
16:00

0:00 -
8:00

Event 2

AMRAP 4:

Row 10 Cals & Row 7 Cals

1 set of RMU or KPU

*see point table

Movement	Pts
RMU	5
Kipping PU	.2

100 pts



Event 3

AMRAP 3:

A1: 20' HSW or 40' OHWL (45/25)

A2: 20' HSW or 40' OHWL (45/25)

With remaining time, *max reps*:

12 DL + 9 HPC + 6 STO*

*Complete 1 round, then switch

35+ (135/95)

40+ (115/75)

100 pts

- Events 2 and 3 will be done within a single 24 min period with each co-ed pair using an 8 min period.
- Each team will have access to 2 rowers, 1 set of rings, 1 pullup bar, 1 bar for males and 1 bar for females.
- At the call of 3,2,1, Go, both athletes will begin rowing. When both rowers are complete, the pair moves to the rings/pullups where each athlete is allowed 1 set of RMU or Kipping Pullup. When the athlete drops from rings/bar the set is over and they must restart on the rower. This continues until 4 min. At 4 min, there is a 1 min break. Score is total points. In the event of a tie, total cals rowed will be used as a tiebreaker.
- At the 5th minute: One athlete at a time, both complete either 20' Handstand Walk OR 50' overhead walking lunge with a plate. When **both** athletes have completed this, one athlete may begin on their round of DL+HPC+STO. Reps need not be unbroken. A switch is required after each full round is completed.
- **Movement standard** – [Handstand Walk](#) (link). Hands start behind the line, finish over the line.
- **Movement standard** – [Ring Muscle up](#) (link). Athletes may be assisted by their partner to the rings.
- Event 2 will be the combined score of 2 pairs in the Row/Pull portion and scored separately.
- Event 3 will be the combined score of 2 pairs in the HS Walk/Barbell portion and scored separately.