



# EVENT 1



## For time:



30 Pullups  
30 Synchro DB Snatch\*  
Run 1000m

\* (50/35)



25 Pullups  
35 Synchro DB Snatch\*  
Run 1000m

\* (50/35)



20 Pullups  
40 Synchro DB Snatch\*  
Run 1000m

\* (50/35)

- Event 1 is a relay between 3 pairs of co-ed teams (MF, MF, MF).
- **Team members will be required to hold a baton during the run and handoff when switching teams**
- **Movement standard** – Pullups: Chin over the bar, any grip, start in full extension
- **Movement standard** – [Dumbbell Snatch](#) (link)
- Movement standard – Synchronized DB Snatch: : Both partners must finish the DB Snatches in the overhead position at the same time for the synchronized rep to count
- Timecap: 25 minutes

100 pts