



EVENT 1



For time:



30 Synchro DB Snatch*
Run 800m

* (35/20)



30 Synchro DB Snatch*
Run 1000m

* (35/20)



30 Synchro DB Snatch*
Run 1200m

* (35/20)

- 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** – [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