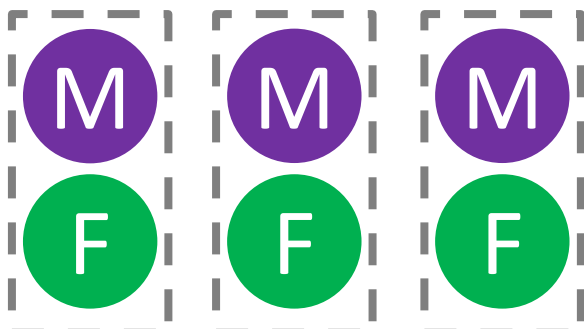




# EVENT 2+3



One pair at a time:



## Event 2

**AMRAP 4:**  
 Row 12 Cals &  
 Row 9 Cals

1 set RMU each

\*Females first. If no RMU, must complete 10 KPU to move

100 pts



## Event 3

**AMRAP 3:**  
 Handstand Walk 40' (Athlete 1)  
 Handstand Walk 40' (Athlete 2)  
 With remaining time, max reps:  
 12 DL + 9 HPC + 6 STO\*  
 (155/105)

\*Complete 1 round, then switch

100 pts

16:00 - 24:00      8:00 - 16:00      0:00 - 8:00

- 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 @ 155, 1 bar @ 105
- At the call of 3,2,1, Go, both athletes will begin rowing. When both rowers are complete, the pair moves to the rings where each athlete is allowed 1 set of RMU. When the athlete drops from the rings 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. If a female athlete does not have any RMU, they must complete 10 KPU to move on. Score is total RMU. In the event of a tie (# of RMU), total cals rowed will be used as a tiebreaker.
- At the 5<sup>th</sup> minute: One athlete at a time, both complete a 50' HSW. When **both** athletes have completed their 50' HSW, 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 all 3 pairs in the Row/RMU portion and scored separately.
- Event 3 will be the combined score of all 3 pairs in the HS Walk/Barbell portion and scored separately.