

NEW ZEALAND NATIONALS  
INDIVIDUAL NATIONAL FINALS  
ONLINE COMPETITION  
[SCORECARD]



**Event 1 | ATHLETES CHOICE**

SCORE DUE 12:01PM 11<sup>th</sup> DECEMBER 2021

**Event 1**

*For time, complete (your choice of)...*

*20km Bike Erg, or  
10km Ski Erg, or  
10km Row.*

**Flow:**

On the sound of 3,2,1... Go! The competitor will begin Pedaling, Skiing or Rowing. They will continue to do so until the distance stipulated is achieved.



**Floor plan:**

*N/a.*

**Video Submission:**

Competitors will be required to submit a video of them completing the last 1km. The video must show the competitor and the monitor (displaying the completion) and the competitor in the same frame.

**Movement Standards:**

*The monitor MUST be set to the stipulated distance as a single distance interval.*

*Row: The competitor may start seated on the Rower with the feet strapped in, once they grab the Rower handle and begin rowing the monitor will start counting.*

*Bike: The competitor may start seated on the bike, once they start pedaling the monitor will start counting.*

*Ski: The competitor may start standing on the ski, once they pull on the handles the monitor will start counting*

**Variations by divisions:**

*Nil.*

Competitors Name: \_\_\_\_\_ Score: \_\_\_\_\_

Judge Name: \_\_\_\_\_ Signed: \_\_\_\_\_