

NEW ZEALAND NATIONALS  
 INDIVIDUAL NATIONAL FINALS  
 ONLINE COMPETITION  
 [SCORECARD]



**Event 5 | ROWING DEAD**  
 SCORE DUE 12:01PM 12<sup>th</sup> DECEMBER 2021

**Event 5**

*For time complete...*

- 52 Calorie Row
- 48 Toes to Bar
- 50 Calorie Row
- 50 Alternating Dumbbell Snatch
- 40 Calorie Row
- 53 Toes to Bar
- 57 Calorie Row

Time cap: 28mins.

**Flow:**

Starting seated on the Rower, On the sound of 3,2,1... Go! The competitor will grab the Rower handle and begin Rowing. Once 52 repetitions have been completed they will move to and complete 48 Toes to Bar. Once complete they will move back to the Rower and complete another 50 Calories on the Rower. Once complete they will move to their Dumbbell and complete the Snatch. Once 50 alternating Dumbbell Snatch have been completed, they move back to the Rower for another 40 Calories. Then again to 53 Toes to bar and finally back to the Rower for the last 57 Calories.

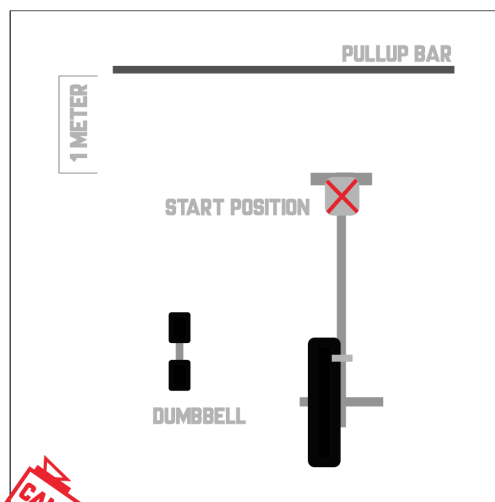
*Note: The Rower must be cleared/reset before the competitor begins each Calorie Row.*

**Scoring:**

This workout will be scored by the time taken to complete the entire workout. If repetitions are not complete in the stipulated time frame, each rep not complete is added as 1sec to the time cap.

	REPS COMPLETED
52 Calorie Row	/50
48 Ttb	/100
50 Calorie Row	/150
50 Alt Db Snatch	/200
40 Calorie Row	/250
53 Ttb	/300
57 Calorie Row	/350
Time complete _____	

**Floor plan: REQUIRED.**



**Video Submission:**

Competitors will be required to submit a video of them completing this workout. The video must show the entire competitor in the one frame for the duration of the workout.

**Movement Standards:**

*Alternating Dumbbell Snatch*

The Dumbbell is taken from the ground to overhead, so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out, using only one hand. The competitor may Muscle Snatch, Power Snatch or Squat Snatch the Dumbbell. The Dumbbell must be in constant motion from the ground to overhead. This exercise requires each repetition to alternate hands. The competitor may change the hand that holds the Dumbbell at any point once they have achieved the repetition.

*Toes to bar*

For the Ttb, the competitor must be hanging from the bar with their arms at full extension, the heels must come behind the vertical plain of the bar and come up so that both feet make contact with the bar SIMULTANEOUSLY in between the hands.

*Straight Leg Sit Ups*

Each rep of the sit-up begins with the competitor's back in contact with the floor, their knees locked out, and their hands touching the floor above their head. At the top, the competitor will raise their torso so that their chest is upright and their hands touch their toes. Ab Mats are permitted/recommended.

**Variations by divisions:**

*Rx, Masters 40-49:*

Dumbbell @30/22.5kg

*Intermediate, Teens 16-17, Masters 50+:*

Dumbbells @22.5kg/15kg

*Teens 14-15:*

Dumbbell @15/10kg

*Scaled:*

Dumbbell @15/10kg

Toes to bar replaced with Straight Leg sit ups (same number of repetitions)

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

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