NEW ZEALAND NATIONALS INDIVIDUAL NATIONAL FINALS ONLINE COMPETITION [SCORECARD]



Event 6 | 150

SCORE DUE 18:59PM 13th DECEMBER 2021

Event 6

For time complete...

120 Wall Balls30m Overhead walking Lunge

Cap: 7mins.

Note: The time allocated for this event is from 0:00 - 07:00. If a competitor finishes early they must rest out the remainder of the allocated time. Following the 7min cap of this event, competitors will have a 3min rest before beginning Event 7.

Competitors must use a running clock for the duration of Event 6 through to the completion of Event 8.

Flow:

On the sound of 3,2,1... Go! The competitor will pick up their Wall Ball and begin the 120 repetitions. Once they have completed the required number of Wall Balls they will move to and uplift their Dumbbells. With both Dumbbells held overhead, they will Lunge 30 meters, turning around every 5 meters.

	REPS COMPLETED	
120 Wall Balls		
30m OH walking Lunge		
Time complete		

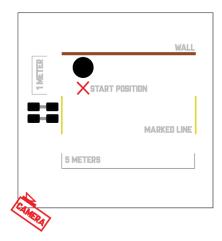
Scoring:

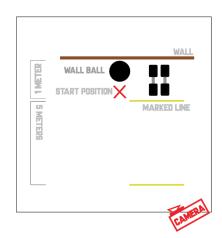
This workout will be scored by the time taken to complete the entire workout. If repetitions are not complete in the stipulated time frame, each rep not complete is added as 1sec to the time cap.

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.

Floor plan: REQUIRED (either).





Movement Standards:

Overhead Walking Lunge

With both Dumbbells held overhead. Walking forward the competitor will lunge, alternating legs each step and ensuring the stand to full extension of the knees and hips with a straight line through the body between each rep/lunge. Each 5 meter block begins with the competitor standing behind the marked line indicating the start, and finished with the competitor clearing the line at the end of the 5 meter area.

Wall Balls

The Wall ball starts on the ground. The movement starts from the bottom of a squat, hip crease below the knee, the competitor then stands and throws the ball to hit the specified target/height. All competitors will throw to or above a 10ft target/height.

Variations by divisions:

Rx, Masters 40-49, Teens 16-17, Intermediate: Dumbbells @2x22.5/2x15kg Wall Balls @9/6kg

Masters 50+, Teens 14-15: Dumbbells @2x15/2x10kg Wall Balls @9/6kg

Scaled:

Dumbbells @2x15/2x10kg Wall Balls @6/3kg

Competitors Name:	Score:	
Judge Name:	Signed:	