

2023 NEW ZEALAND NATIONALS ONLINE QUALIFIER
SCORECARD



Workout 1 | Patrick's Dash

SCORE DUE 11:59 PM, 16th AUGUST 2023

Workout 1

4min AMRAP

50 Wall balls

15 Burpee Shuttles

Flow

The competitor starts standing adjacent to their Wall ball. On the sound of 3,2,1... go, the competitor may pick up the Wall ball and begin working through the 50 repetitions. Once they have completed their 50th repetition they will move to and begin working through the 15 Burpee shuttles (please see 'Burpee Shuttle' movement standard for the flow of this section). Once complete they may return to the Wall ball and continue to accumulate as many Wall balls as possible. Once four minutes have expired the athlete will stop.

Scoring

Total repetitions achieved in 4 minutes.

Movement standards

Wall ball:

The Wall ball starts on the ground. The movement starts from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target/height.

Burpee shuttle:

From standing at the start position (behind the line taped), run out to the five meter mark (taped), turn around, complete a Burpee whereby your chest, hands and thighs touch the ground at the same time, behind the line and facing the way you came, before running back to the start line and touching the ground with both hands past the line.

This is considered one repetition.

Note: there is no requirement to touch the ground with your hands as you pass the start line at the beginning of your first repetition. Neither are you required to touch the ground with your hands as you run across the start line for your last (15th) repetition.

Variations by division

Males throw to a 10' target.

Females throw to a 9' target.

Elite, Rx, Masters(All), Teens(16-17): 9/6kg Wall ball

Scaled, Teens(14-15): 6/3kg Wall ball

Movement	Repetitions	Notes
Wall balls	50	
Burpee Shuttles	15	
Wall balls	50	



Competitor name:	Score:
_____	_____
Judge Name/Sign:	

Suggested floor plan.

