

2023 NEW ZEALAND NATIONALS ONLINE QUALIFIER
SCORECARD



Workout 4 | Krabs1000

Workout 5 | Pumped with Plankton

SCORE DUE 11:59 PM, 30th AUGUST 2023

Workout 5

- 12 min AMRAP
- 1000m Row, into...
- 2 WFHspu
- 2 Strict Pull Ups
- 4 Ttb
- 4 WFHspu
- 4 Strict Pull Ups
- 8 Ttb
- 6 WFHspu
- 6 Strict Pull Ups
- 12 Ttb
- 8 WFHspu
- 8 Strict Pull Ups
- 16 Ttb
- ...

Movement	Repetitions	time
Row	1000m	

Round	SWFHspu	S Pull Ups	Ttb	Total Reps
1	2 (6sec)	2	4	8
2	4 (12sec)	4	8	24
3	6 (18sec)	6	12	48
4	8 (24sec)	8	16	80
5	10 (30sec)	10	20	120
6	12 (36sec)	12	24	168
7	14 (42sec)	14	28	224
8	16 (48sec)	16	32	288
9	18 (54sec)	18	36	360

Workout 4

The time it takes to complete the
1000m Row

Flow

The competitor will start seated on the Rower with their legs extended and their hands off the handle. On the sound of 3, 2, 1... go! the competitor may begin rowing. Once they complete 1000m they will be awarded a time, their score for Workout 4. On completion of the Row the competitor will immediately begin Workout 5. The 12 minute timer that started at the beginning of the Row is the same timer used for Workout 5. I.e. whatever time is remaining after the Row is the time competitors have left in the 12 minute AMRAP. Workout 5 will see competitors, complete 2 SWFHspu, followed by 2 Strict Pull ups, followed by 4 Ttb. Once complete, competitors will move back to the wall to begin round two, this time adding two



repetitions to each of the SWFHspu and the Pull Ups, with the Toes to bar being the combined total of the SWFHspu and Pull Ups for each round (as seen in the table above), continuing until the time elapses.

Scoring

W4: Time taken to complete 1000m Row.

W5: Total repetitions achieved (excluding the Row)

Movement standards

Row:

competitors must use a Concept 2 or Erg Fit Rower

to complete this workout. competitors must set

their Rower to a target distance of 1000m (this will ensure competitors have an accurate time). Competitors must start seated on the Rower with their legs extended and the handle correctly stowed in the handle holder. On 3,2,1.. go competitors may grab the handle.

Strict Wall Facing HandStand Pushup (SWFHspu)

Prior to starting competitors must mark a box inside which they will complete their Strict Wall Facing HandStand Pushup. The inside of the box may measure no wider than 102 cm and no more than 50 cm from the wall. The competitor may place their hands wherever they choose within the box however may not touch the taped line with any part of their hand (fingers included). The competitor will start in a Handstand whereby they are facing the wall, hands (and fingers) inside the taped line and their body extended at the elbows, hips and knees and their feet inside the width of the marked box. The competitor lowers themselves until their head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. They then press until their body returns to full extension. If at any time the feet move outside the width of the box or their fingers touch the line, this is considered a 'No-rep'.

Note: An Abmat can be replaced with a cushion, bumper plate with a towel on top, or the like, however from the ground to the top of the Abmat (or whatever is replacing the Abmat) can measure no more than 9cm.

Strict Pull Up:

The competitor must start hanging on the bar with the arms fully extended and their feet off the ground. They must then pull up until their chin is higher than the horizontal plain of the TOP of the bar. The competitor may not use a kip, or swing of any sort in effort to assist them achieving a repetition. If at any time the competitor bends their knees or 'kips' this is considered a 'No-rep'. If the competitor does over a number of repetitions develop a swing, they must stop themselves before continuing with the next repetition. competitors may use an overhand, underhand or mixed grip.

Note: Once the last Pull Up for any particular round has been completed, at the top of the rep competitors may push away from the top of the rep as a means to generate a kipping swing for the Ttb (as seen in the demo video).

Jumping Pull Ups

For the Jumping Pull-up, the competitor should be set up so that the top of their head is at least six inches below the bar when standing tall. At the bottom of the repetition the competitor must lower himself or herself so that their arms are fully extended. At the top of the repetition the individual's chin must pass the horizontal plane of the top edge of the bar. The competitor may jump from the ground to assist the Pull-up, at the same time their hands must maintain contact with the bar.

Toes to Bar (Ttb)

The competitor will start hanging from the bar with their arms at full extension, the heels must then come from behind the vertical plain of the bar and up so that both feet make contact with the bar SIMULTANEOUSLY in between the hands. This will continue per repetition.

Situps

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.

Variations by division

Elite, Masters(35-42, 43-49), Teens(16-17):

Nil.

Rx, Masters(50+),Teens(14-15):

SWFHspu scaled to an Abmat.

Scaled:

SWFHspu scaled to a Handstand hold. In this instance the number of repetitions are multiplied by 3 to give the number of seconds required of a Handstand hold for that particular round (stipulated on the scoring table). The time for the Handstand hold does not start until the individual is completely inverted, supported by the wall with their hands (and fingers) inside the marked box.

Pull Ups scaled to Jumping Pull Ups (the repetition scheme remains the same).

Ttb substituted for Sit Ups (the repetition scheme remains the same).

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

Suggested floor plan

