

EVENT FLOW	SINGLES DIVISION MEN
RUN START	1 km (5 laps) Athlete needs to count their laps. When exiting the track to move into stations Athletes need to hold on the railing and walk as per MNPCSC safety regulations. Athletes always stay to the right side when travelling up or down.
STATION 1: 1KM SKI ERG	Complete 1km on the Ski Erg. Damper start at 6 and then is moved to preference damper. Station is complete once 1km is completed.  Athlete will put hand up for judge to permit exit to the track. Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT".
JUDGES	Athlete will put hand up for judge to permit exit to the track. Feet Stay on platform. Always enter station from the "IN" zone and exit toward the "OUT". Judge Resets Ski Erg
RUN	<b>**Refer to RUN START details**</b>
STATION 2: 50M COMBINED SLED PUSH/PULL	ONE weight for both push and pull: 280lbs for MEN'S division Athlete will push and pull a total distance of <b>50m (4 x 12.5)</b> 2m ATHLETE'S BOX zone will be clearly labelled.
JUDGES	Athlete needs to stay in their marked lane at all times and pull within the box zone marked by fluorescent green tape. Sled has to pass the line for full distance.
RUN	<b>**Refer to RUN START details**</b>
STATION 3: 80M BURPEE BROAD JUMPS	<b>Burpee Standard (Chest-to-Ground)</b> Athlete must bring chest and thighs to the floor at the bottom. At the top, hands must clearly leave the ground before initiating the jump forward. <b>Broad Jump Execution</b> Two-foot takeoff and two-foot landing required. Athlete must jump forward from behind the start line and maintain forward progression with each rep. <b>Distance &amp; Rep Completion</b> Each burpee broad jump must show clear forward movement. Athlete must complete the full designated distance, with the final rep finishing beyond the line for the station to be complete.
JUDGES	Athlete needs to contact the ground and feet need to be squared before jumping forward. Athlete will be asked for a redo when their feet are not position close enough to their hands before take-off and if their feet are in a staggered start.  DOUBLES athletes have to be one behind the other for this station. And when switching out must be at the exact location of last burpee complete.
RUN	<b>**Refer to RUN START details**</b>
STATION 4: 1KM ROW	<b>Start Standard</b> Athlete must remain seated with feet secured in the foot straps. The monitor must be reset before starting, and the athlete begins rowing only once instructed.  <b>Stroke Execution &amp; Form</b> Full stroke required — legs drive first, then hips, then arms. On the return, arms extend, hips hinge, then knees bend. Handle must move past the knees each stroke for full range.  <b>Distance Completion</b> Athlete must row the full prescribed distance. The monitor must clearly display the required distance before stopping, and the handle must be in control when finishing the effort.
JUDGES	Feet must be fully anchored before the row starts. The damper will be set on 6 and then can be adjusted. Athletes must flag the volunteer when they are done to ensure their distance is complete then they are permitted to exit through the "OUT" zone.
RUN	<b>**Refer to RUN START details**</b>
STATION 5: 200M FARMERS CARRY	<b>Carry Standard (Grip &amp; Position)</b> Athlete must carry both implements at their sides with control — no dragging. Shoulders stay engaged, torso upright, and weights remain off the ground while moving. <b>Movement Pattern (Square Loop)</b> Athlete must follow the designated square course, staying within lane boundaries and completing each turn around the markers — no cutting corners. <b>Distance &amp; Break Rules</b> Athlete must complete the full number of laps/distance. If the implements are dropped, they must be picked up from the same spot before continuing — forward progress only counts while both weights are carried. Men's weight is 24kg (53lbs) kettlebell per hand.
JUDGES	Athlete needs to pick up the kettlebells before crossing the startline line and then follow the cones and arrows. Athlete are not permitted to drop the Kettlebells. DOUBLES partners need to gently put the kettlebells down and switch to share the distance if needed. Partners need to remain behind each other. Athletes need to ensure they are picking up the correct weight. Please see above section for weight details per division.
RUN	<b>**Refer to RUN START details**</b>
STATION 6: 100M SANDBAG LUNGES	<b>Load Position &amp; Control</b> Sandbag must be carried in the designated position (typically on the shoulders). Athlete must maintain control — no dropping or dragging the bag during forward movement. <b>Lunge Standard (Knee + Extension)</b> Back knee must clearly touch the ground on each rep. Athlete must reach full hip and knee extension at the top before stepping into the next lunge. <b>Forward Progression &amp; Distance</b> Lunges must move continuously forward along the lane. Athlete must complete the full prescribed distance, with the final step crossing the finish line for the station to count. Men's weight is 20kg (44lb)
JUDGES	Judges need to ensure that athletes contact their back knee for full repetition. A redo is called when this does not happen and the athlete needs to step back to the lunge starting point of that rep. DOUBLES partners cannot pass the sand forward. The sandbag can only be transfer side by side or backwards.
RUN	<b>**Refer to RUN START details**</b>
STATION 7: 100 WALL BALL	<b>Squat Depth Standard</b> Athlete must reach full depth — hip crease clearly below the top of the knee — on every rep before initiating the throw. <b>Target Hit Requirement</b> Ball must hit the designated target height each rep. If the target is missed or not clearly contacted, the rep does not count. <b>Rep Completion &amp; Control</b> Athlete must catch the ball under control and transition directly into the next squat. Reps are continuous until the full prescribed count is completed. Men's weight is 14lb

EVENT FLOW	SINGLES DIVISION WOMEN
RUN START	1 km (5 laps) Athlete needs to count their laps. When exiting the track to move into stations Athletes need to hold on the railing and walk as per MNPCSC safety regulations. Athletes always stay to the right side when travelling up or down.
STATION 1: 1KM SKI ERG	Complete 1km on the Ski Erg. Damper start at 6 and then is moved to preference damper. Station is complete once 1km is completed. Athlete will put hand up for judge to permit exit to the track. Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT".
JUDGES	Athlete will put hand up for judge to permit exit to the track. Feet Stay on platform. Always enter station from the "IN" zone and exit toward the "OUT". Judge Resets Ski Erg
RUN	<b>**Refer to RUN START details**</b>
STATION 2: 50M COMBINED SLED PUSH/PULL	ONE weight for both push and pull: 200lbs for WOMEN'S division Athlete will push and pull a total distance of <b>50m (4 x 12.5)</b> 2m ATHLETE'S BOX zone will be clearly labelled.
JUDGES	Athlete needs to stay in their marked lane at all times and pull within the box zone marked by fluorescent green tape. Sled has to pass the line for full distance. <b>80LBS will need to be removed for each sled for WOMENS SINGLE DIVISION</b>
RUN	<b>**Refer to RUN START details**</b>
STATION 3: 80M BURPEE BROAD JUMPS	<b>Burpee Standard (Chest-to-Ground)</b> Athlete must bring chest and thighs to the floor at the bottom. At the top, hands must clearly leave the ground before initiating the jump forward. <b>Broad Jump Execution</b> Two-foot takeoff and two-foot landing required. Athlete must jump forward from behind the start line and maintain forward progression with each rep. <b>Distance &amp; Rep Completion</b> Each burpee broad jump must show clear forward movement. Athlete must complete the full designated distance, with the final rep finishing beyond the line for the station to be complete.
JUDGES	Athlete needs to contact the ground and feet need to be squared before jumping forward. Athlete will be asked for a redo when their feet are not position close enough to their hands before take-off and if their feet are in a staggered start.  DOUBLES athletes have to be one behind the other for this station. And when switching out must be at the exact location of last burpee complete.
RUN	<b>**Refer to RUN START details**</b>
STATION 4: 1KM ROW	<b>Start Standard</b> Athlete must remain seated with feet secured in the foot straps. The monitor must be reset before starting, and the athlete begins rowing only once instructed.  <b>Stroke Execution &amp; Form</b> Full stroke required — legs drive first, then hips, then arms. On the return, arms extend, hips hinge, then knees bend. Handle must move past the knees each stroke for full range.  <b>Distance Completion</b> Athlete must row the full prescribed distance. The monitor must clearly display the required distance before stopping, and the handle must be in control when finishing the effort.
JUDGES	Feet must be fully anchored before the row starts. The damper will be set on 6 and then can be adjusted. Athletes must flag the volunteer when they are done to ensure their distance is complete then they are permitted to exit through the "OUT" zone.
RUN	<b>**Refer to RUN START details**</b>
STATION 5: 200M FARMERS CARRY	<b>Carry Standard (Grip &amp; Position)</b> Athlete must carry both implements at their sides with control — no dragging. Shoulders stay engaged, torso upright, and weights remain off the ground while moving. <b>Movement Pattern (Square Loop)</b> Athlete must follow the designated square course, staying within lane boundaries and completing each turn around the markers — no cutting corners. <b>Distance &amp; Break Rules</b> Athlete must complete the full number of laps/distance. If the implements are dropped, they must be picked up from the same spot before continuing — forward progress only counts while both weights are carried. Women's weight is 16kg (35lbs) kettlebell per hand.
JUDGES	Athlete needs to pick up the kettlebells before crossing the startline line and then follow the cones and arrows. Athlete are not permitted to drop the Kettlebells. DOUBLES partners need to gently put the kettlebells down and switch to share the distance if needed. Partners need to remain behind each other. Athletes need to ensure they are picking up the correct weight. Please see above section for weight details per division.
RUN	<b>**Refer to RUN START details**</b>
STATION 6: 100M SANDBAG LUNGES	<b>Load Position &amp; Control</b> Sandbag must be carried in the designated position (typically on the shoulders). Athlete must maintain control — no dropping or dragging the bag during forward movement. <b>Lunge Standard (Knee + Extension)</b> Back knee must clearly touch the ground on each rep. Athlete must reach full hip and knee extension at the top before stepping into the next lunge. <b>Forward Progression &amp; Distance</b> Lunges must move continuously forward along the lane. Athlete must complete the full prescribed distance, with the final step crossing the finish line for the station to count. Women's weight is 10kg (22lb)
JUDGES	Judges need to ensure that athletes contact their back knee for full repetition. A redo is called when this does not happen and the athlete needs to step back to the lunge starting point of that rep. DOUBLES partners cannot pass the sand forward. The sandbag can only be transfer side by side or backwards.
RUN	<b>**Refer to RUN START details**</b>
STATION 7: 100 WALL BALL	<b>Squat Depth Standard</b> Athlete must reach full depth — hip crease clearly below the top of the knee — on every rep before initiating the throw. <b>Target Hit Requirement</b> Ball must hit the designated target height each rep. If the target is missed or not clearly contacted, the rep does not count. <b>Rep Completion &amp; Control</b> Athlete must catch the ball under control and transition directly into the next squat. Reps are continuous until the full prescribed count is completed. Women's weight is 10lb

EVENT FLOW	DOUBLES DIVISION MEN
<b>RUN START</b>	Both run together 1 km (5 laps) Athlete needs to count their laps. Partners need to run together at all times. When exiting the track to move into stations Athletes need to hold on the railing and walk as per MNPCSC safety regulations. Partners are one behind the other down the stairs.
<b>STATION 1: 1KM SKI ERG</b>	Combined effort to achieve the completion of 1km. Damper starts on 6 and can then be adjusted. Partner cannot pass handles during transition. Feet stay on platform. Athlete will put hand up for judge to permit exit to the track. Always enter station from the "IN" zone and exit toward the "OUT" Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT".
<b>JUDGES</b>	Partner cannot pass handles during transition. Athlete will put hand up for judge to permit exit to the track. Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT". Judge Resets Ski Erg
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 2: 50M COMBINED SLED PUSH/PULL</b>	ONE weight for both push and pull: 280lbs for MEN'S division Work/Rest Format (You Go, I Go) Only one athlete works at a time. Athletes will push and pull a total distance of 50m (4*12.5) Partners will remain behind one another and clear of the marked lanes beside them. 2m ATHLETE'S BOX zone will be clearly labelled.
<b>JUDGES</b>	Athlete needs to stay in their marked lane at all times and pull within the box zone marked by fluorescent green tape. Sled has to pass the line for full distance. <b>80LBS will need to be added for each sled for MENS DOUBLES</b>
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 3: 80M BURPEE BROAD JUMPS</b>	<b>Work/Rest Format (You Go, I Go)</b> Only one athlete works at a time. Partners must alternate reps — the next athlete cannot begin their burpee until their partner has completed the rep and cleared the working space. <b>Burpee Standard (Chest-to-Ground + Extension)</b> Chest and thighs must clearly touch the floor at the bottom. At the top, athlete must show full extension with hands off the ground before the partner can begin their rep. <b>Rep Count &amp; Synchronization of Flow</b> Reps are counted individually but contribute to a shared total. Clean handoff between partners is critical — no overlap, no simultaneous reps, and total reps must reach the prescribed number before finishing.
<b>JUDGES</b>	Athlete needs to contact the ground and feet need to be squared before jumping forward. Athlete will be asked for a redo when their feet are not position close enough to their hands before take-off and if their feet are in a staggered start.  DOUBLES athletes have to be one behind the other for this station. And when switching out must be at the exact location of last burpee complete.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 4: 1KM ROW</b>	<b>Work/Rest Format (One Athlete Rows)</b> Only one athlete may be on the rower at a time. Partners can switch as often as they choose, but the incoming athlete cannot begin rowing until the previous athlete has fully stopped and cleared the seat/handle.  <b>Transition Standard (Clean Changeover)</b> Monitor continues running during transitions. Athletes must switch efficiently — no interference with the handle or flywheel, and the next athlete must be properly seated with feet secured before resuming. <b>Distance Completion (Shared Total)</b> Meters accumulate toward one shared target. The team must reach the full prescribed distance on the monitor before finishing — only meters rowed while the athlete is actively pulling count.
<b>JUDGES</b>	Feet must be fully anchored before the row starts. The damper will be set on 6 and then can be adjusted. Athletes must flag the volunteer when they are done to ensure their distance is complete then they are permitted to exit through the "OUT" zone.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 5: 200M FARMERS CARRY</b>	<b>Work/Rest Format (One Athlete Carries)</b> Athlete must carry both implements at their sides with control — no dragging. Shoulders stay engaged, torso upright, and weights remain off the ground while moving. <b>Carry Standard (Control &amp; Position)</b> Weights must be carried at the sides with control — no dragging. Athlete must stay within the lane and complete all turns of the square loop without cutting corners. <b>Distance &amp; Switch Rules (Shared Total)</b> Distance accumulates toward a shared total. If weights are dropped, they must be picked up from the same spot. Forward progress only counts while both implements are carried under control. Men's weight is 24kg (53lbs) kettlebell per hand.
<b>JUDGES</b>	Athlete needs to pick up the kettlebells before crossing the startline line and then follow the cones and arrows. Athlete are not permitted to drop the Kettlebells. DOUBLES partners need to gently put the kettlebells down and switch to share the distance if needed. Partners need to remain behind each other. Athletes need to ensure they are picking up the correct weight. Please see above section for weight details per division.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 6: 100M SANDBAG LUNGES</b>	<b>Load Position &amp; Control</b> Sandbag must be carried in the designated position (typically on the shoulders). Athlete must maintain control — no dropping or dragging the bag during forward movement. <b>Standards:</b> Back knee must touch the ground and hips fully extend at the top of every lunge. <b>Racer Format:</b> One athlete works at a time—switch anytime, but controlled handoffs only. <b>Stay Clean:</b> Remain in your lane, no dropping the bag forward, and finish with full extension. Men's weight is 20kg (44lb)
<b>JUDGES</b>	Judges need to ensure that athletes contact their back knee for full repetition. A redo is called when this does not happen and the athlete needs to step back to the lunge starting point of that rep. DOUBLES partners cannot pass the sand forward. The sandbag can only be transfer side by side or backwards.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 7: 100 WALL BALL</b>	<b>Standards:</b> Squat to below parallel, then throw to hit the target—rep counts only when the ball hits target and you reach full extension. <b>Racer Format:</b> One athlete works at a time—switch anytime with controlled handoffs (no passing mid-rep). <b>Stay Clean:</b> Use your assigned target/lane, control the ball (no excessive drops), and finish with a valid hit + full extension. Men's weight is 14lb

EVENT FLOW	DOUBLES DIVISION WOMEN
<b>RUN START</b>	Both run together 1 km (5 laps) Athlete needs to count their laps. Partners need to run together at all times. When exiting the track to move into stations Athletes need to hold on the railing and walk as per MNPCSC safety regulations. Partners are one behind the other down the stairs.
<b>STATION 1: 1KM SKI ERG</b>	Combined effort to achieve the completion of 1km. Damper starts on 6 and can then be adjusted. Partner cannot pass handles during transition. Feet stay on platform. Athlete will put hand up for judge to permit exit to the track. Always enter station from the "IN" zone and exit toward the "OUT" Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT".
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<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 2: 50M COMBINED SLED PUSH/PULL</b>	ONE weight for both push and pull: 200lbs for WOMEN'S division Work/Rest Format (You Go, I Go) Only one athlete works at a time. Athletes will push and pull a total distance of 50m (4*12.5) Partners will remain behind one another and clear of the marked lanes beside them. 2m ATHLETE'S BOX zone will be clearly labelled.
<b>JUDGES</b>	Athlete needs to stay in their marked lane at all times and pull within the box zone marked by fluorescent green tape. Sled has to pass the line for full distance. <b>80LBS will need to be removed for each sled for WOMENS SINGLE DIVISION</b>
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 3: 80M BURPEE BROAD JUMPS</b>	<b>Work/Rest Format (You Go, I Go)</b> Only one athlete works at a time. Partners must alternate reps — the next athlete cannot begin their burpee until their partner has completed the rep and cleared the working space. <b>Burpee Standard (Chest-to-Ground + Extension)</b> Chest and thighs must clearly touch the floor at the bottom. At the top, athlete must show full extension with hands off the ground before the partner can begin their rep. <b>Rep Count &amp; Synchronization of Flow</b> Reps are counted individually but contribute to a shared total. Clean handoff between partners is critical — no overlap, no simultaneous reps, and total reps must reach the prescribed number before finishing.
<b>JUDGES</b>	Athlete needs to contact the ground and feet need to be squared before jumping forward. Athlete will be asked for a redo when their feet are not position close enough to their hands before take-off and if their feet are in a staggered start.  DOUBLES athletes have to be one behind the other for this station. And when switching out must be at the exact location of last burpee complete.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 4: 1KM ROW</b>	<b>Work/Rest Format (One Athlete Rows)</b> Only one athlete may be on the rower at a time. Partners can switch as often as they choose, but the incoming athlete cannot begin rowing until the previous athlete has fully stopped and cleared the seat/handle. <b>Transition Standard (Clean Changeover)</b> Monitor continues running during transitions. Athletes must switch efficiently — no interference with the handle or flywheel, and the next athlete must be properly seated with feet secured before resuming. <b>Distance Completion (Shared Total)</b> Meters accumulate toward one shared target. The team must reach the full prescribed distance on the monitor before finishing — only meters rowed while the athlete is actively pulling count.
<b>JUDGES</b>	Feet must be fully anchored before the row starts. The damper will be set on 6 and then can be adjusted. Athletes must flag the volunteer when they are done to ensure their distance is complete then they are permitted to exit through the "OUT" zone.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 5: 200M FARMERS CARRY</b>	<b>Work/Rest Format (One Athlete Carries)</b> Athlete must carry both implements at their sides with control — no dragging. Shoulders stay engaged, torso upright, and weights remain off the ground while moving. <b>Carry Standard (Control &amp; Position)</b> Weights must be carried at the sides with control — no dragging. Athlete must stay within the lane and complete all turns of the square loop without cutting corners. <b>Distance &amp; Switch Rules (Shared Total)</b> Distance accumulates toward a shared total. If weights are dropped, they must be picked up from the same spot. Forward progress only counts while both implements are carried under control. Women's weight is 16kg (35lbs) kettlebell per hand.
<b>JUDGES</b>	Athlete needs to pick up the kettlebells before crossing the startline line and then follow the cones and arrows. Athlete are not permitted to drop the Kettlebells. DOUBLES partners need to gently put the kettlebells down and switch to share the distance if needed. Partners need to remain behind each other. Athletes need to ensure they are picking up the correct weight. Please see above section for weight details per division.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 6: 100M SANDBAG LUNGES</b>	<b>Load Position &amp; Control</b> Sandbag must be carried in the designated position (typically on the shoulders). Athlete must maintain control — no dropping or dragging the bag during forward movement. <b>Standards:</b> Back knee must touch the ground and hips fully extend at the top of every lunge. <b>Racer Format:</b> One athlete works at a time—switch anytime, but controlled handoffs only. <b>Stay Clean:</b> Remain in your lane, no dropping the bag forward, and finish with full extension. Women's weight is 10kg (22lb)
<b>JUDGES</b>	Judges need to ensure that athletes contact their back knee for full repetition. A redo is called when this does not happen and the athlete needs to step back to the lunge starting point of that rep. DOUBLES partners cannot pass the sand forward. The sandbag can only be transfer side by side or backwards.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 7: 100 WALL BALL</b>	<b>Standards:</b> Squat to below parallel, then throw to hit the target—rep counts only when the ball hits target and you reach full extension. <b>Racer Format:</b> One athlete works at a time—switch anytime with controlled handoffs (no passing mid-rep). <b>Stay Clean:</b> Use your assigned target/lane, control the ball (no excessive drops), and finish with a valid hit + full extension. Women's weight is 10lb

EVENT FLOW	DOUBLES DIVISION MIXED
<b>RUN START</b>	Both run together 1 km (5 laps) Athlete needs to count their laps. Partners need to run together at all times. When exiting the track to move into stations Athletes need to hold on the railing and walk as per MNPCSC safety regulations. Partners are one behind the other down the stairs.
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<b>JUDGES</b>	Partner cannot pass handles during transition. Athlete will put hand up for judge to permit exit to the track. Feet stay on platform. Always enter station from the "IN" zone and exit toward the "OUT". Judge Resets Ski Erg
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<b>JUDGES</b>	Athlete needs to stay in their marked lane at all times and pull within the box zone marked by fluorescent green tape. Sled has to pass the line for full distance. <b>NO weight change from MENS DOUBLES TO MIXED</b>
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 3: 80M BURPEE BROAD JUMPS</b>	<b>Work/Rest Format (You Go, I Go)</b> Only one athlete works at a time. Partners must alternate reps — the next athlete cannot begin their burpee until their partner has completed the rep and cleared the working space. <b>Burpee Standard (Chest-to-Ground + Extension)</b> Chest and thighs must clearly touch the floor at the bottom. At the top, athlete must show full extension with hands off the ground before the partner can begin their rep. <b>Rep Count &amp; Synchronization of Flow</b> Reps are counted individually but contribute to a shared total. Clean handoff between partners is critical — no overlap, no simultaneous reps, and total reps must reach the prescribed number before finishing.
<b>JUDGES</b>	Athlete needs to contact the ground and feet need to be squared before jumping forward. Athlete will be asked for a redo when their feet are not position close enough to their hands before take-off and if their feet are in a staggered start.  DOUBLES athletes have to be one behind the other for this station. And when switching out must be at the exact location of last burpee complete.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 4: 1KM ROW</b>	<b>Work/Rest Format (One Athlete Rows)</b> Athlete must remain seated with feet secured in the foot straps. The monitor must be reset before starting, and the athlete begins rowing only once instructed. <b>Transition Standard (Clean Changeover)</b> Monitor continues running during transitions. Athletes must switch efficiently — no interference with the handle or flywheel, and the next athlete must be properly seated with feet secured before resuming. <b>Distance Completion (Shared Total)</b> Meters accumulate toward one shared target. The team must reach the full prescribed distance on the monitor before finishing — only meters rowed while the athlete is actively pulling count.
<b>JUDGES</b>	Feet must be fully anchored before the row starts. The damper will be set on 6 and then can be adjusted. Athletes must flag the volunteer when they are done to ensure their distance is complete then they are permitted to exit through the "OUT" zone.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 5: 200M FARMERS CARRY</b>	<b>Work/Rest Format (One Athlete Carries)</b> Only one athlete may carry at a time. Partners can switch as needed, but the incoming athlete must take full <b>Carry Standard (Control &amp; Position)</b> Weights must be carried at the sides with control — no dragging. Athlete must stay within the lane and complete all turns of the square loop without cutting corners. <b>Distance &amp; Switch Rules (Shared Total)</b> Distance accumulates toward a shared total. If weights are dropped, they must be picked up from the same spot. Forward progress only counts while both implements are carried under control. A single weight is used for both male and female: 24kg (53lbs) per kettlebell per hand.
<b>JUDGES</b>	Athlete needs to pick up the kettlebells before crossing the startline line and then follow the cones and arrows. Athlete are not permitted to drop the Kettlebells. DOUBLES partners need to gently put the kettlebells down and switch to share the distance if needed. Partners need to remain behind each other. Athletes need to ensure they are picking up the correct weight. Please see above section for weight details per division.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
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<b>JUDGES</b>	Judges need to ensure that athletes contact their back knee for full repetition. A redo is called when this does not happen and the athlete needs to step back to the lunge starting point of that rep. DOUBLES partners cannot pass the sand forward. The sandbag can only be transfer side by side or backwards.
<b>RUN</b>	<b>**Refer to RUN START details**</b>
<b>STATION 7: 100 WALL BALL</b>	<b>Standards:</b> Squat to below parallel, then throw to hit the target—rep counts only when the ball hits target and you reach full extension. <b>Racer Format:</b> One athlete works at a time—switch anytime with controlled handoffs (no passing mid-rep). <b>Stay Clean:</b> Use your assigned target/lane, control the ball (no excessive drops), and finish with a valid hit + full extension. A single weight is used: 14lb wall ball