

EVENT FLOW	DOUBLES DIVISION MIXED
RUN START	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.
STATION 1: 1KM SKI ERG	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".
RUN	**Refer to RUN START details**
STATION 2: 50M COMBINED SLED PUSH/PULL	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.
RUN	**Refer to RUN START details**
STATION 3: 80M BURPEE BROAD JUMPS	Work/Rest Format (You Go, I Go) 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. Burpee Standard (Chest-to-Ground + Extension) 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. Rep Count & Synchronization of Flow 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.
RUN	**Refer to RUN START details**
STATION 4: 1KM ROW	Work/Rest Format (One Athlete Rows) 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. Transition Standard (Clean Changeover) 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. Distance Completion (Shared Total) 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.
RUN	**Refer to RUN START details**
STATION 5: 200M FARMERS CARRY	Work/Rest Format (One Athlete Carries) Only one athlete may carry at a time. Partners can switch as needed, but the incoming athlete must take full Carry Standard (Control & Position) 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. Distance & Switch Rules (Shared Total) 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.
RUN	**Refer to RUN START details**
STATION 6: 100M SANDBAG LUNGES	Load Position & Control 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. Standards: Back knee must touch the ground and hips fully extend at the top of every lunge. Racer Format: One athlete works at a time—switch anytime, but controlled handoffs only. Stay Clean: Remain in your lane, no dropping the bag forward, and finish with full extension. As single weight is used: 20kg sandbag (44lbs)
RUN	**Refer to RUN START details**
STATION 7: 100 WALL BALL	Standards: Squat to below parallel, then throw to hit the target—rep counts only when the ball hits target and you reach full extension. Racer Format: One athlete works at a time—switch anytime with controlled handoffs (no passing mid-rep). Stay Clean: 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