

EVENT FLOW	SINGLES DIVISION WOMEN
RUN START	<p>1 km (5 laps)</p> <p>Athlete needs to count their laps.</p> <p>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.</p>
STATION 1: 1KM SKI ERG	<p>Complete 1km on the Ski Erg. Damper start at 6 and then is moved to referenced damper. Station is complete once 1km is completed.</p> <p>Athlete will put hand up for judge to permit exit to the track.</p> <p>Feet stay on platform.</p> <p>Always enter station from the "IN" zone and exit toward the "OUT".</p>
RUN	**Refer to RUN START details**
STATION 2: 50M COMBINED SLED PUSH/PULL	<p>ONE weight for both push and pull: 200lbs for WOMEN'S division</p> <p>Athlete will push and pull a total distance of 50m (4 x 12.5)</p> <p>2m ATHLETE'S BOX zone will be clearly labelled.</p>
RUN	**Refer to RUN START details**
STATION 3: 80M BURPEE BROAD JUMPS	<p>Burpee Standard (Chest-to-Ground)</p> <p>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.</p> <p>Broad Jump Execution</p> <p>Two-foot takeoff and two-foot landing required. Athlete must jump forward from behind the start line and maintain forward progression with each rep.</p> <p>Distance & Rep Completion</p> <p>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.</p>
RUN	**Refer to RUN START details**
STATION 4: 1KM ROW	<p>Start Standard</p> <p>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.</p> <p>Stroke Execution & Form</p> <p>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.</p> <p>Distance Completion</p> <p>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.</p>
RUN	**Refer to RUN START details**
STATION 5: 200M FARMERS CARRY	<p>Carry Standard (Grip & Position)</p> <p>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.</p> <p>Movement Pattern (Square Loop)</p> <p>Athlete must follow the designated square course, staying within lane boundaries and completing each turn around the markers — no cutting corners.</p> <p>Distance & Break Rules</p> <p>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.</p> <p>Women's weight is 16kg (35lbs) kettlebell per hand.</p>
RUN	**Refer to RUN START details**
STATION 6: 100M SANDBAG LUNGES	<p>Load Position & Control</p> <p>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.</p> <p>Lunge Standard (Knee + Extension)</p> <p>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.</p> <p>Forward Progression & Distance</p> <p>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.</p> <p>Women's weight is 10kg (22lb)</p>
RUN	**Refer to RUN START details**
STATION 7: 100 WALL BALL	<p>Squat Depth Standard</p> <p>Athlete must reach full depth — hip crease clearly below the top of the knee — on every rep before initiating the throw.</p> <p>Target Hit Requirement</p> <p>Ball must hit the designated target height each rep. If the target is missed or not clearly contacted, the rep does not count.</p> <p>Rep Completion & Control</p> <p>Athlete must catch the ball under control and transition directly into the next squat. Reps are continuous until the full prescribed count is completed.</p> <p>Women's weight is 10lb</p>