



# PRE-SEASON FITNESS COMP

4 Players per team (1 Tight forward + 1 Loose forward + 1 Inside back + 1 Outside back)

## MUIZENBERG BEACH

### EVENT 1

AMRAP 15 min (As many reps as possible)  
Burpee broad jump  
Kettle Bell Swing 32Kg  
Run around a coach in the water (Between knee and hip high)

### EVENT 2

4x 500m Beach run buddy carry

### EVENT 3

Individual event - Flags

## CROSSFIT FALSE BAY

### EVENT 4

Individual event - 400m sled drag @ Body weight

### EVENT 5

For time - Time cap is 20 min (Each team member must complete and then tag his team mate)  
20 Calorie Assault bike  
15 Burpee over the bar  
10 Dead lifts at 100Kg  
5 Clean and Jerks at 60Kg

### EVENT 6

AMRAP 10 min (As many reps as possible)  
Calorie Ski erg  
Single arm snatch at 30Kg

## FALSE BAY RUGBY FIELDS

### EVENT 7

Individual event - Bronco for time (20m, 40m, 60m x 5 rounds - 1.2km)

### EVENT 8

AMRAP 7 min (As many reps as possible)  
Tackle bags

### EVENT 9

For time - Time cap is 10 min (Each team member must complete and then tag his team mate)  
1x300 relay



**FALSE BAY vs UNIMIL - FITNESS COMPETITION**  
**17th February 2018**

**BEACH EVENT at MUIZENBERG BEACH**

(Arrive at muizenberg beach at 07:00AM and park next to the supertubes)

<b>EVENT 1</b>	<b>EVENT 2</b>	<b>EVENT 3</b>
(AMRAP 15 min) - 7 teams per heat	(Partner Carry) - 10 teams per heat	(Flags - Knockout)
HEAT 1    07:30 HEAT 2    07:50 HEAT 3    08:10	HEAT 1    08:30 HEAT 2    08:45	K.O        09:00

**CROSSFIT EVENT at CROSSFIT FALSE BAY**

(Arrive at 1 Futura Park, corner of Celie road and Bark street at 10:00AM)

<b>EVENT 4</b>	<b>EVENT 5</b>	<b>EVENT 6</b>
(Sled drag) - 5 teams per heat	(Sprint race) - 5 teams per heat	(AMRAP 10 min) - 5 teams per heat
HEAT 1    10:30 HEAT 2    10:40 HEAT 3    10:50 HEAT 4    11:00	HEAT 1    11:20 HEAT 2    11:45 HEAT 3    12:05 HEAT 4    12:30	HEAT 1    13:10 HEAT 2    13:25 HEAT 3    13:40 HEAT 4    13:55

**FIELD EVENT at FALSE BAY RUGBY FIELDS**

(Arrive at False Bay Fields at 15:00PM)

<b>EVENT 7</b>	<b>EVENT 8</b>	<b>EVENT 9</b>
(Bronco) - 1 heat	(AMRAP 7 min) - 5 teams per heat	(Relay) - 5 teams per heat
HEAT 1    15:20	HEAT 1    15:35 HEAT 2    15:45 HEAT 3    15:55 HEAT 4    16:05	HEAT 1    16:20 HEAT 2    16:30 HEAT 3    16:40 HEAT 4    16:50

**FALSE BAY vs UNIMIL - FITNESS COMPETITION - JUDGES**  
**17th February 2018**

**BEACH EVENT at MUIZENBERG BEACH**

(Arrive at muizenberg beach at 06:30AM and park next to the supertubes)

Each judge will need a stop watch, clipboard, score sheets and a pen

The points system will work as follows

After each event the teams will be ranked 1 to 20 and the points will be awarded with points starting from 20points down to 1 point

1st	20	11th	10
2nd	19	12th	9
3rd	18	13th	8
4th	17	14th	7
5th	16	15th	6
6th	15	16th	5
7th	14	17th	4
8th	13	18th	3
9th	12	19th	2
10th	11	20th	1

After each event teams will be ranked most points to least

After 9 events teams with the most points wins - Prizes for top teams tbc

After 9 events 10 Bay teams points will be added and 10 Unimil teams points will be added to see who wins the overall team award

Every point counts and every event counts right down to the end.

**EVENT 1 - 15 minute (as many reps as possible)**

Movements

Burpee into a broad jump - 1,5m

Kettle bell swing - american (just lift past the shoulder in line with the head)

Run to the water and around a coach standing in the water

at the call of 3-2-1 GO

1 person will sprint 200m on sand into the water and around the coach

3 persons will complete in order 15 Burpee broad jumps and 15 kettlebell swings

only one person can work at a time in any order.

after 15 burpees and 15 swings are complete the sprinter returning back from his run can tag any team mate to run

If the reps are complete before the runner returns team has to wait for the runner.

**EVENT 2 - Partner Carry team relay for time**

At the call of 3-2-1 GO

1 person will carry his partner 250m and back across the sand

They will swap after 500m and repeat the partner carry

once the two partners have carried each other they will tag the next two team mates and continue.

Judges will stop their stop watches after each team member has carried 500m and been carried for 500m

**EVENT 3 - Flags (Individual knockout event)**

Each team will select one person from their team to compete in the individual knockout event

Once this team is chosen he cannot compete in another individual event on the day.

So 20 individuals will split up into 4 heats of 5 per heat

There are 4 flags 15-20m away

On the whistle 5 players will run for 4 flags and knockout takes place until there is a winner of the heat

Each winner of the heat will go into another round of knockouts to determine the winner

Points for the flag event

Knocked out in round one of the heats - 0 points

Knocked out in round two of the heats - 2 points

Knocked out in round three of the heats - 4 points

Knocked out in round four of the heats - 6 points

Winner of each heat gets 8 points

Knocked out in Quarter Final gets 10 points

Knocked out in Semi Final gets 12 points

Knocked out in Final gets 14 points

Winner gets 20 points

**CROSSFIT EVENT at CROSSFIT FALSE BAY - JUDGES**  
(Arrive at 1 Futura Park, corner of Celie road and Bark street at 10:00AM)

**Event 4 - Individual event - Sled drag @body weight for 400m for time**

Each of the 20 teams will nominate one of their team members who have not competed in an individual already to step on the scale  
A judge will record the weight on the score sheet and load the sled with the correct body weight in KGs  
On the call of 3-2-1 GO  
The athlete will drag the sled behind them as quickly as possible.  
The judge stops his clock when the athlete crosses the 400m marker  
Time gets recorded on the score sheet  
Quickest time wins the event and times will be ranked from 1-20 and points working 20 down to 1 apply

**Event 5 - Team relay event**

Each team member has to complete the minimum required amount of work before tagging their team mate in  
On the call of 3-2-1 GO  
One team member will complete  
20 calories on the assault bike and move straight onto the 15 burpees over the bar  
Once the burpees have been completed the athlete will complete 10 deadlifts on 100kg  
and move to the next bar and complete 5 clean and jerks at 60kg  
Once completed the athlete will tag the next team mate into complete the work  
The time cap is 20min  
When the last athlete finishes the last clean and jerk the athlete must cross the finish line.  
Time stops and is recorded when the athlete crosses the finish line  
Quickest time wins the event and times will be ranked from 1-20 and points working 20 down to 1 apply

**Event 6 - Team event as many reps as possible in 10 minutes**

All 4 members of the team share the load anyway they want for the 10min  
on the call of 3-2-1  
One athlete will start on the ski erg and one athlete will complete single arm snatches  
The judge must count each single arm snatch performed - it must be alternating snatches  
at the end of 10min the calories on the ski erg are added to the reps on the snatches for a total score  
Team with the most reps wins and will be ranked from 1-20 and points from 20-1

**FIELD EVENT at FALSE BAY RUGBY FIELDS - JUDGES**  
(Arrive at False Bay Fields at 15:00PM)

**EVENT 7 - Individual event - Bronco for time**

Each team will choose a member of their team who has not yet competed in an individual event.  
On the call of 3-2-1 the athlete will complete a bronco  
The judge will follow the athlete within proximity letting him know what the time is after each round  
The athlete will run 20m and back, 40m and back, 60m and back which is one round  
This must be performed for 5 rounds non stop.  
Quickest time for Bronco wins and ranked from 1-20 and scores from 20-1

**Event 8 - Team event as many reps as possible in 7 minutes**

One athlete will work at a time  
two athletes will pick up the tackle bag and put it in its place, one athlete is allowed to rest  
On the call of 3-2-1 the athlete will make one tackle on a tackle bag  
The bag must move 1,5m over the line before the athlete can turnaround and tackle the next bag  
Team with the most tackles in 7min wins.  
Teams will be ranked 1-20 and points from 20-1 respectively

**EVENT 9 - Team Relay event for time**

One athlete will run at a time and tag his fellow team mate  
On the call of 3-2-1 the first athlete will run 50m and back and 100m and back  
He will tag his team mate to continue with his 300m  
Once the last athlete crosses the line the judge will stop the clock and record the time  
The fastest time wins and teams will be ranked 1-20 and points 20-1 respectively