WORKOUT 4

All workout scores due Monday, December 16th at 8pm EST

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SCORECARD

TOTAL COMBINED TIME OF:
Athlete 1: 500m
Athlete 2: 1000m
Athlete 3: 2000m
Athlete 4: 5000m

WOMEN:	MEN
ROW	ROW

CAP: NA

SCORES: Time

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FLOW

This workout is scored by the total time it takes the team to row the following distances: 500m, 1000m, 2000m, 5000m.

Teammates can pick whatever distance they like. The total time it takes for the teammates to complete the row is the team's score.

This workout is scored by M1/F1's total run time + M2/M2's total row time. Each athlete must use a Concept 2 Rower. No other rower types will be accepted.

Prior to the start of the workout, athletes will be required to pre-set their rower monitor in the following way: First, turn the monitor on. Once on, click "Select Workout." Then, "New Workout", "Single Distance." Then pre-set the rower to the select distance and click the checkbox button. Additionally, athletes must use a running gym clock as well as the clock on the C2 Rower.

Once these steps have been taken, the athlete can begin pulling.

The first workout is scored by the total sum of time it takes each athlete to row the designated meters.

SCORING

This workout is scored as the combined total time by all team members
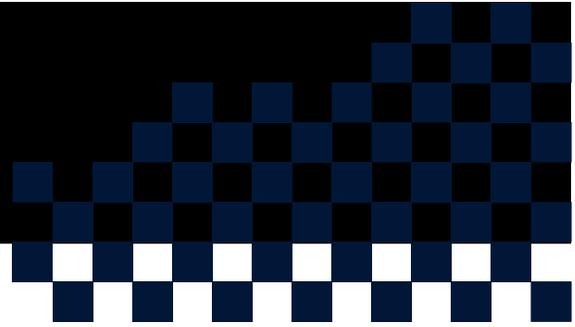
MOVEMENT STANDARDS

NA

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# MOVEMENT STANDARDS

EQUIPMENT

C2 ROWER

VIDEO SUBMISSION

Prior to starting, the athlete must state their name, workout being performed, and clearly place the camera in view of the monitor of
the rower. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with
the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all
exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due
to the visual distortion these lenses cause.
Monitor should be in frame at all times, and clearly shown at the end of each distance with the total time displayed for the score to
count.

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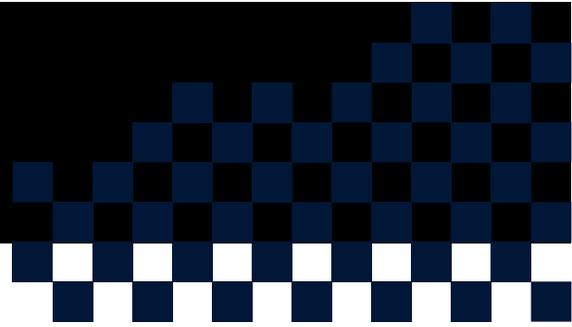Médecine du sport

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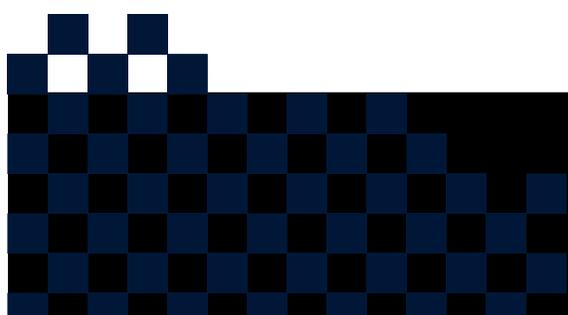
SCORE SUBMISSION DUE: MONDAY, DECEMBER 16TH AT 8PM ET

ATHLETE 1

DISTANCE

TIME

ATHLETE 3

DISTANCE

TIME

ATHLETE 2

DISTANCE

TIME

ATHLETE 4

DISTANCE

TIME

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DISTANCE

TIME

ATHLETE 1

+

ATHLETE 2

+

ATHLETE NAME:

ATHLETE 3

+

SIGNATURE:

ATHLETE 4

=

JUDGE NAME

WOD 4 SCORE

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