



THE GLASGOW CLASSIC

PAIRS EVENT 4

BURDEN/ TTB

For Time:

1x Burden Carry

20x TTB

4x Burden Carry

15x TTB

4x Burden Carry

10x TTB

1x Burden Carry

20m Sprint

Equipment

- 1x Burden 260/220kg 220/180kg
- 1x Pull Up Bar

General Notes

The athletes will begin the workout at the green start mats. At the sound of the starter clock, and not before, the team may enter the field of play and begin to carry the burden to the rig. Upon reaching the rig both athletes jump to the bar and begin the toes to bar. One athlete works whilst the other hangs.

Upon completing the toes to bar the athletes drop and return to the burden and carry it four lengths of the floor to arrive back at the rig for a further set of toes to bar.

After the second set of toes to bar, the burden is again carried four times, to arrive back at the rig where the athletes complete a final set of toes to bar.

Once the final set of toes to bar has been completed the burden is returned to the start mat and the team sprints to the red finish mat behind the rig.

FINALS 2019

Sunday 22nd September

Time Cap

The athletes will have 8 minutes to complete the workout.

Scoring

The score is given by the number of repetitions completed at the end of the workout (from a total of 76 reps; including 1 rep for reaching the finish line within the time cap). Pairs completing all repetitions will be separated by their total time to completion.

Penalties

If athletes are observed to be violating the lane discipline on the burden carry, they will be required to drop the equipment and rearrange themselves within the lane before progressing once more.

Repetitions on the toes to bar where the hanging athlete is not on the bar will be invalid and require to be repeated.

Other violations of movement standards will result in the requirement to repeat the repetition correctly.

Movement Guidance

Burden Carry

The team must be measured for the equipment before the event. This can be accomplished by attending the Clydebuilt Fitness stand opposite the Rig Floor on Saturday and having the staff assist them with the correct setting. This setting should be communicated to the equipment team on the event floor prior to the start of the event.

The burden is carried from one end of the lane to the other - specific guidance will be given on this standard on the day of the event. The team and burden must remain within their lane for the duration of the event. Departure from the lane will result in the team being stopped while the position in the lane is remedied.

Toes to Bar

The athlete begins below the bar with arms fully extended in any grip variation and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar.

Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

The other athlete hangs with both hands on the bar. No other body part may touch the rig frame.