



THE GLASGOW CLASSIC

PAIRS EVENT 6

SPRINT ROPE FINAL

You go, I go. For time:

10x sprints + 3x rope climbs

10x sprints + 2x rope climbs

10x sprints + 1x rope climb

Equipment

- 1x Climbing Rope 15' 12'

General Notes

The athletes will begin the workout at the green start mats.

At the sound of the starter clock, and not before, the first athlete may enter the field of play and begin to perform their ten sprints. Upon completing the sprints they will complete three rope climbs before running back to the start mat to tag their partner.

Following a successful tag of the hand, the second athlete begins their ten sprints followed by three rope climbs and runs back to the start mat to tag their partner to commence round two.

Round two consists of ten sprints and two rope climbs for each athlete in the same format as before.

Round three consists of ten sprints and two rope climbs for each athlete in the same format as before.

Time is called when the second athlete returns to the green start mat after the final rope climb.

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 36 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

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

Failure to demonstrate control on descending the rope will result in a no rep and the athlete will be held at the rope until a valid rep is executed.

Movement Guidance

Sprint

The athlete begins with both feet behind the white line of the lane before they are tagged or the timer clock begins. Once in motion, they run to the end of the lane remaining between their white lines and cross at least one foot over the white line at the end of the lane at each end until their sprints are concluded.

Rope Climb

Athletes ascend the rope to touch above the marked line at the top of the rope, not the steel shackle, and must remain in control on the descent. Jumping up to begin each ascent is permitted.

Athletes must demonstrate control on the descent and may not drop from the rope until their hands are both clearly below the 9' marker.