



It is of the utmost importance that the integrity of our fitness competition is consistent. This will ensure all athletes have a level playing field and allows trust in the competition.

If at any point you need guidance, please see the event director.

- I. Judges **cannot** touch any of the challenges thereby setting the equipment or moving them after the athlete starts the competition.
- II. Judges start stopwatch when an athlete touches the first instrument & stop the clock at the completion of the last station. Time must be written down on the athletes **FITCityX** Mark sheet.
- III. When counting reps ALWAYS count UP 1-30.
- IV. After completion of all challenges the athlete takes their **FITCityX** Mark sheet to the registration table where their time is logged.

Athletes must complete all challenges according to these exact instructions.

1. **Station 1: Flat Tires** (30 FLIPS) must be flipped in place and the athlete must flip from each side. Athlete cannot continually flip the tire on its same side.
2. **Station 2: 600 Meter Row.** The athlete must complete 600 Meters. Only the athlete can adjust the straps on the foot part of the machine.
3. **Station 3: 30 Russian Kettlebell Swings** 53 lbs. for men | 35 lbs. for women. Russian kettlebell swings start below the groin and the kettlebell is swung up to chest level. Creating a 90-degree angle to the athlete's body.
4. **Station 4: 600 Meter SkiErg.** The athlete must complete 600 Meters.
5. **Station 5: 25 Calorie Air Bike.** The athlete must complete 25 calories.
6. **Station 6: 100 Meter SLED Push-Pull.** 250 lbs. for men | 200 lbs. for women. The athlete must **PUSH** the sled completely across the line on the turf and **PULL** the TRX bands back across the line of the turf where they began to push. The event director will indicate how many trips total.
7. **Station 7: 30 Dead Ball Wall Overs (4.5 FT HIGH).** 50 lbs. for men | 30 lbs. for women. The athlete must toss or throw the ball over the wall, walk AROUND the wall, and throw it back over for a total of 30 times (15 on each side).
8. **Station 8: 100 Meter Farmer Carries.** 50 lbs. for men | 30 lbs. for women. The athlete must carry the dumbbells for a total of 100 meters. If at any point the athlete drops the weight the athlete must continue where the athlete last dropped the weight. The event director will indicate how many trips total.
9. **Station 9: 30 Wall Balls at 10 feet height.** 20 lbs. for men | 14 lbs. for women. The medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target for a total of 30 hits.
10. **Station: 30 Burpees Finisher.** The athlete must lift the weighted instrument over their head complete a burpee, chest to instrument, and repeat 30 times.