



Presented by BHP Billiton YMCA

• Saturday & Sunday, MAR 14th & 15th 2020

• Shreveport Convention Center, Shreveport, LA

Amphibious “Dry” and Amphibious “Wet”

On a running clock:

- Run 550m
- Swim 3x50M with the one of the following movements at end of each 50M lap:
 - Lap 1: 15 HRPU
 - Lap2: 15 Air Squats
 - Lap3: 15 Press outs

DAY: Saturday Afternoon, Event 3

LOCATION: BHP Billiton YMCA

TIMECAP: 12 minutes (Individuals and Teams)

SCORING

This event will have two scores:

1. The first score will be the time recorded at the completion of the run.
2. The second score will be the time recorded at the completion of the last press out.
 - Second score includes the time of transition from the run, so move fast, but don't run!
 - Athletes using a swim aid will be scored below the slowest “as prescribed” athlete.
 - Athletes who perform swim in the shallow “scaled” lanes will be scored below the slowest swim aid athlete.

TIEBREAK

There is no tie break for this event.

EQUIPMENT

- Running shoes.
- Towel, swimsuit, goggles, and cap if desired.
- All equipment may be pre-positioned in your assigned lane.

MOVEMENT STANDARDS

- **RUN:** In heats of 8, the run will begin at starting line on the concrete path outside the pool entrance and follow the sidewalk around the building and back to the same line for the finish. Run start position and swim lane will be assigned based on leaderboard ranking after the first two events. Runners must stay on the concrete path during the run. A 10-second penalty will be assessed each time an athlete steps off the concrete.
- THERE IS NO RUNNING THROUGH THE DOORS INTO THE BUILDING OR ON THE POOL DECK!
- **SWIM:**

After the run, all athletes will walk back into the building to their pre-assigned lanes, which will be based on leaderboard rank after the first two events. The athlete may enter the water feet first, or by diving, and will swim a total of three laps using any stroke, with a different prescribed movement after each lap. The athlete must touch the bulkhead wall at the far end of each lap before returning. The athlete will exit the pool to perform 15 HRPUs at the end of the first lap and 15 Air Squats at the end of the second lap. After the third and final lap, the athlete's final time will be recorded at the completion of the 15th press out.
- **SWIM SCALING:** Athletes who choose not to swim in the deep-water lanes will have two options for scaling:
 - 1) Swim in the deep-water lane with a swim aid (kickboard). These athletes will be scored below the slowest "as prescribed" athlete.
 - 2) Use a shallow "scaled" lane. These athletes will be scored below the slowest swim aid athlete.
- **HRPU:** Each rep will begin AT THE TOP of the Push-up position. A straight body position must be maintained throughout the push-up. No piking or sagging at the hips. No snaking or rocking is allowed. The elbows must be locked out at the top. At the bottom, the chest (nipple line or above) must touch the floor and the hands must be lifted completely off the ground. The toes must remain in contact with the floor. The scaled version will allow for the athlete's knees to contact the floor, but otherwise, will follow the same standards as described above.
- **Air Squat:** The squat begins with athlete standing tall and then squatting until the crease of the hips passes below the knees. The rep ends when athlete achieves full hip and knee extension at the top.
- **Press Outs:** The press out is performed while still in the water. The first rep begins with the athlete's head submerged under water and ends when the athlete's elbows are locked in full extension on edge of the pool deck (think top of a Bar Muscle Up).

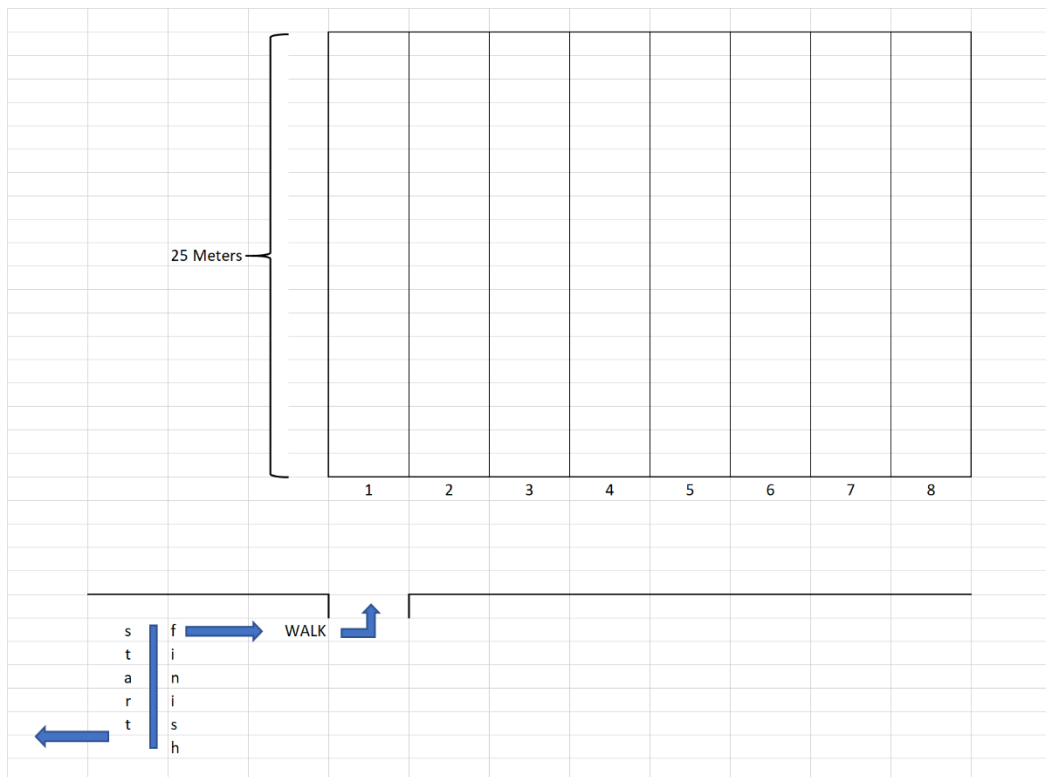
TEAMS:

- Team members will run with a short piece of rope and must hold onto rope together at all times. A 10-second penalty will be assessed each time one of the members loses contact with rope before crossing the finish line.
- Team members must perform swim laps in the same lane. If one member requires the shallow lane, both members must use the shallow lane. If one team member uses a swim aid, the team will be scored scaled accordingly.
- All non-swim movements must be performed as described above, synchronized at the TOP of each of the movements.

BHP Billiton YMCA Pool Diagram



POOL LANE SCHEMATIC





SCORECARD: Amphibious Dry and Wet

Run Time:				
Must walk in transition to pool				
	Swim 50 Meters	15 HRP U	15 Air Squats	15 Press Outs
1				
2				
3				
TOTAL TIME:				
Swim aid used?				
Scaled lane used?				
Run Penalty?				

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Must walk in transition to pool				
	Swim 50 Meters	15 HRP U	15 Air Squats	15 Press Outs
1				
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3				
TOTAL TIME:				
Swim aid used?				
Scaled lane used?				
Run Penalty?				
Rope Penalty?				