



Presented by Sample Farm

· Saturday & Sunday, APR 30th & May 1st 2022

· Shreveport Convention Center

· Shreveport, LA

“Carryover”

AMRAP:

- 100ft Sandbag carry in 10ft increments
- 10 Box Get Overs
- 10 Handstand pushups

DIVISION VARIATIONS:

- **Elite:** #150/100, 48”/40”, 4.5/2.5” deficit HSPU
- **RX and Master’s 40-49:** #100/70, 48”/40”, HSPU
- **Intermediate and Masters 50+:** #100/70, 48”/40”, 2.5” Abmat riser HSPU
- **Scaled:** #70/50, 48”/40”, double dumbbell S2OH #50/35
- **Open Teams: Male #100/70 Female #70/50, 48”/40”, HSPU**
- **Intermediate Teams: Male #100/70 Female #70/50, 48”/40”, 2.5” Abmat riser HSPU**
- **Scaled Teams:** #100/70/50, 48”/40”, double dumbbell S2OH #50/35

DAY: Sunday

LOCATION: Primary Floor

TIMECAP: 8 minutes (individuals and teams)

DESCRIPTION: Each athlete will begin behind the starting line. At the call of “3,2,1, go!” the athlete will sprint to the Sandbag and pick it up to complete the 100ft carry. The athlete will then move to the box to complete box get overs, then to the rig to perform HSPU (or S2OH for scaled), repeating this triplet for as many rounds and reps as possible within the time cap.

SCORING: Rounds and reps, with sandbag carry measured as one rep for every 10ft increment

TIEBREAK: None

EQUIPMENT:

- Sandbag
- Box
- HSPU station at rig with mat, deficit blocks, or AbMat as required for division
- Dumbbells for scaled

TEAMS

- Teams will perform synchro Sandbag carries, with one heavy and one light bag, and may alternate bags as desired. Male #100/70, Female #70/50. Both team members must complete the Sandbag carry in synchro before beginning the BGO.
- BGO-Teams may alternate for the BGO however desired, but all BGO must be completed before moving to HSPU. Only one member can touch the box at a time. Both team members must move together to the designated “on deck” area after completion of BGO, before proceeding to HSPU (i.e., no head starts on HSPU).
- HSPU- Teams may alternate for the HSPU however desired, but the non-working team member will be required to remain inside the designated “on deck” area and a TAG from the working team member must be received before alternating.

MOVEMENT STANDARDS

- **Sandbag Carry:** Sandbag must be carried in front of body, between the chest and knees, with both hands on the bag. Each completed 10ft increment will count as one rep. Bag may be picked up where it is dropped to resume carry.
- **Box Get Overs:** The athletes must start each rep facing the box, with both feet on the floor. When crossing over the box, athletes must have at least three points of contact on top of box (BOTH HANDS and any other part of the body), and finish on the opposite side of box with both feet on the floor. The feet must pass over the box without traveling around the side of box (i.e., feet must be above the horizontal plane of the top of the box). If the box is knocked over during a rep, it will be a no rep.
- **Handstand Pushup:** Each handstand pushup begins with athlete inverted with arms locked out, heels in contact with the wall, hips open, and body in line with arms. At the bottom, the head must make contact with the mat or Abmat riser. The feet do not need to remain in contact with the wall for the duration of the movement but must contact wall at top while fully extended. Kipping is allowed.