



Presented by BHP Billiton YMCA

· Saturday & Sunday, AUG 26th & 27th 2023

· Shreveport Convention Center

· Shreveport, LA

Swimming with the Devil

Total Reps in Four Rounds of 3 min work/1min rest:

- Swim 50m
- Echo Bike for Cals
- AMRAP Single Arm DB Devil's Press

DIVISION VARIATIONS

- Elite (50m, 20/16 cals, #70/50 DB)
- RX and Open Team (50m, 16/13 cals, #70/50 DB)
- Intermediate/Intermediate Teams/Masters: (50m, 14/11 cals, #50/35 DB)
- Scaled (50m, 10/8 cals, #35/25 DB)

DESCRIPTION: Each athlete will begin in the water with at least one hand touching the edge of the pool. At the call of "3,2,1, go!" the athlete will swim down and back in their lane, completing 50m, and then exit the pool to begin the Echo bike calories. At completion of the specified calories, the athlete will then perform as many Devil's press reps as possible in the remaining time. At the end of three-minute round, there will be a one minute rest, and the next round will begin with the athlete back in the pool. The workout will continue in this fashion until three rounds are completed. The athlete may not dismount the bike until the display reads the required number of calories. The Devil's presses must be completed on the rubber mat to protect the pool deck.

DAY: Saturday

LOCATION: BHP Billiton YMCA, 3455 Knight Street Shreveport, LA 71105

TIMECAP: 15 minutes (individuals and teams)

SCORING: Total number of Devil's Press completed in all four rounds.

TIEBREAK: Swim time for first round

EQUIPMENT

- YMCA Pool, Echo Bike, Dumbbell, Rubber Mat

TEAMS

- Team members will swim in the same lane at the same time, and the faster swimmer may exit the pool and stand beside the bike but not start until the slower swimmer touches wall.

- The team members can split Echo bike and Devil's press reps however they choose, with only one athlete working at a time.
- The tie break will be the faster time of the two swimmers in the first round.

MOVEMENT STANDARDS

- **Swim**
 - All RX swim laps will begin with the swimmer in the water with at least one hand on the edge of the pool. No diving! Any swim stroke will be allowed. Flip turns will be allowed. Goggles, competition swimsuits, and swim caps are allowed. No other swim-performance enhancing devices will be permitted, including but not limited to snorkels, fins, hand paddles, kickboards, and other floatation devices. No pulling on lane ropes for forward progress is permitted.
 - **SWIM SCALING:** Athletes who choose not to swim in the open lanes will have two options:
 - 1) Swim in the open lane with a kickboard floatation aid. These athletes will be ranked starting below the slowest athlete who swims in the open lanes without floatation aid.
 - 2) Use a shallow "scaled" lane where the laps can be accomplished by walking. These athletes will be scored starting below the slowest athlete using a floatation aid in an open lane.
- **Echo Bike**
 - Display will be reset by Judge before each round. Athletes may not touch the display at any time.
 - The athletes must remain on the bike until the display reads the required number of calories.
- **Single Dumbbell Devil's Press:**
 - This movement is a combination of a burpee and a single arm dumbbell snatch. Each rep **begins with** the dumbbell on the ground, one hand on the dumbbell and the athlete's chest on ground next to dumbbell and ends when dumbbell is held directly over the shoulder with arm in full extension in line with center of body when viewed from the side. The dumbbell must move from ground to overhead in one motion, i.e., no clean and jerk.
 - Do not drop dumbbell from overhead position or a no rep will be called as a penalty. It must be lowered to below the waist before letting it drop onto the rubber mat.