



WOD 2

SUBMIT YOUR SCORE BY THE 27TH OF APRIL, 8PM

FOR TIME / TIME CAP: 9MIN

MOVEMENTS

TIME COMPLETED / METERS COMPLETED

ROW 2K

**YOUR FINAL SCORE:
FOR TIME**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE 2K ROW

ANY METERS NOT COMPLETED BEFORE TIME CAP WILL = 1 SECOND PENALTY ADDED TO TIME CAP.

2K ROW: The athlete starts in the sitting position and can choose his/her own resistance. When the judge says « 3-2-1-GO » the athlete takes the handle and starts to row. The clock stops when the screen pass 2000m. The athlete must wait for the Go signal to grab the handle. The athlete must hold the handle until the screen shows 2000meters. If the athlete has not finished the workout in less 9', the score will be 9' plus the meters missing in seconds. Example : if the athlete completes 1950m in 9' then his score will be 09:50

GENDER	DIVISION	ATHLETE / TEAM NAME	ATHLETE / TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Teams <input type="radio"/> Rx <input type="radio"/> Masters	X	X	X