

BRITISH TEENS & MASTERS CHAMPIONSHIPS 2022

WOD 1 – SEASICK

On a 9 minute running clock...

Every 3 minutes (x 3):

Row 500m For Time

Tiebreak: There is no tie break for this workout.

VARIATIONS

All age groups and divisions will perform the same workout as detailed above.

RX's 60+ and **Scaled** divisions will have a 15 minute running clock, and will row their 500m every 5 minutes.

WORKOUT DESCRIPTION

This workout is for total time. The athlete starts seated on the rower with no hands touching the handle. On the call of "3,2,1, go".... the athlete begins their first 500m Row for a time. The rower is then reset and on minute 3 the athlete will row their second 500m Row for a time. The rower is then reset and on minute 6 the athlete will row their third and final 500m Row for a time.

The monitor on the rower MUST be set to countdown from 500m at the beginning of each Row.

SCORING

The athlete's score will be the total time it takes to complete all three 500m rows. Recorded as MM:SS.M. For example, if you complete the 3 rows in 1:45.2, 1:47.8 and 1:52.3, your total time to record will be 5:25.3.

EQUIPMENT LIST

- Concept 2 rower that counts metres
- A judge to check movement standards and record times.
- Check the floor plan for set up.
- Extra camera to record rower monitor (if not linking WOD Proof App to rower)



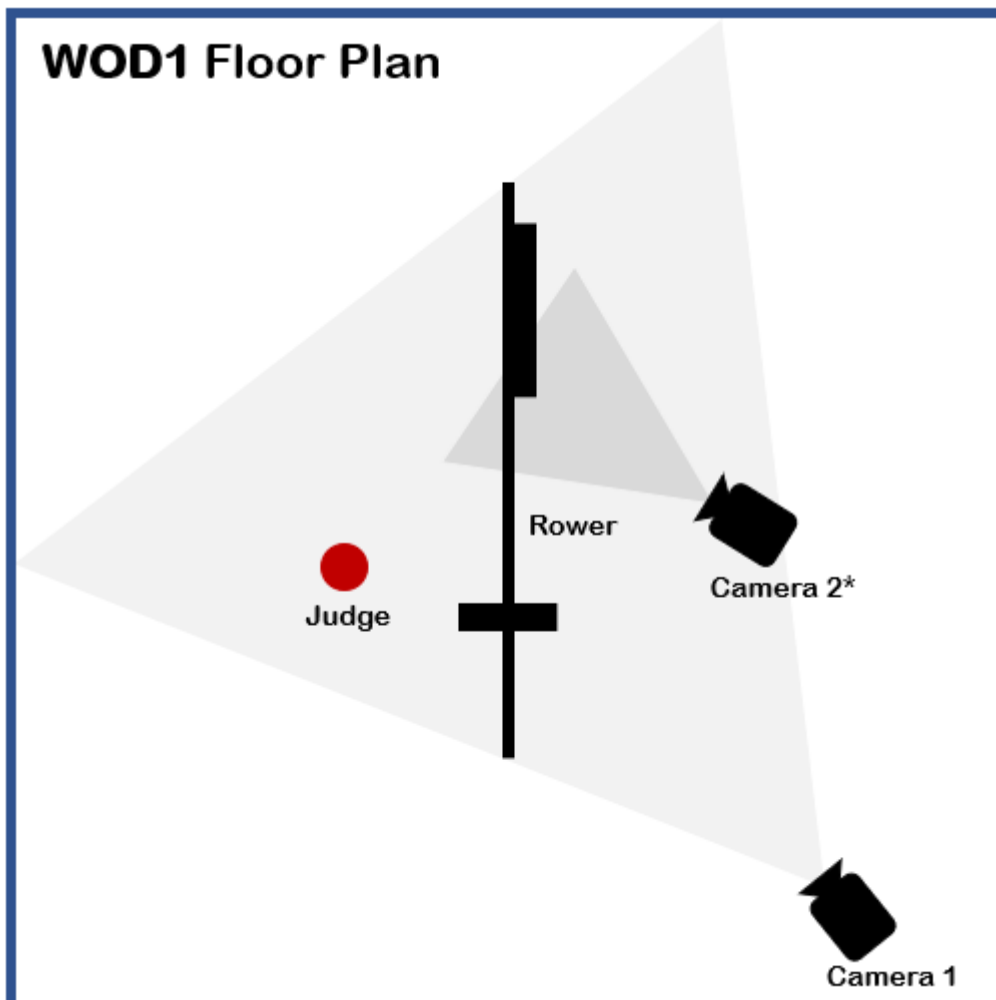
MOVEMENT STANDARDS

Movement	
Row	<ul style="list-style-type: none">• The monitor on the rower must be set to countdown from 500m at the beginning of each interval.• Athletes may receive assistance in resetting the monitors.• The athlete must stay seated on the rower, with hands on the handles until the monitor reads zero.• Have an app that links your rower monitor to your video e.g. the WOD Proof app. If you cannot link the app, you will need TWO CAMERAS to record the workout, as metres on the monitor MUST be in camera shot throughout the entire workout.

VIDEO STANDARDS

1. Athlete must state name and division at start of video.
2. Rowing monitor must be clearly visible at all times - you will either need to connect the WOD Proof app to your rower or have two cameras set up. A video on how to connect to the WOD proof App can be found here: https://youtu.be/QT0vmbp_4Ac
3. At the end of the workout, ensure you show the 3 interval times clearly before ending the recording.
4. Have all equipment, athlete and judge within frame from start to finish.
5. Have a judge present at all times.
6. Your judge must be confident enough to no-rep you, if necessary
7. Clock in screen at all times, ideally use the WOD Proof App, which has our workouts ready for you to use (search BMC/ BTC)

FLOOR PLAN



* Second camera should be used to show the rower monitor if not using Wod Proof.

WOD 1 – SEASICK SCORECARD (Rx'd 13-59)

On a 9 minute running clock...

Every 3 minutes (x 3):

Row 500m For Time

Tiebreak: There is no tie break for this workout.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout as detailed above.

RX's 60+ and **Scaled** divisions will have a 15 minute running clock, and will row their 500m every 5 minutes.

ROUND	500m Row
1	
2	
3	

Total Time (MM:SS.M):

WOD 1 – SEASICK

SCORECARD (Rx'd 60+ & Scaled)

On a 15 minute running clock...
Every 5 minutes (x 3):

Row 500m For Time

Tiebreak: There is no tie break for this workout.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout as detailed above.

Rx'd 60+ and **Scaled** divisions will have a 15 minute running clock, and will row their 500m every 5 minutes.

ROUND	500m Row
1	
2	
3	

Total Time (MM:SS.M):