

VICKERY ATHLETICS

INTRAMURAL 2023

WEEK 2- 23.2

Open Workout (23.2)

-NO RX or SCALED

-MALE AND FEMALE DIVISION Scored Separately

- "Other Scaling" can be any variation for participation point

-PART A (Run) and PART B are Scored and Awarded Points Separately BUT done together in one 15min running clock.

15min Total Time (Score = Total Time)

A) 550m Run for Time

Immediately Into....

B) AMRAP w/ Time Remaining (Score=Total Reps)

5 Burpee Over Bench*

10/8 Echo Bike Cals

10 Burpee Over Bench

10/8 Echo Bike Cals

15 Burpee Over Bench

10/8 Echo Bike Cals

20 Burpee Over Bench...etc

*Burpee Over Bench increases by 5 each round.

** Reset Bike Screen btwn each round

SCORING

PART A: Male and Female Division:1st Place=(4pts)

Male and Female Division: 2nd-5th=(1pt)

PART B: Male and Female Division:1st Place=(4pts)

Male and Female Division: 2nd-5th=(1pt)

Vickery Movement Standards

RUN

-ONE Lap Around the gym block, running or walking accepted. Any other modality is "other/participation" scale.

-This is scored as an individual event but happens within the 15min timer.

ECHO BIKE

-Needs to be reset between efforts

BURPEE OVER BENCH

-A rep is counted every time a member goes over the bench after a burpee

-Burpee the chest fully touches the ground each rep.

-Touching above the head or standing up fully at the top of each rep is NOT required.

-Step or Jump over the bench allowed.

-Touching the bench in anyway during the burpee or the "over" is NOT permitted

VICKERY

OPEN 23

ATHLETICS