



EVENT 1 – BALLS THROUGH THE WALLS

Each team will have a selection of balls of various weights to be distributed at their (or the captains) discretion.

Each team member will perform 20 wallballs followed immediately by a run (distance to be show on the day of the event) carrying that same ball.

One team member at a time, relay style. 16min AMRAP

Teams must maintain their relay order throughout the duration of the AMRAP

2 Heats of 2 Teams

WallBalls (1 Team Member Selects 1 Ball)

30#

25#

20#

16#

14#

8#