



CrossFit LICENSED EVENT | 2024

24.2 Team

RUN FORREST, RUN

presented by

FITAID⁺

Friday 13 December
from 13.45

Athletics Track
Largo Atleti Azzurri D'Italia,
20832 Desio MB

RUN FORREST, RUN

presented by
FITAID+

ALL CATEGORIES

FOR TIME:

2000m Run, Split as Follows:

400m Heavy Run W / M1+M2 Run

800m Heavy Run M1 / W+M2 Run

800m Heavy Run M2 / W+M1 Run

Time Cap 18'

Backpack load 15/10kg

SCORE = TIME or Valid REPS

FLOW

Gli atleti partono in fila indiana sul lato lungo di fronte agli spalti con una corda in mano e gli zaini appesantiti già indossati.

Al 3...2...1... GO! Gli atleti partiranno eseguendo i giri di campo come richiesto.

The athletes start in single file on the long side in front of the stands with a rope in their hands and weighted backpacks already worn.

*At 3... 2... 1... GO!
The athletes will start by performing the laps of the field as required.*

STANDARDS

RUN:

Il team deve correre all'interno delle corsie dedicate sempre tenendo la corda in mano.

Ogni tentativo di accorciare il percorso delle corsie designate comporta un punteggio pari a 0.

HEAVY RUN:

Cambio dello zaino dovrà essere effettuato all'interno del box di partenza/arrivo del team.

RUN:

The team must run within the dedicated lanes always holding the rope in hand. Any attempt to shorten the route of the designated lanes will result in a score of 0.

HEAVY RUN:

Backpack switch must be performed inside the team's start/finish box.