

FIRST REP COMPETITION

Athlete Packet

EVENT OVERVIEW

The First Rep Competition is a beginner-friendly team competition designed for scaled and intermediate athletes.

Format:

- 3 Person Coed Teams (minimum 1 female)
 - 3 Workouts + 1 Lift
 - Final Event for Top 5 Teams
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EVENT FLOW

- Athletes will check in prior to their first heat
 - Teams will rotate through assigned workout heats
 - The Deadlift Ladder will run throughout the day and can be completed between heats
 - After all events are complete, the Top 5 teams will advance to the final rowing event
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SCORING

- Each event will be scored based on time or total completed work
- Lower total points = better overall ranking
- Cumulative score from Event 1, Event 2, and the Deadlift Ladder determines rankings

Final Qualification

- The top 5 teams after the first three events will advance to the final event

Final Event Determines Podium

- The final rowing event will determine overall podium placements
- 1st place in the final = 1st overall
- 2nd place in the final = 2nd overall
- 3rd place in the final = 3rd overall

This ensures that teams must perform well across all events to qualify, and then compete head-to-head in the final to determine the winners.

EVENT 1 – FIRST REP RELAY – FIRST REP RELAY

12 Minute AMRAP

- 80 Single Unders
- 12 DB Hang Clean & Press
- 12 DB Front Squats
- 10 Hand Release Push-Ups

Standards:

- One athlete works at a time
 - Must complete full round before switching
 - Reps must meet movement standards to count
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EVENT 2 – THE GRINDER

15 Minute Time Cap

- 150 Wall Balls
- 120 Sit-Ups
- 90 Dumbbell Lunges
- 60 Burpees (or chosen alternative)
- 400m Team Run (all athletes together)

Standards:

- Team may split reps as desired
 - All athletes must complete run together
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EVENT 3 – TEAM DEADLIFT LADDER

Runs Throughout the Day

Format:

- 1 team lifts at a time
- Athletes complete ladder between heats
- Each athlete progresses individually

Rules:

- Each athlete attempts each weight once
- No retries
- Athlete continues until failure

Scoring:

- Each athlete earns their highest successful lift
- Team score = combined total of all 3 athletes

Standards:

- Bar starts on the ground
 - Full lockout at top (hips and knees extended)
 - Shoulders behind bar
 - Controlled return to ground
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FINAL EVENT – TEAM ROW

Top 5 Teams Advance**1500m Team Row for Time****Format:**

- One athlete rows at a time
- Teams may switch as often as desired

Rules:

- Athlete must fully transition before next begins
- Rower must reach full distance

Scoring:

- Fastest time wins
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MOVEMENT STANDARDS (GENERAL)

- All reps must be completed to full standard
 - Judges have final say on all reps
 - No rep will be called for improper movement
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SCHEDULE (SAMPLE)

- Athlete Check-In: 8:00 AM
 - Briefing: 8:30 AM
 - Event 1 Start: 9:00 AM
 - Event 2: Midday
 - Deadlift Ladder: Runs All Day
 - Final Event: Afternoon
 - Awards: Immediately after finals
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FINAL NOTES

- Arrive early and be ready for your heat
- Listen for announcements
- Have fun and support your team

Welcome to your first competition — let's get to work.