Strongstars Rules & Events

* Teams of 4 students from Year 9/10 - can be single sex or mixed sex
* The event is a timed team event with 5 different activities focusing on aerobic capacity and muscular endurance.
* Each event will consist of running 2 laps of the sportshall followed by a technical activity, all team members must complete the 2 laps and the activity before the timer is stopped. The team with the fastest time overall will win the competition.
* Events will be scaled for male and female students.

Event 1 -

* 15 Box jump overs @ 24 inches for males
* 12 Box jump overs @ 20 inches for females

Event 2

* 15 Cal row for males
* 12 Cal row for females

Event 3 -

* 20 wall balls @ 5kg for males
* 16 wall balls @ 3kg for females

Event 4 -

* 2 x 10 kg 40m plate carry for males
* 2 x 5 kg 40m plate carry for females

Event 5 -

* 20 Plate FTOH (Floor to overhead) @ 10kg for males
* 16 Plate FTOH @ 5kg for females