

FITTEST OF THE
COAST
COASTAL QUALIFIER

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GRIPS

WORKOUT 2

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2

For time:

15 Wall Walks
50 Deadlifts
100' HS Walk

12:00 Cap

EQUIPMENT

- Barbell (45lb for men & 35lb for women)
- Bumpers
- Wall space
- 20' tape line (inside corner to inside corner of tape line should be 20').
- Every 5 feet of tape line should be marked (all divisions except RX)

VARIATIONS

RX:

15 Wall Walks
50 Deadlifts (225/155)
100' HS Walk (20' unbroken segments)

INT/35-44 Age Divisions

15 Wall Walks
50 Deadlifts (225/155)
100' HS Walk (5' unbroken segments)

45-54 Age Divisions

10 Wall Walks
50 Deadlifts (185/125)
100' HS Walk (5' unbroken segments)

Teen Divisions

10 Wall Walks
50 Deadlifts (155/105)
100' HS Walk (5' unbroken segments)

Scaled, 55-59, 60+ Age Divisions

10 Wall Walks
50 Deadlifts (155/105)
200' Dual DB OH Carry (35/20)

Scaled division athletes will perform the scaled variation of wall walks. See standards section for more info.



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SUBMISSION GUIDELINES

Workout scores must be submitted by 9pm EST on Tuesday, October 11, 2022. Late submissions will not be accepted. Athletes must have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score if a judge is present, but all athletes who earn a qualifying spot must be prepared to submit at least one workout video at the conclusion of the Coastal Qualifier. FOTC will notify athletes via email with video requests. Athletes can download video recording apps such as WeTime or WOD Proof to easily record and submit videos.

When videoing workout, athletes need to show 20' tape length, wall walk tape measurements and weight of bars and bumper plates.

Team Score Entry: The score will be the sum of both athletes' scores. The team captain will be required to submit both scores online. Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 65 of the 85 total reps, he must add 20 seconds to the time cap of 12:00. His score would be entered as 12:20.

WORKOUT FLOW

This workout begins with the athlete standing tall in front of the wall. At the call of "3..2..1..go", the athlete drops to the ground and performs the prescribed total of wall walks for his/her division. Once all the reps of wall walks are complete, the athlete will move to the barbell where they will perform 50 deadlifts. Once all the reps of deadlifts are complete, the athlete will move to the 20' tape line and complete either 100' of handstand walks or 200' of double DB overhead carries.

The time stops when the athlete fully crosses the tape line on the final rep of handstand walks or double DB overhead carries. The tiebreak time for Workout 2 is the time at which the athlete finishes the final rep of 50 deadlifts. The time cap for this workout is 12:00. Athletes who fail to finish all the prescribed reps, will record their score in total successful reps completed. The clock should count up.

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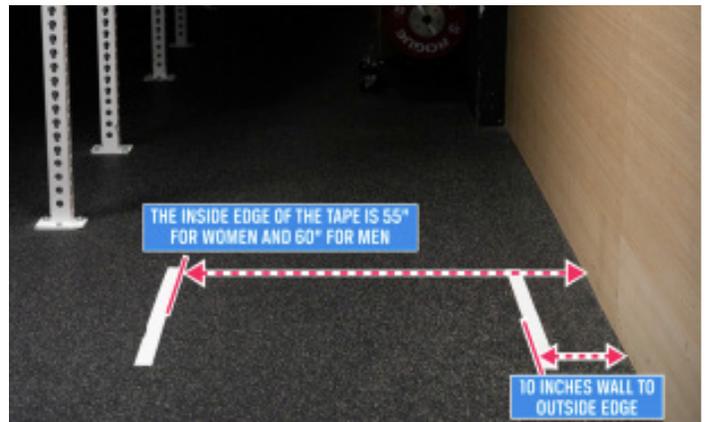
WORKOUT 2

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MOVEMENT STANDARDS:

Wall Walk:

Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition. Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.



Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).

Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line for the 10-inch mark before the athlete can descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the first line.

The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.

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MOVEMENT STANDARDS:

Scaled Division Wall Walk:

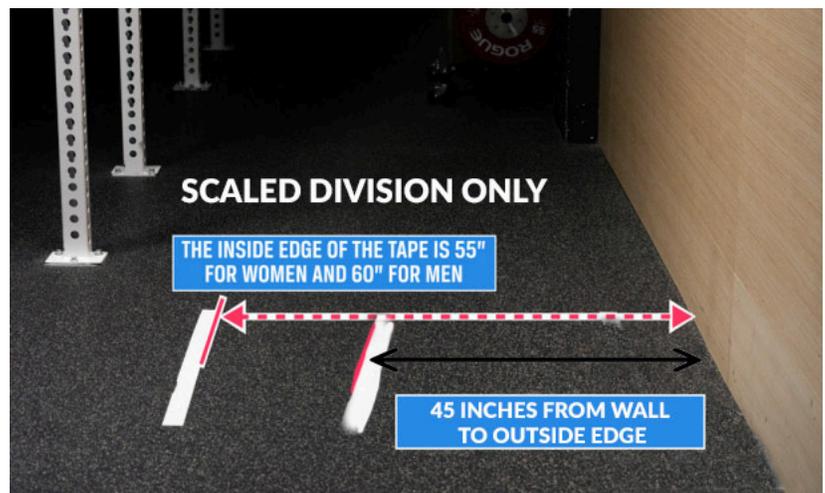
Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition. Tape a second line that leaves 45 inches of space between the tape's far edge and the wall.

Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).

Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line for the 45-inch mark before the athlete can descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the first line.

The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.





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WORKOUT 2

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MOVEMENT STANDARDS:

Deadlift:

The movement begins with the barbell on the ground. The athlete must stand with hips and knees fully locked out. Bouncing the barbell is not allowed. Hands must be outside the knees – sumo deadlifts are not allowed. Both bumper plates must touch the ground for a rep to count. Lifting straps are not allowed.

Handstand Walk:

A 20-foot segment must be marked on the ground with two clearly recognizable tape lines 20 feet apart. A tape line must be used. Not cones. 20 feet should be measured from the inside edges of each side of the 20 foot tape line.

Athletes must kick up with hands (entire hand, including palm and fingers) behind the starting line. A rep is complete once both hands (entire hand, including palm and fingers) cross the line indicating a five-foot segment or 20-foot line (RX division only). If any part of the athlete's body touches the ground prior to a five-foot segment or 20-foot line (RX division only), it will be a no rep. Athletes can not handstand walk backwards.

For all divisions, except RX division, each 5-foot section will count as 1 rep. If the athlete fails to meet any standard during an attempt, the athlete must restart from behind the last 5-foot section successfully completed.

For RX division, each 20-foot section will count as 1 rep. If the athlete fails to meet any standard during an attempt, the athlete must restart from the start of the 20-foot line.

Athletes must use a 20-foot line for walks. Lines longer than 20-feet will not be allowed.

Double Dumbbell Overhead Carry:

Athletes will take two dumbbells and move them into an overhead carry position. Athletes can not start their overhead carries until dumbbells are in the overhead position. Both feet must be behind the start of the 20' tape line. Every 5 feet completed counts as one completed rep. Both feet must cross the line for a rep to count. Athletes must turnaround after carry 20' feet. If, during the carry, either head of the dumbbell comes into contact or below the athlete's head, the athlete must return to the previous 5-foot section.



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WORKOUT 2 - RX Divisions

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2 - RX

For time:

15 Wall Walks
 50 Deadlifts (225/155)
 100' HS Walk (20' Unbroken Segments)

12:00 Cap

Men use 225#

Women use 155#

Handstand walks must be completed in 20' unbroken segments

Each 20' handstand walk segment completed = 1 rep

*Tiebreak = time at which athlete completes last rep of deadlift

WORKOUT 2		
15 Wall Walks	15	
50 Deadlifts	65	Tie Break Time (time after 50 DL)
100' HS Walk	70	

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
OR	
TOTAL TIME	

TEAM SCORE ENTRY

TOTAL TIME	
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TIE BREAK TIME ENTRY

TOTAL TIME	
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 65 of the 70 total reps, he must add 5 seconds to the time cap of 12:00. His score would be entered as 12:05. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature



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WORKOUT 2 - Intermediate/35-44 Age Divisions

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2 Intermediate/35-44 Age Divisions

WORKOUT 2		
15 Wall Walks	15	
50 Deadlifts	65	Tie Break Time (time after 50 DL)
100' HS Walk	85	

For time:

15 Wall Walks
50 Deadlifts (225/155)
100' HS Walk (5' Unbroken Segments)

12:00 Cap

Men use 225#

Women use 155#

Handstand walks must be completed in 5' unbroken segments

Each 5' handstand walk segment completed = 1 rep

*Tiebreak = time at which athlete completes last rep of deadlift

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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OR

TOTAL TIME	
------------	--

TEAM SCORE ENTRY

TOTAL TIME	
------------	--

TIE BREAK TIME ENTRY

TOTAL TIME	
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 65 of the 85 total reps, he must add 20 seconds to the time cap of 12:00. His score would be entered as 12:20. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature



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WORKOUT 2 - 45-54 Age Divisions

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2 45-54 Age Divisions

For time:

10 Wall Walks
50 Deadlifts (185/125)
100' HS Walk (5' Unbroken Segments)

12:00 Cap

Men use 185#

Women use 125#

Handstand walks must be completed in 5' unbroken segments

Each 5' handstand walk segment completed = 1 rep

*Tiebreak = time at which athlete completes last rep of deadlift

WORKOUT 2		
10 Wall Walks	10	
50 Deadlifts	60	Tie Break Time (time after 50 DL)
100' HS Walk	80	

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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OR

TOTAL TIME	
------------	--

TEAM SCORE ENTRY

TOTAL TIME	
------------	--

TIE BREAK TIME ENTRY

TOTAL TIME	
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 65 of the 80 total reps, he must add 15 seconds to the time cap of 12:00. His score would be entered as 12:15. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature



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WORKOUT 2 - Teen Divisions

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2 Teen Divisions

For time:

10 Wall Walks
50 Deadlifts (155/105)
100' HS Walk (5' Unbroken Segments)

12:00 Cap

Men use 155#

Women use 105#

Handstand walks must be completed in 5' unbroken segments

Each 5' handstand walk segment completed = 1 rep

*Tiebreak = time at which athlete completes last rep of deadlift

WORKOUT 2		
10 Wall Walks		10
50 Deadlifts		60
100' HS Walk		80

Tie Break Time
(time after 50 DL)

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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OR

TOTAL TIME	
------------	--

TEAM SCORE ENTRY

TOTAL TIME	
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TIE BREAK TIME ENTRY

TOTAL TIME	
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 65 of the 80 total reps, he must add 15 seconds to the time cap of 12:00. His score would be entered as 12:15. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature



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WORKOUT 2 - Scaled, 55-59, 60+ Divisions

Thursday, October 6 - Tuesday, October 11, 2022 (9pm EST)

WORKOUT 2 Scaled 55-59, 60+ Divisions

For time:

10 Wall Walks
50 Deadlifts (155/105)
200' Dual DB Overhead Carry (35/20)

12:00 Cap

Men use 155#

Women use 105#

Dual DB overhead carries must be completed in 5' unbroken segments

Each 5' dual db overhead carry completed = 1 rep

*Tiebreak = time at which athlete completes last rep of deadlift

Scaled division athletes will perform the scaled variation of wall walks. See standards section for more info.

WORKOUT 2		
10 Wall Walks	10	
50 Deadlifts	60	Tie Break Time (time after 50 DL)
200' Dual DB Overhead Carry	100	

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
OR	
TOTAL TIME	

TEAM SCORE ENTRY

TOTAL TIME	
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TIE BREAK TIME ENTRY

TOTAL TIME	
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 90 of the 100 total reps, he must add 10 seconds to the time cap of 12:00. His score would be entered as 12:10. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature