Athlete’s scores will be categorized into Under 15, Under 17, or Under 19 divisions based on their current age.

**THE CHALLENGE**
*for U17 and U19 athletes*

- 1,000 meter row for time (3:00 rest)
- 1 mile run for time (3:00 rest)
- 100 burpees

**TEST VARIATIONS**
*Scaled for U15 athletes*

- 750 meter row for time (3:00 rest)
- 1 mile run for time (3:00 rest)
- 50 burpees

Score will be the total time of all work and rest.

**TEAMS**

Teams of 3 males and 3 females may compete to represent their Club/Team. Each athlete must submit their individual times. The team’s score for submission will be the average time taken from all six athletes competing.

All competitors must be current members of US SAILING.

**AWARDS**

U15 Boys, U15 Girls, U17 Boys, U17 Girls, U19 Boys, U19 Girls, and Top Team will be recognized publicly and awarded after all submissions are tallied at 6pm (Pacific Time) March 15, 2024. Submit Scores: [https://ussailing.jotform.com/240106390230037](https://ussailing.jotform.com/240106390230037)

**NOTES**

For athletes competing as one (1) a judge, or witness, must certify your score by signing their name to this form. All competitor’s may submit up to three (3) scores throughout the challenge window.

In the event of a tie, the fastest burpee time will break the tie. If two or more athlete’s burpee times are the same, the fastest 1 mile run time will break the tie. If there is still no tiebreaker, a special event will be created to name a winner.