



WOD #1
Nautical Nancy
12 Minute Time Cap

Equipment:
95/65 RX
75/55 Scaled

Concept 2 Rower

WOD:
5 Rounds for time
30 Cal Row
15 Synchro OHS

Score: Wod #1 is for time, therefore the team to complete the five rounds first will take first place for Wod #1 and all other teams will be ranked according to their time. If a team does not complete the five rounds the team will accumulate one sec per rep not completed. For example, a team completes four rounds and ten overhead squats. Their time will reflect 5 extra seconds = 12:05 for their finish.

Description:
At 3,2,1 teams will begin round one with a 30 calorie row and then complete 15 synchronized OHS. Teams will continue until all five rounds are completed.

The calories during the row may be divided between the athletes however the athletes choose. The OHS will need to be completed together in unison. Please see standards for synchro OHS below.

Standards:
Row:

- The monitor on the rower must be set to zero at the beginning.
- Monitor must read 30 calories before starting OHS.
- Athletes must tag partner to switch.

Synchro OHS:

- A full snatch is permitted but not required to start the movement as long as the standard depth is achieved.
- The hip crease must be below the knee at the bottom of the squat.
- For a complete rep, the hips and knees must fully open at the top with the barbell locked out overhead.
- **Movement will start** when both athletes have barbell overhead and arms locked.
- Athletes must descend at approximately the same speed to **reach full depth together**.
- Athletes will ascend at approximately the same speed to **reach full extension** at the top of the movement together.
- If the athletes fail to perform the OHS in unison, the rep will be considered a failed rep and the athletes will need to restart the OHS movement.