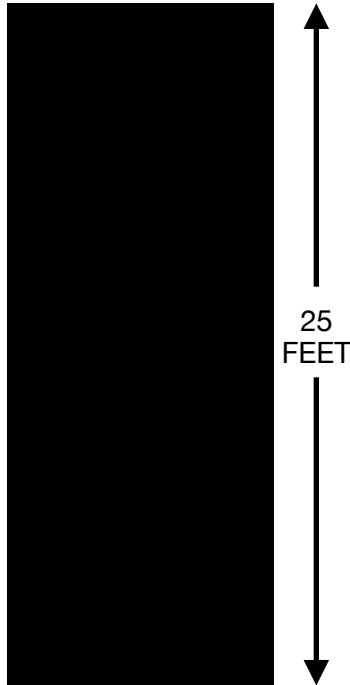


DUALITY 2019 KIDS EVENT 3: “PERRO DE TRINEO” (SLED DOG)



THE SLED PULL

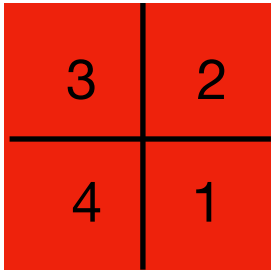
Athletes will pull the sled with the rope standing or seated behind the line on each side. The entire body of the sled will pass the line in order for the rep to count.

The athlete will then take the rope to the opposite side of the lane and complete another rep.

They will do this until they have completed 200 or 150 feet.



THE 4 SQUARE JUMP



Athletes start inside the bottom right Section 1 of the large square. All jumps and lands will be with 2 feet.

They will then jump forward into Section 2, left into Section 3, backwards into Section 4 and right back into Section 1.

This constitutes 1 good rep. They may not touch the lines or land outside the lines or the whole rep does not count and they will need to start over on Section 1