

W.O.D 2IN ASSOCIATION WITH
LES MILLS**LOCATION: AUT MILLENNIUM INSTITUTE TRACK**
FORMAT: ALL 4 MEMBERS, 800M RELAY
TIME:**WORKOUT ALL DIVISIONS****Run 800m****OVERVIEW:**

This is a relay event with a team in a designated lane. Each athlete will run 800m in their team's lane with a baton.
Athlete one will start the race with the baton. After completing two laps will pass on to athlete two etc.
Time will stop after athlete four has completed their two laps.

MOVEMENT STANDARDS:

Run 800m in an athletic track lane

**SCORING**

Scoring is based on time. 1st place is 1 point, second place is 2 points etc.