



Candidates,

Due to a large amount of interest from out of state candidates, we are now requiring a virtual selection process to allow the most prepared candidates the opportunity to enter the program.

The process will consist of three events. Push ups, Sit ups, and a 1.5 mile run for time.

The candidates score will be calculated by reps completed and their run ranking.

On completion, a ranking list will be sent out.

FSD will give the top 5 candidates the opportunity to continue with registration. If any of those 5 candidates decide to withdraw from the process before the program start date, the next candidate in the ranking will be notified and given the opportunity.

Only those currently registered will be allowed to participate in this process.

Any questions regarding the virtual selection process shall be sent to fsfcsmokediver@gmail.com

VIRTUAL SELECTION

Download and set up the WODProof app. This app allows you to record your event with a running clock in the back ground. Once completed, save all entries and e-mail them to fsfcsmokediver@gmail.com with the 3 videos and scores.

Upon receipt, the quality of reps will be verified and a final score will be awarded and documented. We recommend you make sure you understand the movement standards before submitting your entry. No subsequent entries will be allowed.



Push Ups

The candidate will start in the UP position, hands shoulder width apart, back straight. At the start of the time, the candidate will come down past 90 degrees (at the elbows) then press up to a fully locked out position. That will constitute one repetition. Any variation from that standard will be considered a missed repetition. (Not going below 90 degrees, not fully locked out at the top)



At no point will the candidates knees hit the ground. If the candidate uses a knee to assist in the push up or comes down to a knee to rest, the event will be considered over.

The only acceptable rest position is in the up position. The candidate is allowed to lift one hand off the ground during the rest.

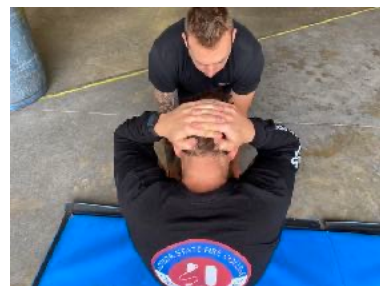


The candidate is to do as many repetitions as possible in 2 minutes.

SIT UP

The candidate will start in the down position with an assistant holding his/her feet. The assistant is allowed to hold the candidates feet in any comfortable position for the candidate.

The candidate will start with their shoulder blades flat on the ground, hands behind their head, and fingers interlaced together. At the start of the time, the candidate will sit up with a minimum of one elbow touching one knee at the top. The candidate will then return to the down position (shoulder blades must make contact with the ground) and continue to repeat their repetitions for a maximum amount in 2 minutes.



The candidates hips must maintain contact with the ground at all times. The only acceptable rest position is in the UP position with hands behind the candidates head. (No hugging knees/ resting in the down position)

The candidate is to do as many repetitions as possible in 2 minutes.

1.5 Mile Run

The candidate is to run 1.5 miles (6 laps) around an outdoor track as fast as possible. Run will be recorded using the WODProof app to verify run time. Frame should include as much of the track as possible.

Video Angle

In order to obtain the most complete display of your movements, the following video angles are required during each event.

Push Up



Sit Up



1.5 Mile Run

