



Side Workout #2

3000 meter row

The judge will set the rower to count down from 3000 meters. Once the distance is set, teams can begin when ready. Partners can switch out at any point during the row and may split the work however they choose. Once completed with the row make sure the judge records the time before leaving the rowing area.

Side Workout #2 Scoring

Time to complete the 3000 meters.