CARNAGE

SRILANKAFITNESSEXPO



CARNAGE × CROSSFIT CEYLON FITNESS RACING CHAMPIONSHIP 2026

MOVEMENTS & EVENTS

21 NOVEMBER 2026 · SLECC, COLOMBO

COMPETITION FORMAT

Doubles competition. Event 1 determines the finalist teams and their seed order.

THE EVENT LINE-UP

01

THE QUALIFIER

For time · Synchro Rope Run, Wall Ball Shots, Burpee Broad Jump, Overhead Plate Walking Lunges

02A

SLED SPRINT

2:00 AMRAP · Sled Push

02B

ROW + CFCY CARRY

3,000 m total rowing with CFCY Carry segments

COMPETITION FLOW

EVENT 1

Qualifier

Determines finalist teams and seed order.

EVENT 2A

Seed-order start

Teams go in Event 1 finishing order. 2-minute effort, 1-minute reset between teams.

TRANSITION

10-minute rest

Begins after the final team completes Event 2A.

EVENT 2B

Mass start

All finalist teams start together.

EVENT 1 • THE QUALIFIER

FOR TIME

01	**1 KM**	Synchro Rope Run
02	**120**	Wall Ball Shots (Video reference)
03	**1 KM**	Synchro Rope Run
04	**10 LENGTHS**	Burpee Broad Jump (Video reference)
05	**1 KM**	Synchro Rope Run
06	**8 LENGTHS**	Overhead Plate Walking Lunges (Video reference)

OVERHEAD PLATE WALKING LUNGE LOADS

MEN • 35 LB

WOMEN • 25 LB

SYNCHRO ROPE RUN RULE

Both partners must hold the designated rope throughout each 1 km run and complete the distance together.





FINALS • EVENT 2A + EVENT 2B

02A SLED SPRINT



LOADS

MEN • 100 KG

WOMEN • 70 KG

(Video reference)

EXECUTION

Start with the sled behind the end line. Push to the opposite end, cross the line, turn, and continue back and forth for 2 minutes. A midpoint line is marked halfway along the lane.

SCORING

FULL LENGTH = 1 POINT	The sled must cross the far end line.
HALF LENGTH = 0.5 POINT	The sled must cross the midpoint but not reach the far end line before time expires.

SEED ORDER & RECOVERY

Each team completes a 2-minute effort, with a 1-minute reset before the next team starts.

Event 2A will follow **Event 1 finishing order: 1st, 2nd, 3rd, 4th, then 5th. This order is intentional. Higher Event 1 placement means an earlier Event 2A start and more recovery before Event 2B.** After the final team completes Event 2A, all finalist teams will have **10 minutes to transition** before starting Event 2B together.

02B ROW + CFCY CARRY

01	**1,200 M ROW**
02	**1 LENGTH CFCY CARRY**
03	**1,000 M ROW**
04	**1 LENGTH CFCY CARRY**
05	**800 M ROW**
06	**1 LENGTH CFCY CARRY**

CFCY CARRY LOADS

MEN • 185 LB

WOMEN • 135 LB

(Video reference)

TOTAL ROWING

3,000 M

(Video reference)

START

After the final team completes Event 2A, there is a 10-minute rest and transition. All finalist teams then start Event 2B together.