



YARD GAMES
EVENT PROGRAMME

SATURDAY 26TH JULY 2025

IN COLLABORATION WITH

BluecoatSports
Christ's Hospital



Lifting*

Pro: Mens | Pro: Womens | Novice: Mens | Novice: Womens

Deadlift (3RM) | 100kg | 70kg | 40kg | 30kg

Lifting*

Pro: Mens | Pro: Womens | Novice: Mens | Novice: Womens

Overhead (3RM) | 50kg | 20kg | 25kg | 15kg

*Minimum Weights

Endurance* (20 mins)

Novice: Run (4 laps) | Row (1000m) | SkiErg** | Pro: Run (6 laps) | Row (1500m) | SkiErg**

* 1 lap = 200m

**Max distance for remaining time

Metcon

Pro

Exercise	Weight	Rep / Distance
Front Squat	M: 12kg F: 8kg	50
Farmer Carry (80m)	M: 28kg F: 20kg	80m
Devil Press	M: 12.5kg F: 7.5kg	50
Corebag Walking Lunges (40m)	M: 25kg F: 15kg	40m
GTOH	M: 25kg F: 15kg	50
Burpee Broad Jump	Bodyweight	40m

Novice

Exercise	Weight	Rep / Distance
Goblet Squat	M: 16kg F: 8kg	50
Farmer Carry (80m)	M: 24kg F: 16kg	80m
Clean & Press	M: 12kg F: 8kg	50
Walking Lunge (40m)	Bodyweight	40m
GTOH	M: 15kg F: 10kg	50
Broad Jump	Bodyweight	40m