

**M**ARCH  
**M**AYHEM  
2020

**OFFICIAL  
WORKOUTS**

# DATES AND FORMAT

# FAQs

## IMPORTANT DATES

**TRIALS** (All 64+ teams) – Thursday\* 2/20 thru Sunday 2/23

**ROUND 1** (64 teams) – Thursday 2/27 thru Sunday 3/1

**ROUND 2** (32 teams) – Thursday 3/5 thru Sunday 3/8

**ROUND 3** (16 teams) – Thursday 3/12 thru Sunday 3/15

**ROUND 4** (8 teams) – Thursday 3/19 thru Sunday 3/22

**SEMI-FINALS** (4 teams) – Wednesday 3/25\*\*

**MAYHEM FINALS** (2 teams, 1 Turf) – Saturday 3/28 @ 11:00am

at Turf Shelby 13303 West Star Drive  
Shelby Charter Township MI 48315

\* Mayhem workouts (Trials 6 Rounds 1-4) will be scheduled as the workout of the day for the regular, non-competing members every Sunday. Tournament competitors can elect to do their workout any day within the Thursday-Sunday window.

\*\* Semi-Finals date is subject to change. We require all teams in the semis to go on the same day to ensure that no team has an unfair advantage by knowing the scores of their opponents ahead of time AND to give each participant the same amount of recovery time before the finals.

## OVERVIEW

- Syphus Training's most popular "doubles" tournament
- 64 team bracket-style, single-elimination
- Semi-Random Seeding (see below)
- Teams are handicapped by a Mayhem Boulder. That is, couples that usually score in the 500s can evenly compete against those in the 900s
- All workouts are Pick Your Poison Centaur2 where each partner will select a task and must complete both tasks before advancing to the next task number. You're only as strong as your weakest link!
- Teams advance by their performance (+/-) against their own collective boulder in comparison to that of their opponents.

## REGISTRATION, TRIALS and BRACKET SEEDING

Register by contacting a Pro at your Turf who will enter your name, along with your partner's into a database with all participants turf-wide. We ask that you only register for the tournament if you're sure that you can commit to the above dates. Rounds are listed as a date range to allow you flexibility in scheduling. Your team will need to complete one workout within that date range.

Trials are mandatory as your performance determines (in part) your team's handicap, byes/qualifiers for the 64 team bracket and also your seeding for the tournament. All participants must compete and log a score for Trials no later than 5:00pm Sunday February 2/23.

IF THERE ARE MORE THAN 64 TEAMS ENROLLED – The trials will determine who qualifies for the tournament. Teams with the lowest (+/-) will not make the tournament play.

IF THERE ARE FEWER THAN 64 TEAMS ENROLLED – The trials will determine which teams are awarded a bye. Teams with the highest (+/-) will automatically be advanced to the second round of play.

SEMI-RANDOM SEEDING – Your performance in trials will also determine your placement within the bracket; seeded by performance or seeded randomly. The top 8 teams will be positioned in the bracket in such a way that these 8 teams would not have to face-off against one another until there are 8 teams remaining. These top 8 teams will also be ranked by their trial performance and seeded intentionally based on their performance giving a hypothetical "easier" route to the finals and creating additional incentive to go all out in the trials workout.

On February 24<sup>th</sup>, the Monday following the trials workout we will have a Facebook live drawing to show the random seeding of the remaining teams to determine the match-ups in Round 1 and beyond.

**I have a scheduling conflict that won't allow me to participate in the Trials but I am home all March, does that mean I can't compete?** The date range provided for the Trials is when we suspect most people will be competing as the trials workout is also the scheduled workout for everyone (even non-mayhem participants) on Saturday February, 22nd. If you and your partner need to run at an earlier date/time, even as much as a week, this is allowed. All scores must be logged by each turf's Pro by 5:00pm on 2/23. Any teams without a score by that time will be excluded from the tournament.

**I have a scheduling conflict during the round play, what if we advance and I can't make it, is there any way to work around this?** There is, but it often comes at a price! If you know in advance that you will not be able to compete during a certain round, and your team has a chance of making that round, you will need to do that workout in advance. Which usually means little to no rest between bouts and oftentimes it will be done without knowing that your team will actually move on to the round in which your competing. You would be competing for a score that's to be used hypothetically should you advance. There are NO make up dates. That is, we will not accept any scores after the noted dates for each round. Failure to log a score will result in a forfeit.

**I have a scheduling conflict with the SEMIFINALS. Should I not sign up?** Sign up! With the semi-finals only having four teams to coordinate and nearly an entire week leading up to it, we should be able to corral all of the teams to see if the proposed Thursday works for everyone. As mentioned above, it is imperative that all 4 teams participate on the same day out of fairness.

**I have a scheduling conflict during the finals. Should I sign up?** No, no you shouldn't. But you can always watch the highlights of it on YouTube.

**What if there's a tie?** In the round play and the semi-finals should there be a tie between teams, the team that has logged the most combined scored workouts for the year of 2019 shall advance. Should there be a tie in the Finals, both teams will be dubbed co-champions.

**When will I know if our team advanced to the next round?** Why is it taking for long to see the scores from the workout? Knowing your opponent's final score prior to you and your partner running is a very unfair advantage; it gives you a target to hit and it also allows you to rest after hitting that target for the remainder of the workout. Your Pros are aware of these advantages and we take extra care to keep your scores concealed until we verify with the other turfs (or pros if at the same turf) that both teams have completed their workouts. To that point, we ask that all pros and members of Syphus Training respect this etiquette of the tournament. If you are working out in a class and witness a team(s) competing for March Mayhem please do not spread the word on their performance as it often gets back to the opponents. Posting scores on Facebook, or even texting about it could leak the information. One step further, you would be wise to keep your score close to the vest until you see the final results posted.

**Will we be able to see the workouts for the tournament in advance?** Yes, and you'll want to do all the studying you can! All the workouts for the entire tournament will be posted on our website at [www.syphustraining.com](http://www.syphustraining.com) under the Motherboard tab. This year's workouts will be posted alongside the Motherboard for February.

**I am not competing in Mayhem but I see workouts on the schedule listed as March Mayhem. Am I not supposed to come in on those days? Come in and get a sweat.** The workout you'll be doing that day is the same that the competitors are doing but we also use the workouts as a workout of the day around the same timeframe that they'll be doing it. Don't worry, just by attending you won't be actually in the tournament BUT you could have a big impact on your turfmates who may be part of your class that ARE competing. Encouragement appreciated!

**I am competing in Mayhem but I scheduled with my partner to run on a day after the round we're competing in schedule as the workout of the day, am I able to do the workout solo just to see how it flows?** No, sorry. This is an unfair advantage. You will have to do another day's workout on one of the boards at your Turf.

**I am competing in Mayhem and my partner and I already did the Mayhem workout that's slated for everyone else, what do I do?** You're welcome to that workout again...but do you really want to? If not, you can do a workout from days earlier in the week. Might we suggest the workout that was on the day that you did the Mayhem workout with your partner?

## SLOPE 26

## 2020 MARCH MAYHEM - TRIALS

1.	RUN	RUN	ROQ				ROQ
2.	TOES (20) + RUN	MT. CLIMB (20) + RUN	X	24.	TYPHON	BEAR	466
3.	SHUFFLE	EN GARDE	X	25.	MUGGER (12) + RUN	RAMBO (10) + RUN	481
4.	SWAGGIN 1:1	SKY HIGH 4-1	X	26.	STAT CURL (6) + TZN	STAT ROW (6) + TZN	495
5.	STAMPEDE	TAUNTAUN	X	27.	XPP	PLATE PUSH	516
6.	HIKES	TROMBONE 6+	X	28.	SHOT PUT	COBRA (10) + PUSH	559
7.	SA PP	MEL'S WHEELS	X	29.	BONSAI 3-1-4-2-4-1	SUICIDE 2-1-3-1-4-1	565
8.	TWO-STEP (20) + RUN	SUE-STEP (20) + RUN	X	30.	YETI	TAKE OFF!	586
9.	SPIKES	PRIMATES 4-1-3-1-2-1	X	31.	MONGOOSE	MONKEY	607
10.	BOVINE	GARGOYLE	X	32.	REV INCH	ATTACK-IT	657
11.	ROW STROLL 6+	POTTY SHOT	X	33.	TARZAN	TARZAN	659
12.	APESHOT!	MOGUL (20) + RUN	X	34.	SPD SKATES (20) + RUN	INFINITY (10) + RUN	670
13.	TWISTED	VEXUM	X	35.	DELAURA	CRAY-CRAY	704
14.	VIPER	JACKALOPE	X	36.	TARASQ	RIBBITS (10) + RUN	719
15.	MONTAUK	BULLDOG	X	37.	REVIVAL	PROWLER	772
16.	GALLOW 2-1-4-3-4-1	SHUTTLE RUN 3-2-4-2-3-1	X	38.	BANDIT (20) + RUN	MOGUL (20) + RUN	783
17.	W. LUNGE	QUICKSAND	277	39.	3 PT. STANCE	GROWLER	808
18.	WARRIOR	SLING SHOT 3-2-4-2-3-1	309	40.	OZARK	JACK-ASS	858
19.	TWINKLE TOES (30) + TZN	COALITION (10) + TZN	327	41.	YAK	GARGANTUAN	886
20.	BUCKS	MASTODON	363	42.	RAMPANT (10) + RUN	JAGGER (12) + RUN	900
21.	TURKEY	BUTT KICKS	366	43.	AMAROK	FROGS	921
22.	INCH WORM	DIABLO	405	44.	QUICK FT. (20) + RUN	HOT COALS (10) + RUN	930
23.	JACKAL	REV BULLDOG	438	45.	NEAPOLITAN	NEAPOLITAN	954

## SLOPE 21

## MARCH MAYHEM - ROUND 1

		ROQ		ROQ
1. RUN	EN GARDE		23. SA PP	ENFORCER
2. HOT COALS (10) + RUN	QUICK FT. (20) + RUN	X	24. STAT CURL (6) + TZN	VIP (10) + RUN
3. STAMPEDE	SHUFFLE	X	25. PABLO	B.N.C.
4. BONSAI 3-1-4-2-4-1	GALLOW 2-1-4-3-4-1	X	26. VEXED (10) + RUN	MOWGLI (12) + RUN
5. HIKES	RAMBO (10) + RUN	X	27. OZARK	SCORPION TO 3/BACK
6. LYCAN (10) + RUN	SPEED SKATES (20) + RUN	X	28. PRIMATES 4-1-3-1-2-1	YIKES!
7. BANDIT (20) + RUN	SPEED SKATES (20) + RUN	X	29. TOES (20) + RUN	SUICIDE 2-1-3-1-4-1
8. MOGUL PUSH	GIMPY DOG	X	30. REV HYDRA	SLIGER
9. REV VIPER	REV BOVINE	X	31. POTTY SHOT	TARASQ
10. TURKEY	TAUNTAUN	X	32. XPP	PLATE PUSH
11. SLUSKI	POTTY TO BULLDOG	X	33. SKY-HIGH 4-1	REV GREMLIN
12. COALITION (10) + TZN	STAT ROW (6) + TZN	X	34. SWAGGIN 1:1	SWAGGIN 1:1
13. STACK SHOT	BUCKS	X	35. ANACONDA	DEVIL
14. B. LUNGE	CROAKIN	X	36. MASTODON	WARLOCK
15. KAMIKAZE 4-3-4-2-4-1-4-1	APE SHOOT!	X	37. JAGGER (12) + RUN	MONKEY
16. JACKALOPE	MONGOOSE	X	38. COALITION (10) + TZN	TWINKLE TOES (30) + TZN
17. NO GIMMIES	GARGOYLE	X	39. TORO	THRASHER
18. BONSAI 3-1-4-2-4-1	SHUTTLE RUN 3-2-4-2-3-1	312	40. RAMPANT (10) + RUN	TROG
19. NEAPOLITAN	MIEL'S WHEELS	336	41. TYPHON	BUZZARD
20. DELAURA	REV BEAR	369	42. POTTY SHOT	BANDIT (20) + RUN
21. TWO-STEP (20) + RUN	SUE-STEP (20) + RUN	381	43. PRIMATES 4-1-3-1-2-1	FROGS
22. YETI	BEAR	402	44. SKATES	SKATES
			45. VEXUM	RAZOR

SCORES DISPLAYED REFLECT COMPLETION OF THE TASK'S SECOND REP

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## SLOPE 23

## MARCH MAYHEM - ROUND 2

		ROQ		ROQ	
1. SHUTTLE RUN 2-1-4-3-4-1	GALLOW 2-1-4-3-4-1		24. BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-2	494
2. STAMPEDE	EN GARDE	X	25. APE SHOOT!	VIP (10) + RUN	506
3. SWAGGIN 1:1	W. GREMLIN	X	26. SA DIABLO	REV PLATE PUSH	553
4. V-STEP (10) + RUN	MOGUL (20) + RUN	X	27. YAK	CRAZY LEGS	580
5. TWO-STEP (20) + RUN	QUICK FT. (20) + RUN	X	28. SKIPS	HIGH KNEES	582
6. PLATE PUSH	X PP	X	29. VENDM	REV BEAR	613
7. SPEED SKATES (20) + RUN	INFINITY (20) + RUN	X	30. BULLDOG	VIPER	637
8. TARASQ	JIGGY (20) RUN	X	31. GIMPY DOG	GIMPY DOG	668
9. MONKEY	SA PP	X	32. TAUNTAUN	STAMPEDE	670
10. NO GIMMIES	TAKE OFF!	X	33. REV GREMLIN	SKY HIGH 4-1	675
11. CRAY-CRAY	JACKAL	X	34. MONTAUK	MIEL'S WHEELS	702
12. CRAISE (20) + TZN	SPIKES	X	35. REV GARGOYLE	BUCKS	739
13. YETI	FROGS	X	36. SUE-STEP (20) + RUN	TROG	751
14. B. LUNGE	B. LUNGE	X	37. C.H.B.	313	795
15. GROWLER	BOVINE	X	38. TOES (20) + RUN	HOT COALS (10) + RUN	803
16. DEATH ROW 2-1-3-1-4-1	CALF-IN-ATOR	X	39. MOGUL PUSH	DELAURA	834
17. F. LUNGE	HYDRA	318	40. MONGOOSE	MONKEY	855
18. BEAR	NEAPOLITAN	342	41. SA PP	GARGOYLE	879
19. TWINKLE-TOES(30) + TZN	KAMIKAZE 4-3-4-2-4-1-4-1	360	42. BANDIT (20) + RUN	VEXED (10) + RUN	891
20. KNEELING CURL (6) + TZN	LYCAN (10) + RUN	378	43. TURKEY	TURKEY	892
21. OZARK	JESTER	428	44. AMAROK	MOGUL PUSH	913
22. REV BULLDOG	SLAP JACK	458	45. TYPHON	PRIMATES 4-1-3-1-2-1	941
23. VEXUM	TWISTED	489			

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## SLOPE 27

## MARCH MAYHEM - ROUND 3

		ROQ			ROQ		
1.	EN GARDE	TURKEY	ROQ	24.	MONTAUK	JACKALOPE	514
2.	STAMPEDE	TAUNTAUN	X	25.	RAZOR	REV GROWLER	545
3.	SUE-STEP (20) + RUN	QUICK FT. (20) + RUN	X	26.	NEAPOLITAN	MIEL'S WHEELS	569
4.	SQUONQ	SWAGGIN 1:1	X	27.	W. GREMLIN	W. GREMLIN	577
5.	LYCAN (10) + RUN	STAT ROW (6) + TZN	X	28.	MT. CLIMB (20) + RUN	V-STEP (10) + RUN	588
6.	STAT CURL (6) + TZN	POTTY SHOT	X	29.	TROG	APE SHOOT!	600
7.	3 PT STANCE	GROWLER	X	30.	SL INCH	REV SCORPION TO 3/BACK	657
8.	MOWGLI (12) + RUN	MOGUL (20) + RUN	X	31.	RUN	BUTT KICKS	648
9.	VIPER	REV BOVINE	X	32.	CROOK	TOES (20) + RUN	657
10.	STACK SHOT	REV GARGOYLE	X	33.	BUCKS	B.N.C.	694
11.	STAT HALO (18) + TZN	BUCK UPS	X	34.	REV ARACHNID	ANACONDA	735
12.	TWISTED	REV BEAR	X	35.	HIKES	KOBOLD	749
13.	VEXUM	GIMPY DOG	X	36.	CRAY-CRAY	DELAURA	783
14.	GARGOYLE	SPIKES	X	37.	BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	788
15.	SKY HIGH 4-1	SKY HIGH 4-1	X	38.	SLING SHOT 3-2-4-2-3-1	REV GARGOYLE	826
16.	RAMBO (10) + RUN	VIP (10) + RUN	297	39.	F. LUNGE	F. LUNGE	850
17.	DEATH ROW 2-1-3-1-4-1	CURIOUS GEORGE	330	40.	SHUFFLE	EN GARDE	852
18.	SKIPS	BUTT KICKS	333	41.	GROWLER	AMAROK	876
19.	CUJO	M.F.T.	385	42.	PLATE PUSH	XPP	897
20.	HOT COALS (10) + RUN	TWO-STEP (20) + RUN	397	43.	APE SHOOT!	BANDIT (20) + RUN	908
21.	WARRIOR	SWASHBUCKLER	431	44.	MONTAUK	SA PP	936
22.	REV MASTODON	POTTY SHOT HOPS	471	45.	TAKE OFF!	NEAPOLITAN	960
23.	TARASQ	INFINITY (20) + RUN	486				

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## SLOPE 28

## MARCH MAYHEM - ROUND 4

		ROQ			ROQ		
1.	SUICIDE 2-1-3-1-4-1	BONSAI 3-1-4-2-4-1		24.	SHUTTLE RUN 3-2-4-2-3-1	GALLOW 2-1-4-3-4-1	456
2.	SUE-STEP (20) + RUN	TWO-STEP (20) + RUN	X	25.	3 PT. STANCE	POTTY SHOT	481
3.	EN GARDE	SHUFFLE	X	26.	WARRIOR	REV BOVINE	514
4.	W. GREMLIN	SWAGGIN 1:1	X	27.	TAKE OFF!	YETI	538
5.	STAT CURL (6) + TZN	STAT ROW (6) + TZN	X	28.	DELAURA	TYPHON	572
6.	STAMPEDE	HIGH KNEES	X	29.	SKY-HIGH 4-1	SKY-HIGH 4-2	577
7.	VEXED (10) + RUN	VIP (10) + RUN	X	30.	MOGUL PUSH	SWASHBUCKLER	608
8.	SA PP	CRAZY LEGS	X	31.	SHOT PUT	TORO	652
9.	MONTAUK	JAGGER (12) + RUN	X	32.	TAUNTAUN	TAUNTAUN	653
10.	BEAR	BOVINE	X	33.	MINOTAUR	SL INCH	710
11.	GALLOW 2-1-4-3-4-1	BONSAI 3-1-4-2-4-1	X	34.	PLATE PUSH	XPP	731
12.	HIKES	COALITION (10) + TZN	X	35.	KAMIKAZE 4-3-4-2-4-1-4-1	W. CROOK	743
13.	TROG	APE SHOOT!	X	36.	MONKEY	SPIKES	764
14.	SLING SHOT 3-2-4-2-3-1	STACK SHOT	X	37.	REV HYDRA	JACKALOPE	795
15.	STAT HALO (18) + TZN	JACKAL	X	38.	GARGOYLE	BUZZARD	819
16.	NO GIMMIES	NO GIMMIES	X	39.	AMAROK	PRIMATES 4-1-3-1-2-1	840
17.	RAMBO (10) + RUN	MUGGER (12) + RUN	X	40.	TURKEY	TURKEY	842
18.	BOULDER	DIABLO	321	41.	MT. CLIMB (20) + RUN	MOGUL (20) + RUN	853
19.	SQUONQ	GREMLIN	327	42.	JACK-ASS	JESTER	904
20.	SPEED SKATES (20) + RUN	INFINITY (20) + RUN	339	43.	APE SHOOT!	BANDIT (20) + RUN	915
21.	QUICKSAND	W. LUNGE	384	44.	MIEL'S WHEELS	BULLDOZER	939
22.	REV BULLDOG	SLAP JACK	414	45.	VENOM	VEXUM	970
23.	B.N.C.	BUCKS	451				

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## SLOPE 32

## MARCH MAYHEM - SEMI-FINALS

		ROQ		ROQ
1. SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1		23. YIKES!	AMAROK 454
2. EN GARDE	SHUFFLE	X	24. BUTT KICKS	TURKEY 456
3. SUE-STEP (20) + RUN	TWO-STEP (20) + RUN	X	25. REV INCH	JESTER 506
4. STAMPEDE	SKIPS	X	26. MUGGER (12) + RUN	MOGUL (20) + RUN 520
5. STAT ROW (6) + TZN	HIKES	X	27. RAZOR	MOGUL PUSH 551
6. PLATE PUSH	PLATE PUSH	X	28. MONTAUK	NEAPOLITAN 579
7. BANDIT (20) + RUN	HOT COALS (10) + RUN	X	29. PROWLER	TWEAKER 632
8. SPIKES	YETI	X	30. FROGS	3 PT. STANCE 653
9. POTTY TO BULLDOG	MASTODON	X	31. SPEED SKATES (20) + RUN	SPEED SKATES (20) + RUN 665
10. SWAGGIN 1:1	KOBOLD	X	32. YAK	TYPHON 692
11. AMAROK	GROWLER	X	33. STAT ROW (6) + TZN	TARASQ 707
12. B. LUNGE	CROAKIN	X	34. STAT CURL (6) + TZN	POTTY SHOT 722
13. B.N.C.	BUCKS	225	35. REVIVAL	HALF-BLAKED 776
14. DIABLO	BOULDER	267	36. MIEL'S WHEELS	MIEL'S WHEELS 800
15. TAUNTAUN	GREMLIN	270	37. MT. CLIMB (20) + RUN	QUICK FT. (20) + RUN 811
16. SHUTTLE RUN 3-2-4-2-3-1	BONSAI 3-1-4-2-4-1	276	38. MONKEY	YETI 832
17. REV MASTODON	INCH WORM	315	39. JACKALOPE	VIPER 860
18. TARZAN	TARZAN	318	40. MOWGLI (12) + RUN	VIP (10) + RUN 875
19. GRECO	HACK-IT	360	41. SLUSKI	REV MASTODON 916
20. REV BOVINE	STAT HALO (18) + TZN	394	42. BUZZARD	HYDRA 940
21. CRAZY LEGS	MOGUL PUSH	424	43. NEAPOLITAN	SA PP 964
22. SKY-HIGH 4-1	SKY-HIGH 4-1	430	44. SQUONQ	TIPPY-TAP 969
			45. PRIMATES 4-1-3-1-2-1	PRIMATES 4-1-3-1-2-1 990

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## SLOPE 35

## MARCH MAYHEM - FINALS

		ROQ			ROQ
1. GALLOW 2-1-4-3-4-1	SUICIDE 2-1-3-1-4-1		24. YAK	BULLDOZER	450
2. QUICK FT (20) + RUN	SUE-STEP (20) + RUN	X	25. BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	456
3. EN GARDE	TURKEY	X	26. REV BULLDOG	MASTODON	486
4. VEXED (10) + RUN	HOT COALS (10) + RUN	X	27. ARACHNID	BUCK UP	526
5. SHUFFLE	SKATES	X	28. TOES (20) + RUN	TWO-STEP (20) + RUN	534
6. STAT CURL (6) + TZN	HIKES	X	29. M.F.T.	SL INCH	587
7. XPP	YETI	X	30. STAMPEDE	BUTT KICKS	589
8. INFINITY (20) + RUN	TROG	X	31. GROWLER	MONKEY	613
9. BOVINE	SA PP	X	32. REV PLATE PUSH	REV PLATE PUSH	660
10. B.N.C.	BUCKS	X	33. TYPHON	JACKALOPE	687
11. SKY-HIGH 4-1	MIEL'S WHEELS	X	34. MUGGER (12) + RUN	MOWGLI (12) + RUN	702
12. SLING SHOT 3-2-4-2-3-1	STACK SHOT	X	35. COALITION (10) + TZN	APE SHOOT!	717
13. SHUTTLE RUN 3-2-4-2-3-1	SHUTTLE RUN 3-2-4-2-3-1	X	36. PROWLER	QUICKSAND	770
14. TARASQ	POTTY SHOT	209	37. TAUNTAUN	SKIPS	772
15. MOGUL PUSH	GIMPY DOG	238	38. VEXUM	REV BEAR	803
16. JAGGER (12) + RUN	SLAP JACK	259	39. WICCA	OZARK	857
17. SPEED SKATES (20) + RUN	APE SHOOT!	271	40. GARGOYLE	MIEL'S WHEELS	881
18. STAT ROW (6) + TZN	AMAROK	286	41. LYCAN (10) + RUN	JIGGY (20) + RUN	899
19. KOBOLD	BANDIT (20) + RUN	298	42. PIRATE	SHOT PUT	943
20. GRECO	DIABLO	339	43. SPIKES	TUCKS (10) + RUN	964
21. SWAGGIN 1:1	SWAGGIN 1:1	349	44. PRIMATES 4-1-3-1-2-1	NEAPOLITAN	986
22. TWISTED	VENOM	378	45. TAKE OFF!	TAKE OFF!	1010
23. ANACONDA	PABLO	423			

SCORES DISPLAYED REFLECT COMPLETION OF THE TASK'S SECOND REP

SOME TASK PAIRINGS MAY DIFFER IN TIER/RANKING LISTED IN THE MOD-INDEX; THIS IS O.K. FOR THESE WORKOUTS

TASKS OUTLINED IN A DOTTED LINE ARE INTENTIONALLY THE SAME FOR BOTH PARTICIPANTS

# THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

## FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

## COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

## AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

## FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

## THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

## STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

## LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

## EMBRACE THE HANGOVER