

SiD Inferno Pairs London

Event Guide



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1. Introduction

Thank you for participating in the SiD Inferno Pairs (London) event. We have worked hard to develop a high quality ‘athlete-centred, sports-focused’ competition to test your fitness and provide you with an enjoyable experience.

Please read this document carefully. It contains important information regarding the venue, event, competition, sport, scoring, and administration.

2. Venue

2.1 General

The address of the Venue is 61 Meridian Way, Edmonton, London, N9 0AR.
The Venue is situated on the Lee Valley Leisure Complex.

2.2 Amenities

At the Venue, there is seating for 300 people, a café, toilets, and shower/changing facilities. Further to the venue café, Handlebar Barista will be serving fresh coffee over the weekend alongside Bombers Sandwich House providing lunch solutions.

2.3 Venue Zones

The Venue will be divided into three zones: Field of Play (FoP), Front of House, and Back of House.

The FoP is where the Sport takes place and only athletes, judges and designated SiD staff are allowed access. The FoP is demarcated by pedestrian barriers and is located inside the indoor running track.

Note we also define the Warm-up Area as a FoP zone where spectators are not allowed access.

The Front of House is accessible to everyone and is where the majority of the venue overlay is located. The Front of House area is everywhere except the FoP and the Back of House areas.

The Back of House is only accessible to Workforce and this is where the majority of the Event’s administrative functions are located. It is situated in the Athletes Lounge, as well as the Event Control and Social Media Hub spaces next to the FoP.

2.4 Venue Overlay

There are 10 elements to the venue overlay, each with an important function.

- **Registration** – where all spectators, athletes, and workforce register their attendance at the event.

- **Event Control** – where the Event Director operates and controls the event from. This is also where enquiries can be put to the event organisers.
- **Warm-Up Area** – where athletes prepare for Sport.
- **Athlete Control** – where athletes are processed immediately prior to entering the FoP.
- **Field of Play (Red)** – the location of Workouts.
- **Field of Play (Blue)** – the location of Workouts.
- **Results** – where the results are calculated and the leader board updated.
- **Medical** – where the paramedic and the first aider are located.
- **Workforce Recreation** – where Workforce can relax, be briefed, etc.
- **Social Media Hub** - where social media is managed.

2.5 Transport

Train

The closest rail station is Ponders End and it is serviced from London Liverpool Street (18 minutes). The station is a 10-minute walk from the Venue.

The closest overground station is Edmonton Green and it is also serviced from London Liverpool Street (26 minutes). The station is a 15-minute walk from the Venue.

The closest underground station is Tottenham Hale on the Victoria Line. The station is a 25-minute walk from the Venue.

Bus

There are no uninterrupted bus routes to the Venue from Central London. There is a bus service (W8), operated by Go-Ahead London, that links Edmonton Green Station with the Venue.

Car

The Venue is easily accessible from the M25 and the North Circular. There is parking for 300+ vehicles at the Venue. The best way to get to the venue is by car.

Bicycle

The Venue is on the Lee Valley Pathway, a cycle route linking the Venue to the East India Docks via the Queen Elizabeth Olympic Park.

2.6 Accommodation

There is accommodation onsite at the Lee Valley Camping & Caravan Park, including ‘glamping’ options. Call 020 8803 6900 for details. There are many other hotels within walking distance.

3. Event

3.1 General

The Event is a two-day competition in the same sex pairs format and is held over the weekend of 18 – 19 May 2019.

There will be 292 teams competing at the Event.

3.3 Field of Play

There will be two Fields of Play, FoP (Red) and FoP (Blue). Depending on the workout there will be up to 20 lanes in either FoP. The lanes are demarcated by numbered lane markers with a holder for teams to place their Team Boards.

Athlete Control is located to the right of FoP (Red) next to the warm up area. Spectator seating is available at the front of the FoP but spectators are welcome to stand around behind any of the barriers.

Children are welcome at the event but we ask parents/guardians to keep them off the FoP for their safety.

4. Competition

4.1 Competition Overview

There are four separate competitions running concurrently –male pairs, male adaptive, female and female adaptive pairs. There are 166 teams in the competition for male pairs and 120 teams in the competition for female pairs, with 6 pairs competing in the adaptive divisions.

4.2 Competition Format

All competitions will consist of six workouts (1, 2, 3, 4, 5, 6 and 7), four on the first day and three on the second day.

On the first day of competition teams are unseeded. On the second day of competition teams will be seeded according to their performance on the first day. This will ensure that within heats on the second day, competition is between teams of similar athletic ability.

All heats throughout both days of competition will be mixed sex.

This means that teams will be in a different heat on the second day of competition. Changes will be announced by 20:30 on Saturday 18 May 2019 on our social media channels and website (www.strengthindepth.com).

4.3 Heats and Heat Timings

Athletes must ensure they are warmed-up and ready for their heat and that they obey all instructions from Athlete Control. Athletes MUST report to athlete control where they will be escorted onto the FoP.

Please see separate document for the SiD IP heat allocations here: <https://strengthindepth.com/sid-inferno-pairs-london/information/>

NOTE: The heat allocations are likely to change slightly in the lead up to the event, due to athlete injury, athlete changes and cancellation. A revised heat allocation will be circulated and updated by Wednesday 15 May 2019. Please therefore be prepared that your heat allocation may shift prior to the event and that the below is a guide of your heat allocation at this time!

5. Sport

The *SiD Inferno Pairs (London) - Sport Guide* will provide key detail regarding the sport schedule. Workouts will begin to be released the week of 29 April 2019 and the *Sport Guide* will be released in its entirety on Friday 10 May.

5.1 Sport Schedule

Please see below the sport schedule for SiD Inferno Pairs London.

NOTE: The following schedule is available to download here: <https://strengthindepth.com/sid-inferno-pairs-london/information/>

SiD INFERNO PAIRS LONDON

Friday 17 May

Time	Action
1400hrs	Access into Venue
1800 - 2100hrs	Athlete & Workforce registration opens
1700 - 2100hrs	Vendor Setup
2200hrs	Venue closes

Saturday 18 May

Time	Action
0600hrs	Access into Venue
0700- 0715hrs	Workforce registration
0715- 0745hrs	Workforce briefing
0715-0815hrs	Judges briefing (Sports Director & Head Judge)
0745- 1100hrs	Athlete registration
0830hrs	Spectator registration
0900-0910hrs	Event 01&02 Heat 01 MALE & FEMALE [Red]
0915-0925hrs	Event 01&02 Heat 02 MALE & FEMALE [Red]
0930-0940hrs	Event 01&02 Heat 03 MALE & FEMALE [Red]
0945- 0955hrs	Event 01&02 Heat 04 MALE & FEMALE [Red]
1000-1010hrs	Event 01&02 Heat 05 MALE & FEMALE [Red]
1015-1025hrs	Event 01&02 Heat 06 MALE & FEMALE [Red]
1030- 1040hrs	Event 01&02 Heat 07 MALE & FEMALE [Red]
1045- 1055hrs	Event 01&02 Heat 08 MALE & FEMALE [Red]
1100- 1110hrs	Event 01&02 Heat 09 MALE & FEMALE [Red]
1115- 1125hrs	Event 01&02 Heat 10 MALE & FEMALE [Red]
1130- 1140hrs	Event 01&02 Heat 11 MALE & FEMALE [Red]

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1145- 1155hrs	Event 01&02 Heat 12 MALE & FEMALE [Red]
1200-1210hrs	Event 01&02 Heat 13 MALE & FEMALE [Red]
1200-1220hrs	Event 03 Heat 01 MALE & FEMALE [Blue]
1215- 1225hrs	Event 01&02 Heat 14 MALE & FEMALE [Red]
1220- 1240hrs	Event 03 Heat 02 MALE & FEMALE [Blue]
1230- 1240hrs	Event 01&02 Heat 15 MALE & FEMALE [Red]
1240- 1300hrs	Event 03 Heat 03 MALE & FEMALE [Blue]
1300- 1320hrs	Event 03 Heat 04 MALE & FEMALE [Blue]
1320- 1340hrs	Event 03 Heat 05 MALE & FEMALE [Blue]
1340- 1400hrs	Event 03 Heat 06 MALE & FEMALE [Blue]
1400- 1420hrs	Event 03 Heat 07 MALE & FEMALE [Blue]
1400- 1410hrs	Event 04 Heat 01 MALE & FEMALE [Red]
1415- 1425hrs	Event 04 Heat 02 MALE & FEMALE [Red]
1420- 1440hrs	Event 03 Heat 08 MALE & FEMALE [Blue]
1430- 1440hrs	Event 04 Heat 03 MALE & FEMALE [Red]
1440- 1500hrs	Event 03 Heat 09 MALE & FEMALE [Blue]
1445- 1455hrs	Event 04 Heat 04 MALE & FEMALE [Red]
1500- 1520hrs	Event 03 Heat 10 MALE & FEMALE [Blue]
1500- 1510hrs	Event 04 Heat 05 MALE & FEMALE [Red]
1515- 1525hrs	Event 04 Heat 06 MALE & FEMALE [Red]
1530- 1540hrs	Event 04 Heat 07 MALE & FEMALE [Red]
1545-1555hrs	Event 04 Heat 08 MALE & FEMALE [Red]
1600-1610hrs	Event 04 Heat 09 MALE & FEMALE [Red]
1615-1625hrs	Event 04 Heat 10 MALE & FEMALE [Red]
1630-1640hrs	Event 04 Heat 11 MALE & FEMALE [Red]
1645-1655hrs	Event 04 Heat 12 MALE & FEMALE [Red]
1700-1710hrs	Event 04 Heat 13 MALE & FEMALE [Red]
1715-1725hrs	Event 04 Heat 14 MALE & FEMALE [Red]
1730-1740hrs	Event 04 Heat 15 MALE & FEMALE [Red]
1745hrs	Day 1 Closes
2000hrs	Venue Closes

Sunday 19 May

Time	Action
0700hrs	Access into Venue
0745- 0815hrs	Workforce briefing
0745-0830hrs	Judges briefing (Sports Director & Head Judge)
0830hrs	Spectator registration
0900-0910hrs	Event 05 Heat 01 MALE & FEMALE [Red]
0915-0925hrs	Event 05 Heat 02 MALE & FEMALE [Red]
0930-0940hrs	Event 05 Heat 03 MALE & FEMALE [Red]
0945-0955hrs	Event 05 Heat 04 MALE & FEMALE [Red]
1000-1010hrs	Event 05 Heat 05 MALE & FEMALE [Red]

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1015-1025hrs	Event 05 Heat 06 MALE & FEMALE [Red]
1030- 1040hrs	Event 05 Heat 07 MALE & FEMALE [Red]
1045- 1055hrs	Event 05 Heat 08 MALE & FEMALE [Red]
1100-1110hrs	Event 05 Heat 09 MALE & FEMALE [Red]
1115-1125hrs	Event 05 Heat 10 MALE & FEMALE [Red]
1115-1125hrs	Event 06 Heat 01 MALE & FEMALE [Blue]
1130-1140hrs	Event 05 Heat 11 MALE & FEMALE [Red]
1130-1140hrs	Event 06 Heat 02 MALE & FEMALE [Blue]
1145-1155hrs	Event 05 Heat 12 MALE & FEMALE [Red]
1145- 1155hrs	Event 06 Heat 03 MALE & FEMALE [Blue]
1200- 1210hrs	Event 05 Heat 13 MALE & FEMALE [Red]
1200- 1210hrs	Event 06 Heat 04 MALE & FEMALE [Blue]
1215- 1225hrs	Event 05 Heat 14 MALE & FEMALE [Red]
1215- 1225hrs	Event 06 Heat 05 MALE & FEMALE [Blue]
1230 - 1240hrs	Event 05 Heat 15 MALE & FEMALE [Red]
1230- 1240hrs	Event 06 Heat 06 MALE & FEMALE [Blue]
1245- 1255hrs	Event 06 Heat 07 MALE & FEMALE [Blue]
1300- 1310hrs	Event 06 Heat 08 MALE & FEMALE [Blue]
1315- 1325hrs	Event 06 Heat 09 MALE & FEMALE [Blue]
1330- 1340hrs	Event 06 Heat 10 MALE & FEMALE [Blue]
1345- 1355hrs	Event 06 Heat 11 MALE & FEMALE [Blue]
1400- 1410hrs	Event 06 Heat 12 MALE & FEMALE [Blue]
1415- 1425hrs	Event 06 Heat 13 MALE & FEMALE [Blue]
1430- 1440hrs	Event 06 Heat 14 MALE & FEMALE [Blue]
1445- 1455hrs	Event 06 Heat 15 MALE & FEMALE [Blue]
1300- 1310hrs	Event 07 Heat 01 MALE & FEMALE [Red]
1315- 1325hrs	Event 07 Heat 02 MALE & FEMALE [Red]
1330- 1340hrs	Event 07 Heat 03 MALE & FEMALE [Red]
1345- 1355hrs	Event 07 Heat 04 MALE & FEMALE [Red]
1400- 1410hrs	Event 07 Heat 05 MALE & FEMALE [Red]
1415- 1425hrs	Event 07 Heat 06 MALE & FEMALE [Red]
1430- 1440hrs	Break in schedule
1445- 1455hrs	Event 07 Heat 07 MALE & FEMALE [Red]
1500- 1510hrs	Event 07 Heat 08 MALE & FEMALE [Red]
1515- 1525hrs	Event 07 Heat 09 MALE & FEMALE [Red]
1530- 1540hrs	Event 07 Heat 10 MALE & FEMALE [Red]
1545- 1555hrs	Event 07 Heat 11 MALE & FEMALE [Red]
1600- 1610hrs	Event 07 Heat 12 MALE & FEMALE [Red]
1615- 1625hrs	Event 07 Heat 13 MALE & FEMALE [Red]
1630- 1640hrs	Event 07 Heat 14 MALE & FEMALE [Red]
1645- 1655hrs	Event 07 Heat 15 MALE & FEMALE [Red]
1700- 1715hrs	SiD IP London Awards Ceremony
1715hrs	SiD IP London Event Ends
2200hrs	Venue Closes

5.2 Athlete Briefing

There will not be a scheduled athlete briefing on either of the competition days. The Sports Director, Ollie Mansbridge will be live on the Strength in Depth Facebook page on Tuesday 14 May from 8:00pm to answer any questions that you have. Further to this, any workout that requires a live demonstration will be filmed and posted on our social media channels on Friday 17 May 2019.

5.3 Pre-Workout Process

It is the athlete's responsibility to report to Athlete Control ten minutes before the start of their heat. At Athlete Control the Athlete Support Team will log the team onto that heat, assign teams their scoresheets and direct them to the FoP.

Teams late arriving at Athlete Control will not be permitted to compete in that heat resulting in a nil score for that workout.

6. Scoring

6.1 General

There will be a scorer processing scoresheets and updating the leaderboard at the event. The scorer will be located at 'Results' marker flag.

Issues with scores are not to be raised with the scorer directly but with the Head Judge in the first instance.

6.2 Leaderboard

Strength in Depth has invested in its own leaderboard capability that is hosted on the Strength in Depth website (www.strengthindepth.com). Data collected from the competition will be retained and the leaderboard will remain available after the competition ends.

The leaderboard will not be wiped at any point of the competition. There is no specific 'final', event 6 the last workout of day 2 is to be completed by all athletes- the leaderboard scoring will therefore continue ranking the first placed finisher with the highest points and the last place finisher with the lowest amount of points.

7. Administration

7.1 Registration

Workforce can register from 18:00 – 21:00 on Friday 17 May 2019

Workforce can register from 07:15 to 07:30 on Saturday 18 May 2019

Athletes can register from 18:00 – 21:00 on Friday 17 May 2019

Athletes can register from 07:45 to 11:00 on Saturday 18 May 2019

Athletes are requested to not arrive at the venue before 07:45 on Saturday 18 May 2019 as the event workforce will be conducting their preparations for the competition and will not be available.

7.2 Team Boards

Teams will be issued with a team board. This should be placed at the front of the team's lane at the start of every heat so spectators and other athletes know who you are.

7.3 Medical

From 30 minutes before competition commences until the end of competition, athletes will benefit from the emergency medical cover provided by an on-site paramedic, first aider, and ambulance.

These professionals are equipped to deal with injuries that might occur when weights are being taken overhead, including to the neck and spine.

They will be located at the rear of the field of play and their position will be denoted by a 'Medical' marker flag.

7.4 Athlete Waiver

Athletes are required to read and sign to say they accept the terms and conditions of the *Athlete Waiver* and *Athlete Medical Questionnaire* before they will be permitted to fully register onsite at the event and awarded their teamboard. The *Athlete Waiver* and *Athlete Medical Questionnaire* takes a maximum of 5 minutes to complete and needs to be completed online using Survey Monkey.

The athlete waiver can be found at this link: <https://www.surveymonkey.co.uk/r/SiDIPLondon>

7.5 Contact Numbers

Event Director – Megan Mansbridge can be contacted on 07714 792250 in the result of an emergency or via email at megan@strengthindepth.com