

SiD Inferno Pairs Cardiff

Event Guide



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1. Introduction

Thank you for participating in the SiD Inferno Pairs (Cardiff) 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 National Indoor Athletics Centre (NIAC), 9 Cyncoed Rd, Cardiff CF23 6XD

The Venue is situated on the Cyncoed Cardiff Metropolitan University Campus.

The NIAC was the first purpose-built indoor athletics centre in the country.

The Venue is an indoor athletics arena with a 200m indoor running track, a 110m indoor sprint track, as well as various other sport facilities.

2.2 Amenities

At the Venue there is seating for 400 people, a Costa Coffee, a café, toilets, and shower/changing facilities. As part of the venue overlay there is also a registration/information point, a bag drop, a warm-up area, a cool-down area, and a results service.

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

Heath High Level and Heath Low Level railway stations are approximately 25 minutes walk from the Cyncoed campus, serving the area from the Rhymney and Coryton lines. See [National Rail Enquiries](#) for train times.

Bus

The 52/52A bus travels from the city centre to the Cyncoed campus every 15 minutes during the day, via Albany Road and Penylan Road.

Car

If you are travelling from the East take the M4/M48(M) leave the motorway at the A4232 junction. Take the third exit off the roundabout and the first exit at the next roundabout that follows immediately afterwards (Llanedeym Road). Follow Llanedeym Road until you reach a set of traffic lights. Turn right at the traffic lights onto Cyncoed Road. The campus is on the right after 800m.

There is on-site parking for 250 cars, with dedicated disabled spaces and a designated parking area for bicycles. Parking is chargeable at £0.50 per day (this is a venue charge and not an event charge). Event parking is accessed from the Campus Main Entrance (turn left before the barrier).

Bicycle

Cardiff benefits from a network of cycle routes, including many traffic-free cycle paths. To plan your journey by bicycle to Cyncoed campus, visit [Cycle Streets](#). Cycle route maps are also available from reception at each Cardiff Metropolitan University campus.

2.6 Accommodation

There is accommodation on-site at Cardiff Metropolitan University. Single ensuite bedrooms are available on Cyncoed Campus at Cardiff Metropolitan University, click the following link to book: <http://www.cardiffmet.ac.uk/about/conferenceservices/Pages/BB-Booking-Form.aspx>
Select Cyncoed Campus and enter code EURO19 to get the discounted rate.

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 10– 11 August 2019.

There will be 307 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 masters pairs, female and female masters pairs.

4.2 Competition Format

All competitions will consist of six workouts (1, 2, 3, 4, 5, 6), three 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 10 August 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-cardiff/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 7 August 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 (Cardiff) - Sport Guide* will provide key detail regarding the sport schedule. Workouts will begin to be released the week of 22 July 2019 and the *Sport Guide* will be released in its entirety on Friday 2 August 2019.

5.1 Sport Schedule

Please see separate document for the SiD IP sport schedule here: <https://strengthindepth.com/sid-inferno-pairs-cardiff/information/>

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 6 August 2019 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 9 August 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 9 August 2019

Workforce can register from 07:15 to 07:30 on Saturday 10 August 2019

Athletes can register from 18:00 – 21:00 on Friday 9 August 2019

Athletes can register from 07:45 to 11:00 on Saturday 10 August 2019

Athletes are requested to not arrive at the venue before 07:45 on Saturday 10 August 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/SIDIPCARDIFF>

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