

PORSCHE



2020 SPECTATOR GUIDE



INTRODUCTION

We are excited to welcome you to CrossFit® Strength in Depth (CFSiD) 2020 at the London ExCel from Friday 24 January – Sunday 26 January.

This document contains valuable information regarding travel, access to the venue as well as important timings across the weekend.

SPORT GUIDE

TRAVEL

London, is one of the world's busiest international business hubs, and can be reached by more people, from more destinations, in less time than any other city in the world.

Tube: Use the DLR line and get off at Prince Regent DLR station exit. You will have to enter the venue via the East entrance for CrossFit® SiD 2020. Signs will direct you from the station.

Car: If you wish to park on-site please ensure you pre-book your parking via the ExCeL website. We Don't have any offsite parking recommendations. Address: **ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London E16 1XL**

<https://www.excel.london/visitor/getting-here>

REGISTRATION

Spectator registration will take place at entrance N9 via the East entrance. Please either bring your spectator tickets printed or downloaded ticket on your phone. You will be given a wrist band upon entry, should it be removed your tickets is void. As we have SOLD OUT there will be no tickets on the door. If you arrive ahead of the times below, you'll be asked to wait in line outside the arena until we open.

Friday 24 January 2020

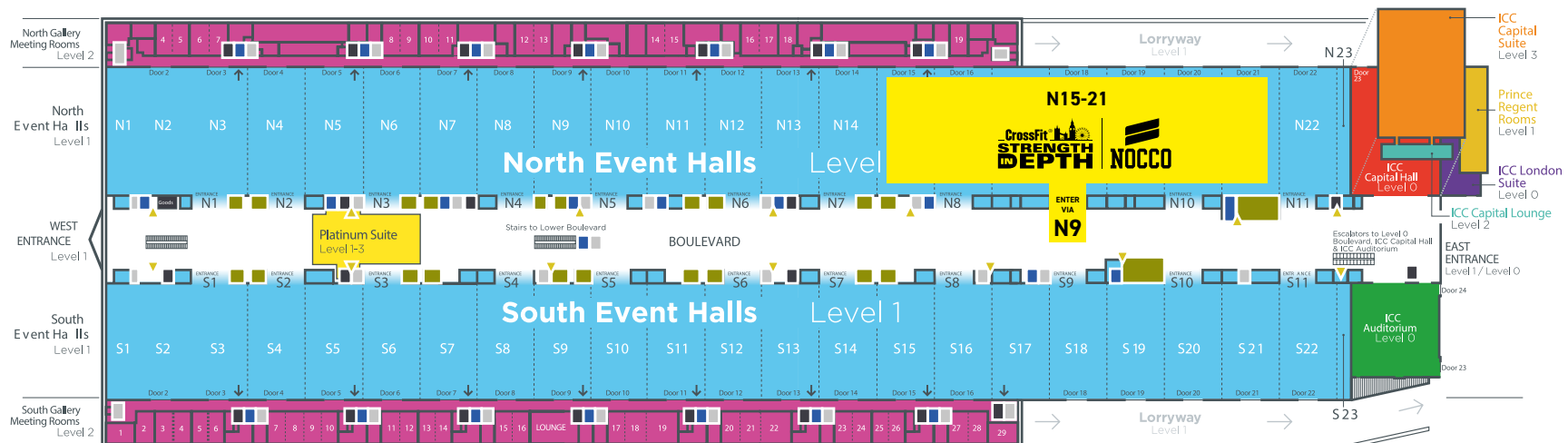
1200hrs – The first event is outside, so no need to come into the ExCeL to register
1530hrs – Spectator Registration: Arena opens for spectators with a ticket valid day ticket (weekend pass covers all three days Friday-Sunday)

Saturday 25 January 2020

0830hrs – Spectator Registration: Arena opens for spectators with a ticket valid day ticket (weekend pass covers all three days Friday-Sunday)

Sunday 26 January 2020

0830hrs – Spectator Registration: Arena opens for spectators with a ticket valid day ticket (weekend pass covers all three days Friday-Sunday)



COMPETITION OVERVIEW

There are four divisions competing concurrently across the CFSiD weekend. The competition begins 1200hrs Friday 24 January and concludes 1830hrs Sunday 26 January.

Elite Individuals (Male + Female)

40 males and females will compete in the Elite Individual category. The winning individual of each division (1 Male and 1 Female) will be awarded a place at the Reebok CrossFit® Games 2020.

Elite Teams (MM/FF)

20 elite teams will compete at the CrossFit® Strength in Depth finals. The winning team will be awarded a place at the Reebok CrossFit® Games.

Masters Individuals (M+F)

100 age group athletes will compete for the inaugural CFSiD title for the first time
Age categories as follows:

35-39 years of age (10 males and 10 females)

40-44 years of age (10 males and 10 females)

45-49 years of age (10 males and 10 females)

50-54 years of age (10 males and 10 females)

55-59 years of age (5 males and 5 females)

60+ years of age (5 males and 5 females)

Affiliate Cup Teams (MM/FF)

60 teams will compete in the CrossFit® SiD Affiliate Cup. This is a chance for the wider UK CrossFit® community to compete under the same roof as some of the biggest names in the sport.

THE VENUE

Onsite there will be two competition arenas, the foodspring arena and the NOCCO arena. The foodspring arena will be standing viewing only. The NOCCO arena will be a mixture of seating and standing viewing, seats are not allocated and will work on a first come first served basis for the arena.

Food and drink, both hot and cold will be available from an extensive range of outlets in the main concourse. There will also be a cloakroom to leave coats and items of luggage (£1 per item)

VENDORS

Onsite we will have a vast village that will fill any down time that you have! You can check out the sponsors and vendors that we will have onsite on our partners page here:

<https://strengthindepth.com/partners/>

ACCESSIBLE AREA

Onsite there will be an accessible area open to individuals with disabilities, illnesses or injuries preventing them from standing for a prolonged period. Please report to registration when onsite to find out more information. If you are a blue badge holder please bring this with you.

PROGRAMME

The latest version of the CFSiD programme can be found on the Strength in Depth website, accessible via the website homepage by clicking here: <https://strengthindepth.com/>

WORKOUTS

You can view a detailed version of the workouts for each division on the Strength in Depth website, accessible via the website homepage by clicking on event information.

HEATS

You will be able to view athlete heat allocations when the final leaderboard is live on the Strength in Depth website.

LEADERBOARD

The leaderboard for each division will be hosted on the Strength in Depth website and will be accessible via the website homepage.



PORSCHE

