



CrossFit® SiD Pairs Cardiff 2021 Event Guide

TWO ONE DAY COMPETITIONS
SATURDAY 25 SEPTEMBER
&
SUNDAY 26 SEPTEMBER 2021

1. Introduction

We look forward to welcoming you to CrossFit® SiD Pairs Cardiff. We have worked hard to develop a high quality 'athlete-centred, sports-focused' competition to test fitness. 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: **Cardiff City House of Sport, Clos Parc Morgannwg, CF11 8AW**

The event will be split between 3 venues, a 3g turfed pitch alongside indoor sports hall facilities, named House of Sport 1,2 & 3. The spaces are inside sporting venues and do not welcome dogs other than assistance dogs.

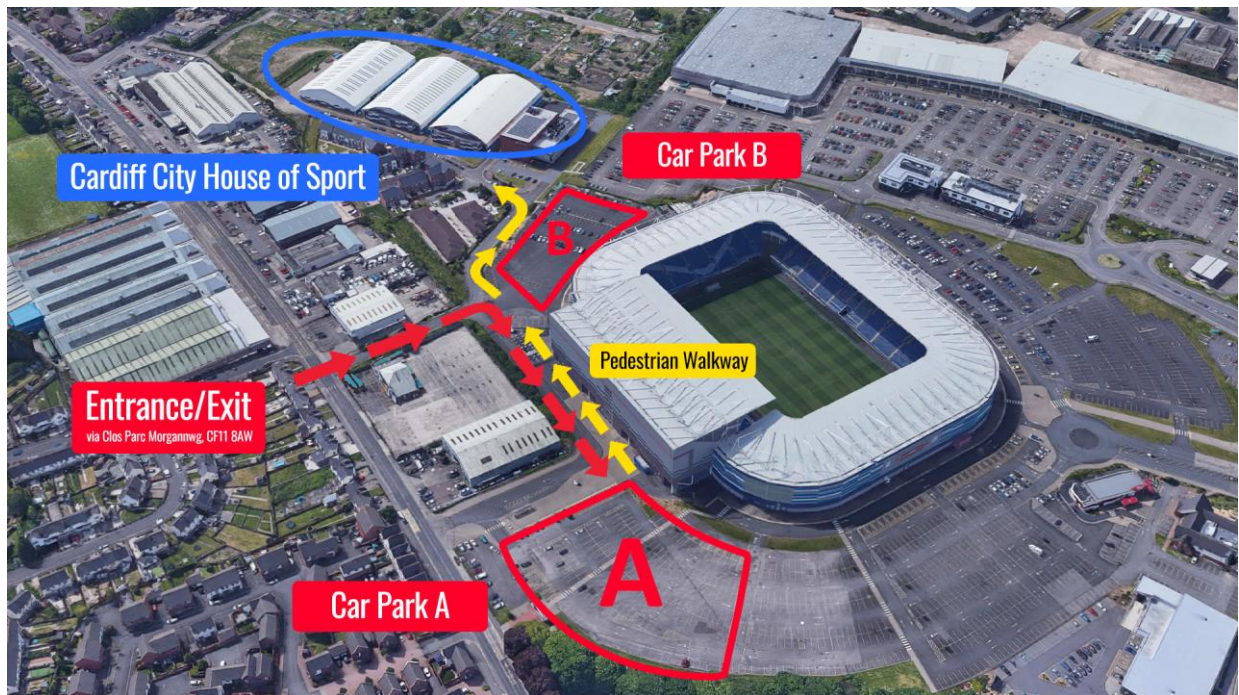
2.2 Amenities

The venue is in close proximity to a retail park, which has various shopping outlets, within the venue there will be a mixture of indoor toilets and port-a-loos and shower/changing facilities. As part of the venue overlay there is also a registration/information point, a dedicated athlete area, a warm-up area, two fields of play and a dedicated athlete control team, ensuring that athletes are in the right place at the right time.

Located onsite will be Handle Bar Barista serving freshly ground coffee, as well as Athlete Kitchen, providing protein wraps, bagels, salads and snacks.

2.3 Parking

There is free on-site parking at the venue, this in the Area A car park, as well as overflow parking in the Area B. Please note that parking will be limited and will be allocated on a first come first served basis. There will be a steward onsite from 8:00hrs – 12:00hrs, so please follow their direction. In addition, there is also street parking in Clos Parc Morgannwg (CF11 8AW). Please respect wheelchair users and do not park on dropped kerbs.



2.4 Admission

This is a ticketed event. All competing athletes must have purchased their team place prior to arrival. We welcome spectators, spectator tickets can be purchased here on our website:

<https://strengthindepth.com/sid-inferno-pairs-cardiff/spectate/>

Under 16's do not need to purchase a ticket.

Please note we will not be accepting any cash sales on the door, all tickets must be purchased online.

Competing Athletes, your entrance band will give you access to the event across the weekend, not just your competing day. You can register early and receive your band if you are competing on Sunday 26 September and you can keep your band on if competing on Saturday 25 September and would like access to spectate on the Sunday.

2.5 COVID Guidelines

Whilst there are no mandatory Government guidelines for events and COVID, it is still important to mitigate risk. Please therefore see below the safety precautions that we are advise when attending CrossFit® SiD Pairs Cardiff 2021.

1. Whilst not obligatory, we encourage all attendees to take a lateral flow test prior to arrival on site, as well as a self assessment for any of the recognised symptoms of COVID-19. Should you return a positive test or be displaying any symptoms you must not attend the event.
2. We strongly encourage all attendees when transitioning between internal venues with smaller corridors etc to wear face coverings.
3. Please stay on top of washing your hands in the washrooms. Hand sanitizer will also be available at the entrance of each venue.
4. Athletes: In between heats, we will spray down the equipment with a Dettol spray. For piece of mind if you would like to bring your own cleaning products this is also welcomed.

3. Event

3.1 General

The Event consists of two 1 day competitions, hosted on Saturday 25th September and Sunday 26th September. The division split per event is as follows:

Saturday 25 September

Open Male Pairs

Open Female Pairs

200 competing teams

Sunday 26 September

Open Mixed Sex Pairs

Teens Pairs

Adaptive Pairs

Female Masters

Male Masters

150 competing teams

3.3 Field of Play

There will be two Fields of Play, Main Arena 1 and Arena 2. Depending on the workout there will be up to 18 lanes in either FoP. The lanes are demarcated by numbered lane markers with a holder for teams to place their Team Boards. Spectators are welcome to spectate at either of the Arenas but are asked to stay behind 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 various competing divisions across the two one day competitions. See division split above.

4.2 Competition Format

All competitions will consist of four workouts (1, 2, 3, 4).

Pairs will know their heat allocation prior to competition for workout 1,2 & 3. SiD HQ aim to reseed pairs prior to workout 4. Higher performing pairs will be placed in the later heats.

Some of the competing heats throughout the competition day may be mixed divisions. Any arising questions onsite regarding heat allocations can be directed to athlete control, they are an experienced team that are there to assist athletes.

4.2 Heat allocations

The heat allocations for Saturday 25 September and Sunday 26 September will be posted here:

<https://strengthindepth.com/sid-pairs-cardiff/information/>

Please note that these are likely to change slightly in the lead up to the event, due to athlete injury, athlete changes and cancellations. Any revised heat allocations will be circulated and updated on the website. You may also reference your heat allocation via your Competition Corner profile/account.

We will let you know the week of 13th September when your heat allocations are ready!

5. Sport

The CrossFit® SiD Pairs Cardiff - Sport Guide will provide key detail regarding the sport schedule and workouts. The Sport Guide will be released the week of 13th September. The Sport Guide will be available for download here: <https://strengthindepth.com/sid-pairs-cardiff/information/>

5.1 Sport Schedule

Please see separate document for the CrossFit® SiD Pairs Cardiff event timings. These are available to download here: <https://strengthindepth.com/sid-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 do a Instagram Q&A following the release of the workouts. If you do not have an instagram account please let us know and we will ensure that the questions and answers are shared with you.

5.3 Pre-Workout Process

Athletes must make their own way to the warm up area ensuring that they are warmed up and ready for their heat. Following warming up, athletes MUST then report to athlete control where they will be directed and escorted onto the relevant FoP.

Heat Allocations will be posted on the CrossFit® SiD Pairs Cardiff Information Page the week commencing the 13 September.

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.

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

6.2 Leaderboard

The CrossFit® SiD Pairs Cardiff leaderboard will be hosted on Competition Corner. 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 4 the last workout of each competition day is 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 – 20:00 on Friday 24 September 2021

Workforce can register from 07:15 to 07:30 on Saturday 25 September 2021

Workforce can register from 07:15 to 07:30 on Sunday 26 September 2021

SATURDAY 25 SEPTEMBER – COMPETING ATHLETES

Athletes can register from 18:00 – 20:00 on Friday 24 September 2021

Athletes can register from 07:45 to 09:30 on Saturday 25 September 2021

SUNDAY 26 SEPTEMBER – COMPETING ATHLETES

Athletes can register from 17:00 to 19:00 on Saturday 25 September 2021

Athletes can register from 07:45 to 09:30 on Sunday 26 September 2021

Athletes are requested to not arrive at the venue before 07:45 on Saturday 25 September or Sunday 26 September 2021. 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 and first aider.

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 (for Saturday 25 September) can be found at this link:

<https://www.surveymonkey.co.uk/r/SID25>

The athlete waiver (for Sunday 26 September) can be found at this link:

<https://www.surveymonkey.co.uk/r/SID26>

7.5 Contact Numbers

Event Director – Megan Mansbridge, and Event Manager – Ruth Barry can be contacted on 07714 792250 in the result of an emergency or via email at info@strengthindepth.com