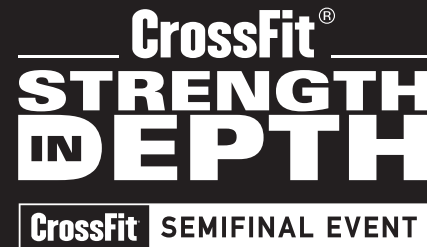


2022 SPECTATOR GUIDE



CrossFit® Strength in Depth 2022 Spectator Guide

SiD are excited to welcome you to CrossFit® Strength in Depth (CFSiD) 2022 at ExCeL London from Friday 10 June – Sunday 12 June 2022.

This document contains valuable information regarding travel, access to the event as well as timings

COMPETITION OVERVIEW

There are 4 divisions competing concurrently across the CFSiD weekend.

Elite Males/Females

30 males and 30 females will compete in the Elite Individual category.

The winning individual of each division (Male and Female) will be awarded a place at the NOBULL CrossFit® Games.

Elite Teams (Teams of 4 – 2 male, 2 female)

20 elite teams will compete at CrossFit® Strength in Depth.

The winning team will be awarded a place at the NOBULL CrossFit® Games.

Masters

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)

Community Cup (Teams of 4 – 2 male, 2 female)

60 teams will compete in the CrossFit® SiD Community Cup.

TRAVEL

ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London E16 1XL

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.

Find out how to travel by car, train, tube, taxi or plane by hitting this link: www.excel.london/visitor/getting-here

Getting to ExCeL London couldn't be easier!

Use Custom House DLR station, for the closest exit, for CrossFit® SiD 2022.

The ExCeL London should be accessed via the West entrance.

REGISTRATION

Registration will take place at entrance N4. Entrance N4 is best accessed via the West entrance to the ExCeL London.

Friday 10 June 2022 1400hrs – 2100hrs Spectator Registration- ticketed event

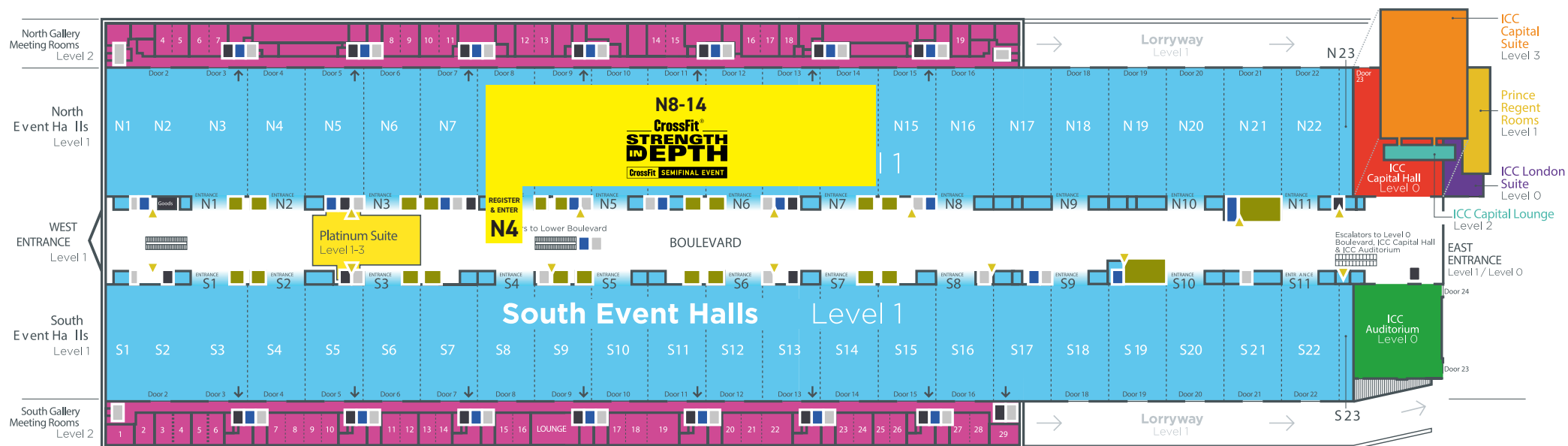
Saturday 11 June 2022 0830hrs – 1830hrs Spectator Registration- ticketed event

Sunday 12 June 2022 0830hrs – 1830hrs Spectator Registration- ticketed event

PLEASE NOTE SPECTATORS WILL NOT HAVE ACCESS TO THE VENUE PRIOR TO THE ABOVE REGISTRATION TIMES.

What you need? Please either bring your spectator tickets printed or downloaded on your phone.

All events inside the ExCeL are ticketed. Tickets are not available to purchase on the door!



THE VENUE

Onsite there will be two competition arenas, Arena 1 and Arena 2. Arena 2 will be standing viewing only.

Arena 1 will be a mixture of seating and standing viewing, seats are not allocated and will work on a first come first served basis.

ACCESSIBLE AREAS

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

Elite, Masters and Community Cup timings can be found on the Strength in Depth website and will be accessible via the website homepage by clicking on event information. These will be released no later than 4 weeks out from competition.

WORKOUTS

Workouts for all competing divisions will be released pre-event. Detailed versions of the workouts will be available via our social channels as well as on the Strength in Depth website no later than 1 week out from competition, 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 competing division will be hosted on the Strength in Depth website and will be accessible via the website homepage.

VENDORS

Onsite we will have a vast village that will fill any down time that you have! You can check out partners and confirmed vendors that we will have onsite here: <https://strengthindepth.com/partners/>

CrossFit[®]
**STRENGTH
IN DEPTH**

CrossFit SEMIFINAL EVENT