

# 2022 ATHLETE GUIDE



# EVENT INFORMATION

CrossFit® Strength in Depth is an Individual and Team competition, which will be held in London over the 10 – 12 June 2022.

The top five winning Elite Males, Elite Females and Elite Teams will advance to the NOBULL CrossFit® Games 2022.

## Travel

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

London is one of the world's busiest international 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: <https://www.excel.london/visitor/getting-here>

Getting to ExCeL London couldn't be easier!

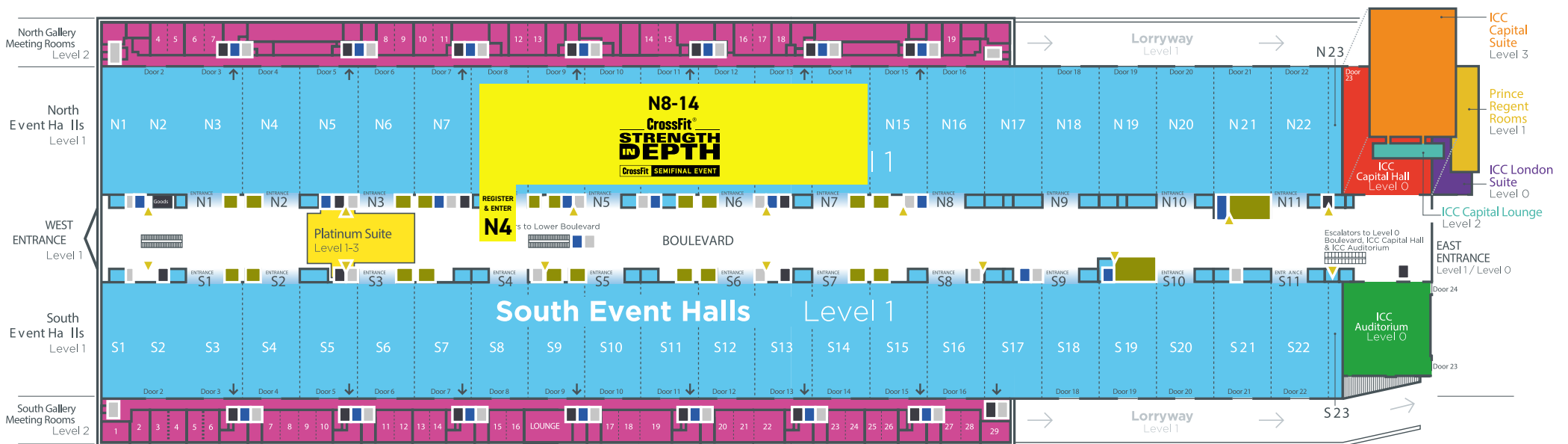
Use Custom House DLR station for the closest exit for CrossFit® SiD 2022.

The ExCeL London should be accessed via the West entrance.

## Register at Entrance N4

## 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. There will also be a vast Vendor Village, Athlete Area, Warm Up Area and dedicated Athlete Support.



# CROSSFIT SID ATHLETE INFORMATION

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## ELITE INDIVIDUALS

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30 males and 30 females will compete in the Elite Individual category. The top five of each division (Male, Female and Team) will be awarded a place at the NOBULL CrossFit® Games, 2022.

**Athlete & Coach Registration:** Thursday 9 June 1600hrs – 1830hrs

*\*\* If you are unable to make registration on Thursday, there will be a short window on Friday 10 June to register from 0800 – 0830hrs. We would however rather that all athletes register on Thursday 9 June. If you require to register during the Friday registration window, please email [hello@strengthindepth.com](mailto:hello@strengthindepth.com)*

**Competition Days:** Friday 10 June - Sunday 12 June 2022.

There will be no cuts across the weekend.

### Event Schedule:

**The full event breakdown with specific heat timings will be released within the next few weeks. For now please see the briefing times as well as start and finish times for all live competition days.**

### Friday 10 June

Briefing 1100hrs

Event live from 1500hrs with the first Elite Individual event at 1600hrs

Event finish 2100hrs with the last Elite Individual event starting at 2045hrs

### Saturday 11 June

Event live from 0900hrs with the first Elite Individual event at 1300hrs

Event finish 1830hrs with the last Elite Individual event starting at 1810hrs

Briefing 1900hrs

### Sunday 12 June

Event live from 0900hrs with the first Elite Individual event at 1400hrs

Event finish 1830hrs with the last Elite Individual event starting at 1750hrs

**Heat Allocations:** Elite Individual heat allocations will be released at least 2 weeks out from competition.

**Athlete attire:** There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

### UP AND COMING DEADLINES:

**Coach passes:** included within your Athlete Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor. **Please note: All Coaches must purchase a Spectator Pass to gain access to the venue. Coach Access Passes will not be allocated without presentation of a Spectator Pass.**

Please complete this short form confirming your Coach details by Sunday 22 May

Form link: <https://forms.gle/TgPaKq6XK82Qi43J8>

Any changes following this date, must be emailed to [hello@strengthindepth.com](mailto:hello@strengthindepth.com).

**Athlete details:** Please check that your name is correctly spelled on the next page, this is how your name will be presented on your official Nameboard. If any changes need to be made, please email any amendments to [info@strengthindepth.com](mailto:info@strengthindepth.com) by **Sunday 15 May 2022**.

FEMALE	
FIRST NAME	LAST NAME
Angelica	Bengtsson
Julia	Blazejowska
Samantha	Briggs
Aoife	Burke
Aimee	Cringle
Jacqueline	Dahlstrøm
Katrin Tanja	Daividsdottir
Elisa	Fuliano
Maribel	Gallardo
Silvia	Garcia Izquierdo
Metty	Greneron
Nicole	Heer
Thuridur Erla	Helgadottir
Franziska	Höger
Evie	Hollis
Tayla	Howe
Katharina	Isele
Emelie	Lundberg
Emma	McQuaid
Hannah	Phipson
Marta	Ricottini
Marie	Robin
Chiara	Salandra
Solveig	Sigurdardottir
Carina	Simoes
Matilda	Spanou
Emma	Tall
Silje	Toennesen
Vanessa	Wagner
Ella	Wilkinson

MALE	
FIRST NAME	LAST NAME
Giovanni	Angelozzi
Dumain	Antoine
Guillaume	Briant
Daniel	Camacho
Marcus	Erixon
Reggie	Fasa
Jan Arnd	Finkenberg
Dimitris	Fotiou
Eliott	Genin
Zack	George
Willy	Georges
Henrik	Haapalainen
Ludvig	Hahnsson
Bryan	Hernández
Kristóf	Horváth
André	Houdet
Giorgos	Karavis
Jonne	Koski
Alex	Kotoulas
Bartek	Lipka
Simon	Mantyla
Jan	Matiaska
Ioannis	Papadopoulos
Tommaso	Pieri
Alexandre	Pinsolle
PD	Savage
Elliot	Simmonds
Hugo	Sousa
Marius	Tinglum Pettersen
Sammy	Wright

**Athlete Waiver:** It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by Monday 30 May 2022. Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

**Workout announcements:** Elite Individual workouts will be released at least 2 weeks out from competition.

## ELITE TEAMS

20 teams will compete in the Elite Teams category. The top five of each division (Male, Female and Team) will be awarded a place at the NOBULL CrossFit® Games, 2022.

**Team & Coach Registration:** Thursday 9 June 1600hrs – 1830hrs

Note: ALL athletes must be present at the time of registration and have a valid ID with them.

*\*\* If you are unable to make registration on Thursday, there will be a short window on Friday 10 June to register from 0800 – 0830hrs. We would however rather that all athletes register on Thursday 9 June. If you require to register during the Friday registration window, please email [hello@strengthindepth.com](mailto:hello@strengthindepth.com)*

**Competition Days:** Friday 10 June - Sunday 12 June 2022.

There will be no cuts across the weekend.

**Event Schedule:** The full event breakdown of timings will be released within the next few weeks. For now please see the briefing times as well as start and finish times for all live competition days.

### Friday 10 June

Briefing 1200hrs

Event live from 1500hrs with the first Elite Team event starting at 1500hrs

Event finish 2100hrs with the last Elite Team event starting at 1830hrs

### Saturday 11 June

Event live from 0900hrs with the first Elite Team event at 1100hrs

Event finish 1830hrs with the last Elite Team event starting at 1530hrs

Briefing 1900hrs

### Sunday 12 June

Event live from 0900hrs with the first Elite Team event at 1300hrs

Event finish 1830hrs with the last Elite Team event starting at 1530hrs

**Heat Allocations:** Elite Team heat allocations will be released at least 2 weeks out from competition.

**Athlete attire:** There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

### UP AND COMING DEADLINES:

**Coach passes:** included within your Team Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor.

**Please note:** All Coaches must purchase a Spectator Pass to gain access to the venue.

Coach Access Passes will not be allocated without presentation of a Spectator Pass.

**Team Captains please complete this short form confirming your team's Coach details by Sunday 22 May. Form link: <https://forms.gle/TgPaKq6XK82Qi43J8>**

**Any changes following this date, must be emailed to [hello@strengthindepth.com](mailto:hello@strengthindepth.com)**

**Team details:** Please check that your team name is correctly spelled on the chart below, this is how your team name will be presented on your official Teamboard. If any changes need to be made, please email any amendments to [info@strengthindepth.com](mailto:info@strengthindepth.com) by Sunday 15 May 2022.

TEAM NAMES	
CrossFit Oslo Navy Blue	CrossFit Butcher's Lab BL
CrossFit Nordic Original	North Engine CrossFit
CrossFit Aylesbury Team TAP	Las Tablas CrossFit TFA CAFFEINE
CrossFit Trondheim	CrossFit Katla
CrossFit Mayflower	Aarhus CrossFit
CrossFit Butcher's Lab Rib	CrossFit Surbiton Motion Training
CrossFit 8020	CrossFit Blaydon
CrossFit Sarpsborg	CrossFit Rotherham CFR BLACK
CrossFit Oslo Underdogs	CrossFit Witham
CrossFit 2605 Team Trinity Fuego	CrossFit Zug

**Athlete Waiver:** It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by **Monday 30 May 2022**. Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

**Athlete amendments:** Two men and two women will check in on site at CFSiD. These competing athletes are chosen from the 6 athletes that were initially submitted during the quarterfinals registration process. The two men and two women may be different from the Quarterfinals competing team if the team chooses to swap in one of their alternates prior to arriving on site.

Once the official team of two men and two women have checked in on site, no other athlete will participate in any way in the on-site check-in process, nor will they be eligible to compete at Semifinals. The alternate man and woman from the Semifinals roster of six (6) may only be used should a team member be unexpectedly injured or forced to withdraw prior to arriving at the Semifinal event.

The two non-competing athletes from the roster of six are welcome to attend CFSiD as spectators. Spectator passes can be purchased directly from the Strength in Depth website here: [www.strengthindepth.com](http://www.strengthindepth.com)

**Onsite athlete amendments:** We will not accept any athlete amendments or substitutions across the competition weekend from the point of registration onward.

**Workout announcements:** Elite Team workouts will be released at least 2 weeks out from competition.

# MASTERS

The following breakdown of masters will compete in each age category.

35-39 years of age- 10 Male and 10 Female

40-44 years of age- 10 Male and 10 Female

45-49 years of age- 10 Male and 10 Female

50-54 years of age- 10 Male and 10 Female

55-59 years of age- 5 Male and 5 Female

60+ years of age- 5 Male and 5 Female

**Athlete & Coach registration:** Thursday 9 June 1600hrs – 1830hrs

**\*\* If you are unable to make registration on Thursday, there will be a short window on Friday 10 June to register from 0800 – 0830hrs. We would however rather that all athletes register on Thursday 9 June. If you need to register during the Friday registration window, please email [hello@strengthindepth.com](mailto:hello@strengthindepth.com)**

**Competition Days:** Friday 10 June - Sunday 12 June 2022.

There will be no cuts across the weekend.

**Event Schedule: The full event breakdown of timings will be released within the next few weeks. For now please see the briefing times as well as start and finish times for all live competition days.**

## Friday 10 June

Briefing 1000hrs

Event live from 1500hrs

Event finish 2100hrs

## Saturday 11 June

Event live from 0900hrs

Event finish 1830hrs

## Sunday 12 June

Briefing 0815hrs

Event live from 0900hrs

Event finish 1830hrs

**Athlete attire:** There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

## UP AND COMING DEADLINES:

**Coach passes:** included within your Athlete Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor. **Please note: All Coaches must purchase a Spectator Pass to gain access to the venue. Coach Access Passes will not be allocated without presentation of a Spectator Pass.**

Please complete this short form confirming your Coach details by Sunday 22 May

Form link: <https://forms.gle/TgPaKq6XK82Qi43J8>

Any changes following this date, must be emailed to [hello@strengthindepth.com](mailto:hello@strengthindepth.com)

**Athlete details:** We are busy preparing all of the printed assets for the event. Please can you therefore ensure that your name is presented on Competition Corner exactly as you would like it printed on your Nameboard by **Sunday 15 May 2022**.

**Athlete Waiver:** It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. **Please ensure you have completed this by Monday 30 May 2022.** Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

**Workout announcements:** Masters workouts will be released at least 1 week out from competition.

## SID COMMUNITY CUP

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60 teams will compete within the CFSiD Community Cup

**Team & Coach registration:** Friday 10 June 13:00 - 17:00hrs

\*Athlete passes will give access to all Community Cup competitors on Friday 10 June to spectate the Elite and Masters divisions.

**Competition Days:** Saturday 11 – Sunday 12 June 2022

There will be no cuts across the weekend.

**Event Schedule:** The full event breakdown of timings will be released within the next few weeks. For now, please see the briefing times as well as start and finish times for all live competition days.

### Saturday 11 June

Briefing 0730hrs

Event live from 0900hrs

Event finish 1830hrs

### Sunday 12 June

Briefing 0730hrs

Event live from 0900hrs

Event finish 1830hrs

**Athlete attire:** There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

### UP AND COMING DEADLINES:

**Coach passes:** included within your Team Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor.

Please note: **Please note: All Coaches must purchase a Spectator Pass to gain access to the venue. Coach Access Passes will not be allocated without presentation of a Spectator Pass.**

Team captains please complete this short form confirming your Coach details by Sunday 22 May. Form link: <https://forms.gle/TgPaKq6XK82Qi43J8>

Any changes following this date, must be emailed to [hello@strengthindepth.com](mailto:hello@strengthindepth.com)

**Athlete details:** We are busy preparing all of the printed assets for the event. Please can you therefore ensure that your team name is presented on Competition Corner exactly as you would like it printed on your Teamboard by **Sunday 15 May 2022**.

**Athlete Waiver:** It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by **Monday 30 May 2022**. Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

**Workout announcements:** SiD Community Cup workouts will be released at least 1 week out from competition.



**CrossFit<sup>®</sup>**  
**STRENGTH**  
**IN DEPTH**

**CrossFit** SEMIFINAL EVENT