

2022 SPORT GUIDE

ELITE INDIVIDUALS



NOBULL



WHOOP®

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.

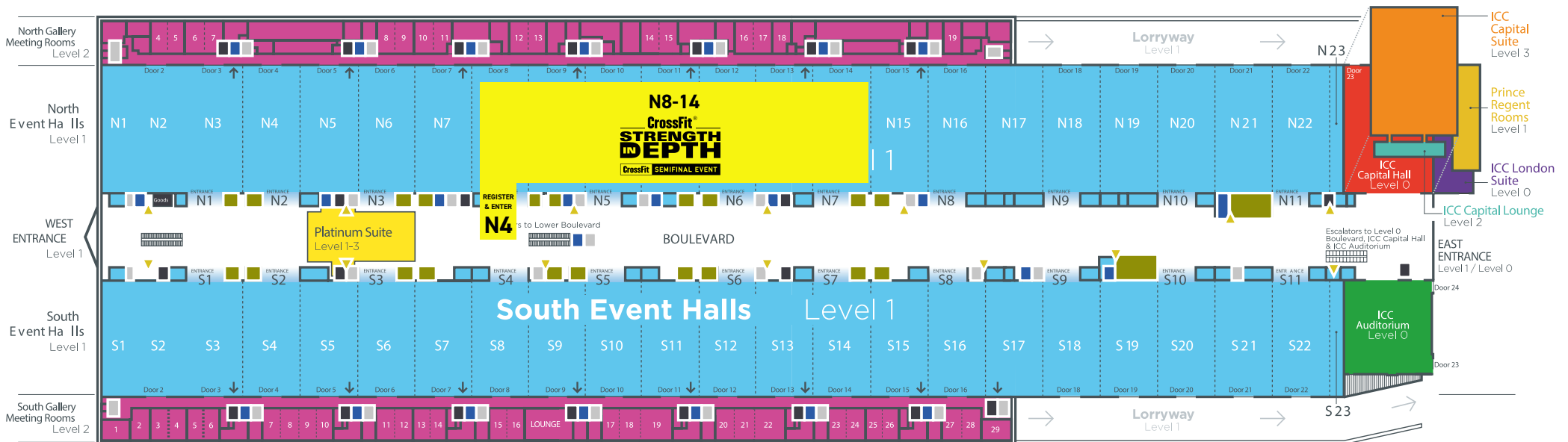
London is one of the world's busiest international hubs, and can be reached by more people, from more destinations, in less time than any other city in the world. Find out how to travel by car, train, tube, taxi or plane by hitting this link: <https://www.excel.london/visitor/getting-here>

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.

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

ELITE INDIVIDUALS

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

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

There will be no cuts across the weekend.

Friday 10 June

Elite Individual Orientation 1245hrs

Elite Individual Briefing 1300hrs (EVENTS 1, 2, 3, 4) All individual briefings will take place on Arena 1.

Event live from **1500hrs** with the first Elite Individual event at **1600hrs** Event finishes **2052hrs**

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**

Elite Individual Briefing 1845hrs (EVENTS 5, 6)

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:

FRIDAY TIMINGS

COMPETITORS	EVENT / HEAT	WALK ON	EVENT START
INDIVIDUAL FEMALE	EVENT 1 / HEAT 1	16:04	16:06
	EVENT 1 / HEAT 2	16:36	16:38
INDIVIDUAL MALE	EVENT 1 / HEAT 1	17:16	17:18
	EVENT 1 / HEAT 2	17:46	17:48
INDIVIDUAL FEMALE	EVENT 2 / HEAT 1	19:10	19:12
	EVENT 2 / HEAT 2	19:26	19:28
	EVENT 2 / HEAT 3	19:42	19:44
INDIVIDUAL MALE	EVENT 2 / HEAT 1	20:06	20:08
	EVENT 2 / HEAT 2	20:22	20:24
	EVENT 2 / HEAT 3	20:38	20:40

FRIDAY HEAT ALLOCATIONS OVER PAGE

INDIVIDUAL FEMALE EVENT 1 HEAT 1		
1	Samantha	Briggs
2	Silje	Toennesen
3	Carina	Simoes
4	Nicole	Heer
5	Franziska	Höger
6	Vanessa	Wagner
7	Elisa	Fuliano
8	Evie	Hollis
9	Silvia	Garcia Izquierdo
10	Julia	Blazejowska
11	Marta	Ricottini
12	Ella	Wilkinson
13	Katharina	Isele
14	Hannah	Phipson
15	-	-

INDIVIDUAL FEMALE EVENT 1 HEAT 2		
1	Metty	Greneron
2	Chiara	Salandra
3	Katrin Tanja	Davidsdottir
4	Matilda	Spanou
5	Tayla	Howe
6	Solveig	Sigurdardottir
7	Jacqueline	Dahlstrøm
8	Emma	McQuaid
9	Emma	Tall
10	Marie	Robin
11	Thuridur Erla	Helgadottir
12	Aoife	Burke
13	Emelie	Lundberg
14	Maribel	Gallardo
15	Aimee	Cringle

INDIVIDUAL MALE EVENT 1 HEAT 1		
1	-	-
2	Giovanni	Angelozzi
3	Sammy	Wright
4	Jan Arnd	Finkenberg
5	Daniel	Camacho
6	Kristóf	Horváth
7	Ludvig	Hahnsson
8	Zack	George
9	Giorgos	Karavis
10	Jan	Matiaska
11	Bryan	Hernández
12	Bartek	Lipka
13	Eliott	Genin
14	Marius	Tinglum Pettersen
15	-	-

INDIVIDUAL MALE EVENT 1 HEAT 2		
1	Marcus	Erixon
2	Dimitris	Fotiou
3	Alexandre	Pinsolle
4	Elliot	Simmonds
5	PD	Savage
6	André	Houdet
7	Alex	Kotoulas
8	Willy	Georges
9	Jonne	Koski
10	Guillaume	Briant
11	Henrik	Haapalainen
12	Tommaso	Pieri
13	Antoine	Dumain
14	Simon	Mantyla
15	Reggie	Fasa

INDIVIDUAL FEMALE EVENT 2 HEAT 1		
1	Samantha	Briggs
2	Silje	Toennesen
3	Carina	Simoes
4	Nicole	Heer
5	Julia	Blazejowska
6	Marta	Ricottini
7	Ella	Wilkinson
8	Katharina	Isele
9	Hannah	Phipson
10	-	-

INDIVIDUAL FEMALE EVENT 2 HEAT 2		
1	Silvia	Garcia Izquierdo
2	Elisa	Fuliano
3	Aimee	Cringle
4	Maribel	Gallardo
5	Emelie	Lundberg
6	Chiara	Salandra
7	Metty	Greneron
8	Evie	Hollis
9	Vanessa	Wagner
10	Franziska	Höger

INDIVIDUAL FEMALE EVENT 2 HEAT 3		
1	Aoife	Burke
2	Thuridur Erla	Helgadottir
3	Marie	Robin
4	Emma	Tall
5	Emma	McQuaid
6	Jacqueline	Dahlstrøm
7	Solveig	Sigurdardottir
8	Tayla	Howe
9	Matilda	Spanou
10	Katrin Tanja	Davidsdottir

INDIVIDUAL MALE EVENT 2 HEAT 1		
1	-	-
2	Marius	Tinglum Pettersen
3	Sammy	Wright
4	Jan Arnd	Finkenberg
5	Daniel	Camacho
6	Bryan	Hernández
7	Bartek	Lipka
8	Elliott	Genin
9	Giovanni	Angelozzi
10	-	-

INDIVIDUAL MALE EVENT 2 HEAT 2		
1	Kristóf	Horváth
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1	Antoine	Dumain
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8	André	Houdet
9	PD	Savage
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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 2x Coaches Access Passes to the warm up area and athlete services area. This pass will not provide access to the athlete area or the competition floor. **Please note:** 2x coaches' passes will be issued to each athlete. One of the passes will need to be presented with a spectator ticket.

If not already, please complete this short form confirming your Coaches details by Friday 3rd of June Form link: <https://forms.gle/kfLekPDcrMD7oRcH8>

Any changes following this date, must be emailed to hello@strengthindepth.com.

Athlete Waiver: It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by Friday 3rd June 2022. Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

FRIDAY EVENTS

ELITE INDIVIDUAL EVENT 1 “Copperfield”

For time:

1000m Run (Assault Runner)

2000m Row

300 Double Unders

1000m Run (Assault Runner)

Cap: Females 28mins, Males 26mins

NOTES

This workout begins with the athlete standing at the assault runner. After the call of “3, 2, 1... go,” the athlete will mount the runner and run one kilometre. Once the run is complete, the athlete will advance to the Concept 2 Rower to perform a 2000m row. Upon completion of the row, the athlete will advance to the double unders and perform 300 double unders advancing every 100 reps. Upon completion of the 300 double unders the athlete will mount the runner and run a further one kilometre. Upon completion of the second kilometre run the athlete will advance to their finish mat where the time will stop.

FEMALES HAVE AN ADDITIONAL 2:00 TO COMPLETE

Scoring

The athlete’s score will be the total time it takes to complete the entire workout or the total number of repetitions/distance in metres completed before the time cap. There is no tiebreak for this workout.

Movement Standards

Run

- The athlete must not adjust the monitor
- The athlete must remain on the runner until the required distance has been registered on screen
- The athlete may not hold the bars during the run but may use them for balance on mounting/dismounting the runner

Row

- The athlete must not adjust the monitor. The damper will be set to 5 prior to the event but may be adjusted by the athlete once the event has begun.
- The athlete must remain on the rowing machine until the required distance has been registered on screen

Double Unders

- The athlete must provide their own ropes. CrossFit Strength in Depth will not provide ropes for the event. Ropes will be laid out at the first increment assigned to double unders in the lane prior to the event.
- The athlete must advance to the next increment on the floor upon completion of each 100 repetitions.

ELITE INDIVIDUAL EVENT 2 “Havisham”

3 Rounds For Time:

12 Ring Muscle Ups

30 Alternating Single Legged Squats

9 Hang Power Snatches 70/48kg

Cap: 12 Minutes

NOTES

This workout begins with the athlete standing on the start mat behind the rig. After the call of “3, 2, 1... go,” the athlete will step off the mat and advance to the rings to perform the first round of 12 ring muscle ups. Following the ring muscle ups the athlete progresses to the 30 alternating single legged squats, advancing forward one marked increment every 10 reps. Following the single legged squats the athlete progresses to the barbell to complete 9 hang power snatches. Upon completing the round the athlete will push the bar forward one marked increment on the floor to demonstrate the end of that round before returning to the rings to continue the workout. Upon completing the final set of hang power snatches the athlete will step over their bar and run to the finish mat in their lane. Time stops when the athlete reaches the finish mat.

Scoring

The athlete’s score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

Movement Standards

Ring Muscle Up

- The athlete must pass through some portion of a dip - an uprise or similar is not permitted
- The athlete must demonstrate support over the rings with elbows locked out prior to descending for the next repetition
- A 6” riser will be provided for the athletes that require it

Alternating Single Legged Squats

- Athletes must alternate the legs for each repetition
- No part of the athlete’s body may touch the floor other than the foot of the working leg

Hang Snatch

- The athlete must come to full extension before returning to the hang ABOVE the knee to begin the repetitions
- The athlete’s bar must move in one continuous motion from the hang to the overhead position and the athlete must demonstrate full extension of the knees hips and elbows
- Any variation of the hang snatch may be used provided that the general standards are otherwise satisfied

SATURDAY EVENTS

ELITE INDIVIDUAL EVENT 3 “Carol Complex”

3 Attempts for Max Load of:

3 Cleans

2 Front Squats

1 Jerk (Shoulder to Overhead)

Cap: 15 minutes

NOTES

Beginning with the first two athletes, lifters will have one minute to complete the complex. At the start of the next minute, the next two athletes will lift. When all athletes have completed their first attempt, the cycle repeats, starting with the first two lifters again. This sequence continues until all athletes are given three lifting windows.

Additionally, athletes do not have to make an attempt during each lifting window. Athletes may choose to reduce the load on the bar for their next attempt after a failed lift.

Score

The athlete's best successful lift will be their score for the event.

Movement Standards

Note: if the athlete steps off of the platform at any time during the attempt it is an immediate no rep.

Clean

- Each rep begins with the barbell touching the floor.
- The bar must be brought to the shoulder in one motion.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- If the athlete's knee touches the floor during the attempt, the rep will not count.

The rep is credited when:

- The athlete's hips and knees reach full extension and the bar is supported in the front-rack position.
- The elbows must be in front of the bar when viewed from profile.
- The athlete may NOT rest the barbell on the ground after the first repetition.
- Resting in the rack position is acceptable.

- The athlete may regrip at the hang, but may not deliberately rest with the bar in the crease of the hip.
- Deliberately bouncing the bar into the next rep will not count.

Front Squat

- The front squat begins after completing the third rep of the clean.
- At the bottom of the squat, the crease of the athlete's hip must be clearly below the top of the knees.
- The bar must remain in the front-rack position.
- The hands do NOT need to remain on the bar. Any grip is permitted.

The rep is credited when:

- The athlete's hips and knees reach full extension while the bar is supported in the front-rack position.

Jerk (Shoulder-to-Overhead)

- The jerk begins after completing the second rep of the front squat.
(The athlete does not have to pause at the top of the second front squat.)
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

The rep is credited when:

- The barbell is locked out overhead with the arms, hips, and legs fully extended.
- The bar is over or slightly behind the centre of the athlete's body, with feet in line.
- If the athlete fails the jerk and brings the barbell back to the rack position, the athlete may NOT reattempt the jerk.

ELITE INDIVIDUAL EVENT 4 “Curiosity Shop”

For Time:

50 Kettlebell Deadlifts 80/64kg

150ft Handstand Walk*

50 Box Jump Overs 24/20”

75 Toes to Bar

50 Box Jump Overs 24/20”

150ft Handstand Walk*

50 Kettlebell Deadlifts 80/64kg

*25ft minimum unbroken

Cap: 16 minutes

NOTES

This workout begins with the athlete standing on the start mat at the end of the lane. After the call of “3, 2, 1... go,” the athlete will step off the mat and advance to the kettlebells to perform the first of 50 deadlifts. The athlete will advance the kettlebells forward one marked lane increment to demonstrate progress every 10 reps. Following the kettlebell deadlifts the athlete progresses to the 150ft handstand walk, advancing down the lane in scored increments of 25ft. Every 25ft increment must be completed UNBROKEN. The athlete will need to complete 3 lengths of a 50ft course to complete the required distance.

Following the handstand walk, the athlete progresses to the plyo box to complete 50 box jump overs. After the box jump overs the athlete makes their way to the rig to perform 75 toes to bar. Upon completing the toes to bar the athlete will make their way through the same movements in reverse in order to return to the start mat. Time stops upon reaching the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

Movement Standards

Kettlebell Deadlift

- This is a standard kettlebell deadlift performed with the feet between the kettlebells
- The athlete must demonstrate full extension of the hips and knees at the top of the movement
- Both kettlebells must be in contact with the floor at the same time

Handstand walk

- When kicking up, the hands (including the fingers) must be placed on the ground BEHIND the RED line
- Placing the hands or fingers on or over the RED line when kicking up constitutes a no rep

- Each 25ft increment of the 50ft measured distance will count as 1 rep.
- Every 25ft increment must be completed UNBROKEN.
- Both hands, including palms and fingers, must touch the ground completely clear of the RED line marking the end of the increment before the feet touch the ground
- If at any time the athlete comes down from their hands before finishing the increment, they must repeat the entire increment
- Athletes are not required to kick down after completing a 25ft increment

Box Jump Overs

- The athlete starts with both feet on the ground on one side of the box
- A lateral jump (starting with the feet parallel to the box) IS permitted
- A two-foot takeoff is always required, and only the athlete's feet may touch the box
- After landing on the box, the athlete must STEP OFF to the other side
- There is no requirement to stand tall while on top of the box
- Athletes MUST step down from the box for the rep to count
- Rebounding into the next jump is NOT permitted
- The rep is credited when both feet have touched the ground on the opposite side of the box
- From there, they may begin their next rep

Toes to Bar

- Athletes begin by hanging from the pull-up bar with arms extended
- The heels must be brought back behind the bar
- Overhand, underhand, or mixed grips are all permitted
- The rep is credited when both feet contact the bar between the hands at the same time

SUNDAY EVENTS

ELITE INDIVIDUAL EVENT 5 “Twist”

10 Rounds For Time:
1 legless rope climb 15'
170' run

Cap 11 minutes

NOTES

This event begins with the athlete stationed behind the line at the end of the lane. After the call of “3, 2, 1... go,” the athlete runs to the rope and performs a legless climb. The athlete then returns down the lane and passes both feet over the round AND touches the ground to complete the round. The judge stationed at the end of the lane will indicate progression by flipping a round counter. The athlete will repeat rounds in this fashion for a total of 10 rounds. After the 10th rope climb is complete, the athlete will return down the lane and across the line at the end in order to progress to the finish mat. Time stops upon reaching the finish mat in their lane.

Scoring

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

Movement Standards

Legless rope climbs

- The athlete must climb the rope and touch the crossbeam at the top of the rig without the use of their legs
- Jumping to begin each climb is permitted
- The athlete may only use their arms to climb the rope
- Legs may be used on the descent after both hands are back on the rope after touching the crossbeam

Run

- At the turnaround, the athlete must run down their lane. Both feet and one hand must make contact on the opposite side of the line before returning for the next rope climb.
(Judges will flip the round marker as the athlete returns to the rig)
- The run is credited when the athlete returns to, and has touched, the rope.
- On the final run, the athlete moves to the finish mat.

ELITE INDIVIDUAL EVENT 6 “Hard Times”

For Time:

21-15-9

Kcal Echo Bike

Bar Facing Burpees

Thrusters 61/43kg

Cap: 9 minutes

NOTES

This workout begins with the athlete standing on the start mat behind the rig. After the call of “3, 2, 1... go,” the athlete will step off the mat and advance to the echo bike to perform the first round of 21 calories. The athlete will advance from the bike to the barbell where they will complete 21 bar facing burpees. Following the burpees the athlete picks up the bar and performs the 21 thrusters. Before returning to the Echo bike for the round of 15, the athlete will advance the bar forward one lane increment in order to demonstrate the end of the round. The athlete will continue in the same manner to complete the rounds of 15 and 9 repetitions before stepping over the bar to run to the finish mat at the end of the lane.

Time stops upon reaching the finish mat in their lane.

Scoring

The athlete’s score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

Movement Standards

Echo Bike

- The athlete must not adjust the monitor
- The athlete must remain on the bike until the required number of calories has registered on screen

Bar Facing Burpee

- The athlete must begin the repetition with chest and thighs in contact with the floor
- The athlete may not bring their head over the bar whilst on the floor
- The athlete may use any means to pass over the bar - 2-footed or single-footed take offs and landings are permitted
- The athlete may step over the bar
- The athlete's hips and torso must remain within the lane at all times. Feet may pass outside of the lane.

Thruster

- The athlete may perform a clean to begin the thruster (cluster)
- The crease of the hip must pass clearly below parallel on the squat portion of the rep
- The rep is completed with the bar overhead and elbows, hips and knees fully extended

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**STRENGTH
IN DEPTH**
CrossFit SEMIFINAL EVENT



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