

# 2022 SPORT GUIDE

ELITE TEAM



**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.**

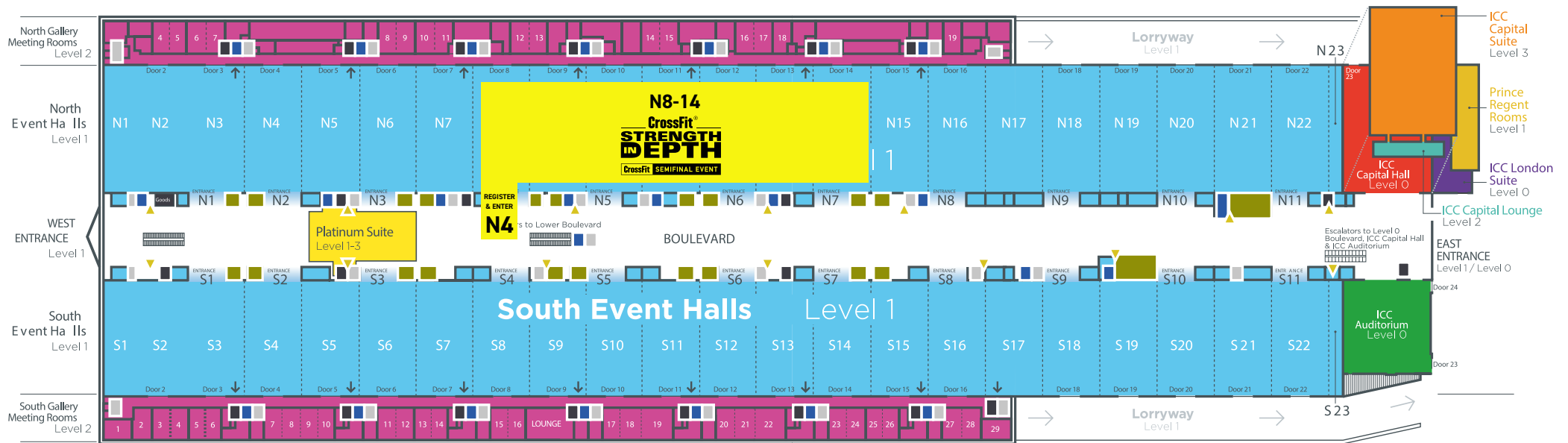
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## Getting to ExCeL London couldn't be easier!

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 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.

### Friday 10 June

Elite Team Orientation 1145hrs

Elite Team Briefing 1200hrs **(EVENTS 1, 2, 3, 4). Please meet at Arena 1 for this briefing.**

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

Event finish 2100hrs with the last Elite Team event starting at 1845hrs

### Saturday 11 June

Event live from 0900hrs with the first Elite Team event at 1112hrs

Event finish 1830hrs with the last Elite Team event starting at 1547hrs

Elite Team Briefing will be at 1630hrs **(EVENTS 5, 6) . PLEASE NOTE: Teams need to meet in the 'athlete area' upstairs for this briefing. 1x coach will be allowed to attend this briefing.**

### 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 1600hrs

## Heat Allocations:

### FRIDAY TIMINGS

EVENT / HEAT	WALK ON	EVENT START
EVENT 1 / HEAT 1	14:58	15:00
EVENT 1 / HEAT 2	15:27	15:29
EVENT 1 / HEAT 1	18:24	18:26
EVENT 1 / HEAT 2	18:43	18:45

### FRIDAY HEAT ALLOCATIONS

ELITE TEAMS EVENT 1 HEAT 1	
1	CrossFit Witham
2	CrossFit Blaydon
3	Aarhus CrossFit
4	North Engine CrossFit
5	CrossFit Butcher's Lab BL
6	Las Tablas CrossFit TFA CAFFEINE
7	CrossFit Katla
8	CrossFit Surbiton Motion Training
9	CrossFit Rotherham CFR BLACK
10	CrossFit Zug

ELITE TEAMS EVENT 1 HEAT 2	
1	CrossFit Oslo Underdogs
2	CrossFit 8020
3	CrossFit Mayflower
4	CrossFit Aylesbury Team TAP
5	CrossFit Oslo Navy Blue
6	CrossFit Nordic Original
7	CrossFit Trondheim
8	CrossFit Butcher's Lab Rib
9	CrossFit Sarpsborg
10	CrossFit 2605 Team Trinity Fuego

ELITE TEAMS EVENT 2 HEAT 1	
1	CrossFit Witham
2	CrossFit Blaydon
3	Aarhus CrossFit
4	North Engine CrossFit
5	CrossFit Butcher's Lab BL
6	Las Tablas CrossFit TFA CAFFEINE
7	CrossFit Katla
8	CrossFit Surbiton Motion Training
9	CrossFit Rotherham CFR BLACK
10	CrossFit Zug

ELITE TEAMS EVENT 2 HEAT 2	
1	CrossFit Oslo Underdogs
2	CrossFit 8020
3	CrossFit Mayflower
4	CrossFit Aylesbury Team TAP
5	CrossFit Oslo Navy Blue
6	CrossFit Nordic Original
7	CrossFit Trondheim
8	CrossFit Butcher's Lab Rib
9	CrossFit Sarpsborg
10	CrossFit 2605 Team Trinity Fuego

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

**UP AND COMING DEADLINES:**

**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>

**Coach passes:** included within your Team 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 Team. One of the passes will need to be presented with a spectator ticket.

If not already, Teams captains 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](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 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.

# FRIDAY EVENTS

## ELITE TEAM EVENT 1 “Inferno”

For time:

MF Pair 1

2000m Run (Assault Runner)\*

1200m Row

300 Double Unders

MF Pair 2

2000m Run (Assault Runner)

1200m Row

300 Double Unders

\*Advance to Row Triggers MF2

Cap: 25 minutes

### NOTES

This workout begins with the athletes standing on the start mat at the assault runner. After the call of “3, 2, 1... go,” MF Pair 1 will step off the mat and, sharing the distance as required, will complete a 2000m run. As MF Pair 1 clears the run and touches the rower, MF Pair 2 is cleared to begin the workout.

MF Pair 1 advances to the Concept 2 Rower to perform a 1200m row, sharing the distance as required. Upon completion of the row, the athletes will perform 300 double unders advancing every 100 reps. Upon completion of the 300 double unders the athletes will advance to the finish mat and release MF Pair 2 to enter the rowing section of the event. MF Pair 2 may not begin the row until after MF Pair 1 has reached the finish mat.

MF Pair 2 will complete the row and double unders as MF Pair 1 before them. Once the double unders have been completed by MF Pair 2 they will join MF Pair 1 on the finish mat and time will be called.

### Scoring

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

### Movement Standards

#### Run

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

#### Row

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

#### Double Unders

- The athletes 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 athletes must advance to the next increment on the floor upon completion of each 100 repetitions.

## ELITE TEAM EVENT 2 “The Goat Pen”

### Pair 1

80 foot Handstand Walk (both athletes\*)

6 Rounds, You Go I Go (3x Each):

6 Ring Muscle Ups

160 foot Husafell Carry 75/50kg

80 foot Handstand Walk (both athletes\*)

### Pair 2

80 foot Handstand Walk (both athletes\*)

4 Rounds, You Go I Go (2x Each):

12 Ring Muscle Ups

160 foot Husafell Carry 75/50kg

80 foot Handstand Walk (both athletes\*)

\*Increments are completed in minimum distances of 20'

Cap: 15 minutes

## NOTES

Athlete pairs may be selected at the team's discretion, utilising males and females as they see fit. After the call of “3, 2, 1... go,” the first athlete of Pair 1 will step off the mat and begin the handstand walk. The second athlete may follow on once the first athlete has cleared 20'. Athletes must complete minimum increments of 20 feet unbroken in order to progress.

When both athletes have reached the rig, one athlete will begin their first round and perform the 6 ring muscle ups while the other remains at the head of the lane by the Husafell bag.

Upon completing the 6 ring muscle ups the first athlete will advance to the Husafell carry, selecting the appropriate weight (75kgM/50kgF). The Husafell carry is executed by carrying the load to the end of the lane and back, being sure to clear the final lines of the marked lane, before dropping the load and tagging their partner to release them to their first round.

The second partner of the first pair completes the round as their partner before. The athletes complete 3 rounds each, alternating after the Husafell carry.

When the first pair has completed three rounds each, they will release the second athlete pair.

The second pair enter the field of play and begin their handstand walk before alternating rounds as the first pair before them; only this time with 12 ring muscle ups per round rather than 6. When this second athlete pair has completed their 2 rounds each, they will join Pair 1 on the finish mat and time will be called.

## Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap. There is no tiebreak for this workout.

## Movement Standards

### RMU

- 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

### 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 20ft increment of the 80ft measured distance will count as 1 rep
- 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 an increment

# SATURDAY EVENTS

## ELITE TEAM EVENT 3 “Snatch Ladder”

(Weight in kilograms)

M: 84/88/93/98/102/107/111/115/120/124

(11th platform staged at 129)

F: 61/63/65/68/70/72/75/77/79/81

(11th platform staged at 84)

Cap: 22 minutes

### NOTES

The pair of athletes on the first team will start standing behind the first platform. After the countdown of 3-2-1-GO, the first athlete will have 25 seconds to complete the lift. At the 25-second mark, the second athlete will have 25 seconds to lift. If an athlete is successful, they will move to stand behind the next platform. At the 50-second mark, the next pair will enter and wait behind the first platform. After a 10-second transition (at the top of the minute), the cycle begins again. This cycle continues until both men cannot complete the lift.

Athletes may take as many attempts within their allotted time as they would like. If at any point an athlete fails to complete the lift within the designated time, they will exit the field of play and their teammate will continue without them, maintaining their lifting order.

If an athlete completes the entire ladder, after the 10-second transition, they will be given the next minute as rest where they will declare the load they would like to attempt at the 11th platform. At the 11th platform, the athlete will have from 0-25 seconds to make the lift.

After the men have finished, the platforms will be reset and the women will complete the workout in the same fashion.

### Scoring

After the women have lifted, the team's score will be the total of each of the four teammates' heaviest successful lift.

### Movement Standards

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

### Snatch

#### Starting position:

- The barbell begins on the ground and must be lifted overhead in one motion.
- Power, squat, and split snatches are all permitted, but in each instance, the athlete's feet must be brought back in line before the bar is lowered.
- Hang snatches and any variation of clean and jerk are not permitted.

#### The repetition is credited when:

- The barbell is at full lockout overhead with the hips, knees, and arms fully extended.
- The bar is directly over or slightly behind the middle of the body with the feet in line.

### Other notes:

- The bar must leave the ground before the time limit expires (25 seconds per lifter on platforms 1-10 or 50 seconds on the 11th platform).
- As long as the bar has left the ground before the time limit, if the lift is completed, it will count.
- Once an athlete cannot complete a lift, they will leave the field of play.

## ELITE TEAM EVENT 4 “Purgatorio”

For Time:

20 Worm Ground to Overhead

30 Synchro Burpees

50 Synchro Toes to Bar MF1

20 Worm Ground to Overhead

50 Synchro Toes to Bar MF2

30 Synchro Burpees

20 Worm Ground to Overhead

Cap: 18 minutes

### NOTES

This workout begins with the athletes standing on the start mat behind the rig. After the call of “3, 2, 1... go,” both Subteam Pairs will advance to the field of play by running through the rig to reach the worm at the head of the lane. The team will then pick up the worm and perform 20 Ground to Overhead (GTOH). Immediately following the GTOH, the team will advance the worm 40 feet to position it at the halfway mark for the next set of GTOH. The athletes will then perform 30 synchro burpees over the worm.

Following the burpees, MF Pair 1 breaks off to perform 50 synchro Toes to Bar while MF Pair 2 returns to the worm. Upon completing the toes to bar, MF Pair 1 runs to join their teammates at the worm.

The second round progresses as the first with all four athletes contributing to the worm GTOH. The team then advances the worm another 40 feet to the end of the lane. At this point, MF Pair 2 breaks off to complete 50 synchro toes to bar while MF Pair 1 waits by the worm.

When the second round of toes to bar has been completed, MF Pair 2 joins MF Pair 1 to perform 30 synchro burpees over the worm. Immediately after the burpees, the team performs a final set of GTOH with the worm before running to the finish mat where time is called.

### Scoring

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

### Movement Standards

#### Worm GTOH

- The rep begins with all athletes stood to the same side of the worm
- The worm is lifted by all athletes simultaneously
- The worm must stop at the shoulder before being driven overhead
- The athletes are not required to lock their elbows as the worm is passed overhead
- The worm is passed to the shoulder on the opposite side of the starting position before returning to the floor

#### Synchro Burpees Over Worm

- The repetition begins with all athletes laid either side of the worm, 2 on each side, with their chest and thighs clearly in contact with the floor
- The rep is credited when all athletes have moved to the opposite side of the worm by jumping or stepping over
- A two footed take off is not required

#### Synchro Toes to Bar

- Athletes begin by both 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 of both athletes contact the bar between their hands at the same time
- Any part of the feet may make contact with the bar



# SUNDAY EVENTS

## ELITE TEAM EVENT 5 “Retro-14”

For time, starting with the female pair:

40 Thrusters 43kg

6 Legless Rope climbs

30 Thrusters 43kg

4 Legless Rope Climbs

20 Thrusters 43kg

2 Legless Rope Climbs

Immediately followed by the male pair  
(thrusters at 61kg)

Cap: 15 minutes

### NOTES

This event begins with the team on the start mat (behind the rig). After the call of “3, 2, 1... go,” the women will run to the first barbell and complete 40 thrusters, sharing the work as they see fit. The non-working athlete waiting behind the designated line. After the thrusters are completed, they will run to the rope. When both teammates have reached the pull-up bar at the front of the rig, one athlete may enter and begin climbing. The pair may switch at any time; however, the non-climbing teammate must wait at the pull-up bar. After the pair completes six legless rope climbs, they will move back to the barbell and advance it to the next lane increment before beginning their next set of thrusters. The pair will continue in this pattern until they have completed the final rope climb. After the final rope climb, the pair will run over the bars to the finish.

When both women are on the finish mat, the men may enter the field of play and run to the second bar to begin their thrusters. Working in the same fashion as the women, after the last rope climb, the men will run over both bars and to the finish. When the team is on the finish mat together, time stops.

### Scoring

The team’s score will be the total time it takes to complete the entire workout or the total number of repetitions/distance completed before the time cap. There is no tiebreak for this workout. **NOTE:** The timing chip must be worn by the final member of the team to cross the finish line.

### Movement Standards

#### Thruster

- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete’s hip must clearly pass below the top of the knees in the bottom position.

- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

The rep is credited when:

- The barbell is at full lockout overhead with the hips, knees, and arms fully extended.
- The bar must be directly over or slightly behind the middle of the body with the feet in line.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may NOT receive assistance moving or resetting their barbell.
- The resting athlete must remain behind the designated line.
- To switch, the working athlete must return behind the designated line.

### Legless rope climbs

- Rope climbs may not begin until both athletes have reached the pull-up bar.
- The resting athlete must wait under the pull-up bar.
- The athlete must climb the rope and touch the crossbeam at the top without the use of their legs.
- Jumping up to begin each ascent 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.
- When the pair wishes to switch, the working athlete must run back and tag their resting teammate under the pull-up bar.

## ELITE TEAM EVENT 6 “Paradiso”

2 Rounds For Time:

30kcal Echo Bike MF1

40 Strict Handstand Push Ups/Handstand Hold MF2

20 foot Worm Lunge

30kcal Echo Bike MF2

40 Strict Handstand Push Ups/Handstand Hold MF1

20 foot Worm Lunge\*

\*Final 20 foot lunge to be completed as overhead worm lunges

Cap: 15 minutes

### NOTES

This workout begins with the athletes standing on the start mat behind the rig. After the call of “3, 2, 1... go,” Both MF Pairs will advance to the field of play. MF Pair 1 will run through the rig and station themselves at the Echo Bike where they will work through 30 Echo bike calories. Meanwhile, MF Pair 2 will station themselves in the rig and share 40 repetitions of Strict Handstand Push Ups; performing reps while their partner maintains a handstand hold.

When both subteams have completed their allocated work, the team comes together to advance the worm 20 feet down the marked lane by lunging with the worm on their shoulders. Following the lunges with the worm, the subteams head back to the Echo Bike and SHSPU stations swapping their stations from their previous position. Again, upon completion of the work, the subteams come back together to lunge the worm forward 20 feet.

The team continues in this pattern for another round, completing allocated work at the Echo Bike and SHSPU as subteams before reuniting to lunge the worm down the lane. In the final set of lunges the team will hold the worm in the overhead position. Once these overhead lunges have been completed, the team will drop the worm and run to the finish mat at the end of the lane to conclude the workout.

### Scoring

The team’s score will be the total time it takes to complete the entire workout or the total number of repetitions/distance 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

### SHSPU/HS Hold

- The inside of the box for the strict handstand push-up and hold will measure 102cm wide and 60cm deep
- Each rep begins and ends with both athletes in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body
- The arms must be fully extended and in line with the body before the active athlete can descend
- The hands must remain inside the designated box
- If any part of the hand, including any part of the fingers, touches the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position
- During the push up repetitions the feet may be no wider than the width of the hands at any point
- Repetitions may only be attempted while the athlete performing the hold is in position

### Worm Lunge

- Each lunge starts with the athletes on the same side as the worm with the load supported on the shoulders
- All athletes’ knees must touch the floor at the same time
- As the athletes stand up they must all demonstrate full extension of the hips and knees before beginning the next repetition

### OH Worm Lunge

- The athletes may only lunge while all athletes have the worm supported overhead
- Elbows are not required to be fully extended

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**STRENGTH  
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