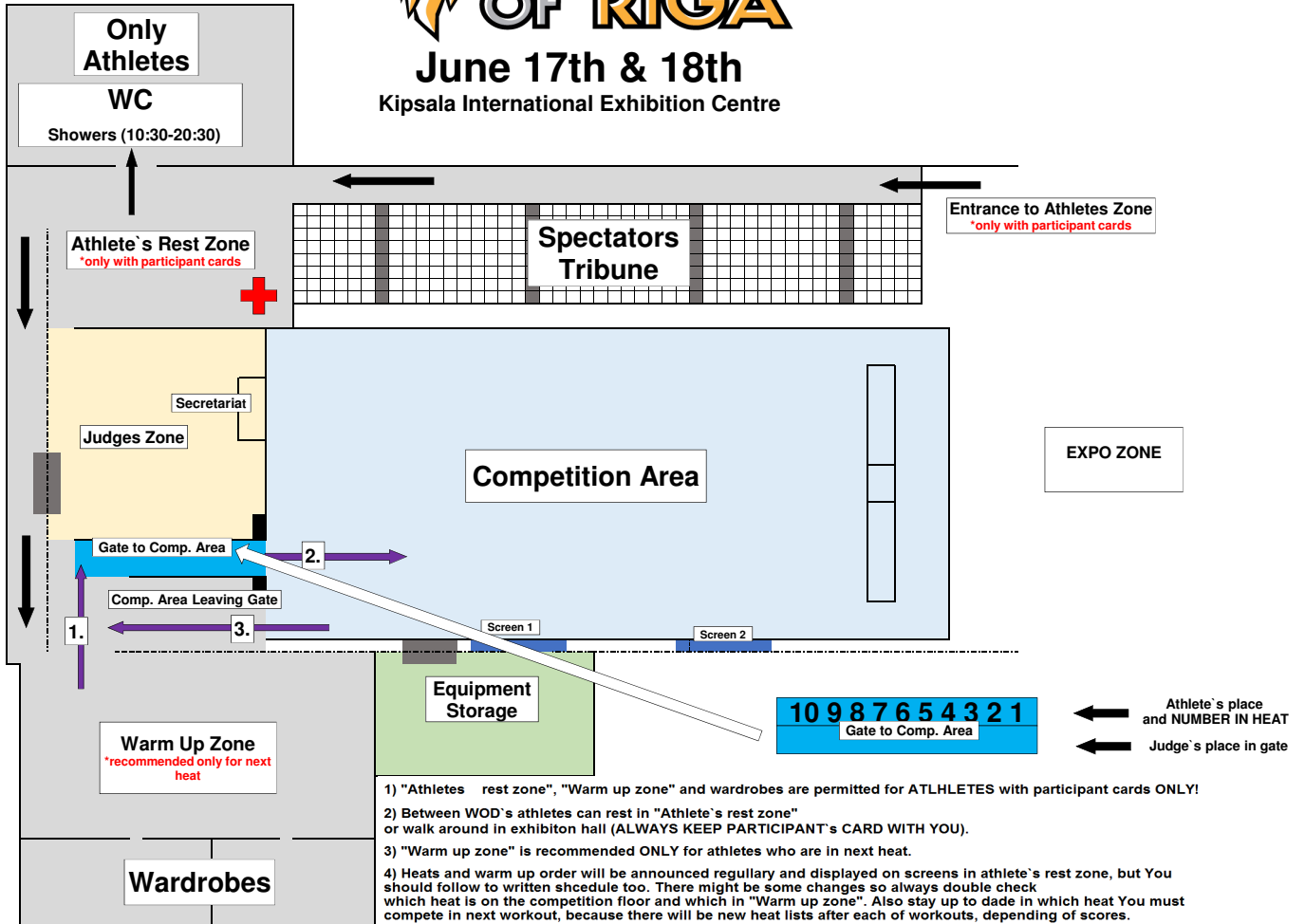




June 17th & 18th

Kipsala International Exhibition Centre



- 1) "Athletes rest zone", "Warm up zone" and wardrobes are permitted for ATHLETES with participant cards ONLY!
- 2) Between WOD's athletes can rest in "Athlete's rest zone" or walk around in exhibition hall (ALWAYS KEEP PARTICIPANT'S CARD WITH YOU).
- 3) "Warm up zone" is recommended ONLY for athletes who are in next heat.
- 4) Heats and warm up order will be announced regularly and displayed on screens in athlete's rest zone, but You should follow to written schedule too. There might be some changes so always double check which heat is on the competition floor and which in "Warm up zone". Also stay up to date in which heat You must compete in next workout, because there will be new heat lists after each of workouts, depending of scores.

Competition order!

- 1) You must stay in "Warm up zone" while previous WOD finishes and Your heat is announced. After announcement, proceed to the "Gate to competition area".
- 2) In "gate" there will be numbers on the floor (from 1 to 10) and You must stand in correct order depending of Your heat and number in Your heat (for first WOD heat lists and numbers are already announced. During competition heats will be announced after each WOD. You must follow updated heat lists on screens in "Athlete's rest zone". Heat lists for upcoming WOD will be up to date when all scores from previous WOD will be entered).
- 3) Then You must wait for Your judge who will lead You to competition floor.
- 4) After each WOD judge will ask Your signature on scorecard and WILL LEAD YOU off the competition floor.