



ATHLETE SCHEDULE/KEY INFORMATION

January 10-11, 2015 | [Clark County Event Center - Hall A](#)

FRIDAY, JANUARY 9

3:00 – 5:00 pm - Athlete check-in (both athletes from your team must be present)

- Front door of Hall A, see “Athletes” sign
- No parking pass is needed until Saturday
- Please do your best to check in Friday vs. Saturday morning
- You’re welcome to work out at the venue during this time. If you arrive earlier, feel free to head to [CrossFit Fort Vancouver](#) for some mobility or a workout

SATURDAY, JANUARY 10

6:30 – 7:15 am - Athlete check-in (both athletes from your team must be present)

7:30 – 8:15 am - Athlete briefing (warm-up area)

9:00 – 3:15 - Competition (heat schedule will be provided)

SUNDAY, JANUARY 11

6:45 – 7:10 am - Athletes arrive at the [Clark County YMCA \(directions\)](#)

7:15 – 7:45 am - Athlete briefing (poolside)

8:10 am - First heat of Event 4 Spring Break

11:25 am - First heat of Event 5

3:30 pm - Estimated finish time of podium ceremony

WHAT TO EXPECT

- **Athlete area** - to store your gear and food. Space is limited, so please be considerate with the amount of coolers and gear you bring.
- **Warm-up area** - a small pull-up rig and a few weights and bars. Bring any additional gear you like to use for warming up.
- **Bathrooms** - no showers or ice baths available at the main venue. Showers are available at the pool on Sunday however.
- **Medical team** - the athlete area will include a physical therapist, massage therapist, chiropractic support and performance taping. All have donated their time to make your experience better! We also have multiple vendor booths with recovery products to try.
- **Parking** - one parking pass will be provided to each team at check-in. Additional parking is \$6 per day (except Friday is free). If you check in Sat. AM, you’ll have to tell the attendant you’re getting a parking pass and then run back out with it.

WHAT TO BRING

- Food - you can bring coolers and store them in the athlete area (space is limited). The concession will have paleo-friendly fare such as lettuce-wrapped burgers and sweet potato fries.
- Swim suit, goggles, swim cap and towel.
- Jump rope plus any personal equipment you prefer to wear when competing (athletic tape, belts, gloves, sleeves...)
- A mat to sit or lay on in the athlete area (the flooring is concrete).
- A well-rested body and a great attitude!

IMPORTANT – GET TO KNOW ALL OF THE EVENTS

Please familiarize yourself with all of the [events](#) so you understand the movement standards and flow. We encourage you to post questions on our [Facebook page](#) regarding WODs prior to the competition so we can address any questions or concerns. We have great judges who've volunteered their time to make this possible, so let's make their job easy!