

# Clash on the Coast – Competitor Information

Venue: There will be two venues for this year's competition. The day will start at the Kawana Aquatic Centre and will finish back at our gym. The two locations are only a couple of kilometres apart.

## Addresses:

Kawana Aquatic Centre: Sportsmans Parade Bokarina, QLD 4575

Coastal CrossFit Queensland: 13/7-9 Premier Circuit Warana, QLD 4575

## Timings:

Registration will be between 8.30-9.15am. Please be on time as the schedule for the day is pretty tight. The brief for the first WOD will start at 9.15am and the Heat 1 warm-up will kick off at 9.30am. Timings are estimates only however we would expect the day to be finished by 5.00pm

## General Information:

As you may have guessed, the Kawana Aquatic Centre contains a pool. Before you freak out and start swimming more laps than Ian Thorpe in the next week, please be aware that we have put much time and effort into creating WOD's that are inclusive for all levels of CrossFit athlete. If you have any specific water concerns please feel free to give us a call and we can discuss your situation in person.

Once you arrive at the Aquatic Centre, please proceed to the front counter. Athlete's names will be on the counter and will receive free entry as part of the pool rental fee. Spectators will be charged \$2.00 entry to the pool. (Please note this is a pool fee, not one charged by us.)

There will be a change of location at about lunch time back to the gym. Please park on the street when you arrive as we may be utilising the car park for a WOD.

## Clothing and Equipment:

You will be getting into the water for WOD 1. We recommend wearing something like a rash shirt for sun protection but a pair of board shorts for men and a 1 piece swimsuit for women would also be fine.

Please bring the following:

- Towel
- Water
- Food
- Goggles (only if eyes are sensitive)
- Change of clothes x 2
- Suitable footwear
- Strapping Tape
- Hat
- Camera

We are extremely excited to be hosting this event and hope that you all enjoy doing something a bit different. Please feel to contact us prior to the event if you have any questions and we'll see you on the 10<sup>th</sup>.