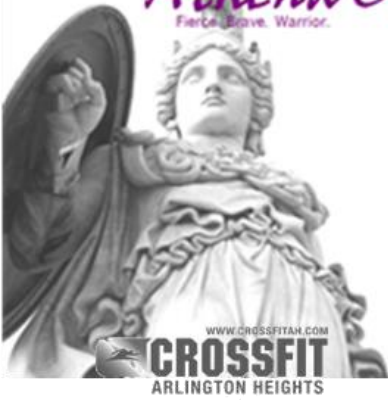


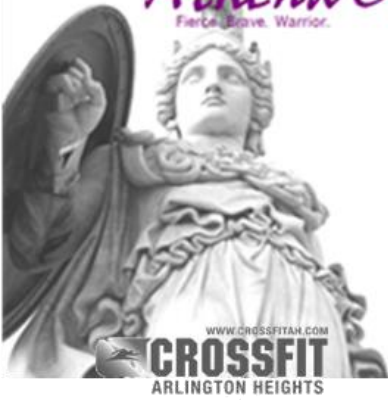
Welcome to the 2017 Athena Classic! It is going to be a competitive, exciting, and jam-packed day. Please take a moment to carefully read the following information. If you have any questions, please email Karen@eadperformancecenter.com at your earliest convenience. Enjoy your final few days of preparation and on behalf of the Elite Athletic Development | CrossFit Arlington Heights training community, we look forward to seeing you compete Saturday, April 22.

- **Event Flow.** The tentative flow for the 2017 Athena Classic is as follows. We will adhere to the schedule as close as humanly possible, and appreciate your help in doing so by reporting for your heat as scheduled. The posted heat start times are suggested only; we may run slightly ahead or behind, so please be prepared.
 - 6:30 a.m. | Check In & Carlson Labs Athena Classic Competitor Bag Pick Up
 - 7:25 a.m. | Athlete Briefing, Workout #1 & #2
 - 8 a.m. | Workout #1
 - 9 a.m. | Workout #2
 - 11:15 a.m. | Lunch Break For Judges & Volunteers
 - 12:15 p.m. | Athlete Briefing, Workout #3
 - 12:30 p.m. | Workout #3
 - 3 p.m. | Scaled Open, Rx Masters & Rx Open Finalists Announced
 - 3:10 p.m. | Athlete Briefing, The Finals (Top 8 in Scaled Open & Rx Open; Top 4 in Rx Masters)
 - 3:20 p.m. | The Finals
 - ~5 p.m. | Podium Presentation
- **Scoring / Judging.** Event judges are well-versed in movement standards for the Athena Classic workouts. They will treat you with respect, and we anticipate that you will reciprocate. The ruling of the judge assigned to you is final; there are no appeals.
- **Standings.** The event leaderboard will be updated as quickly as possible and posted on the TV monitor by the lift platform.
- **Get Social.** Be sure to tag Elite Athletic Development | CrossFit Arlington Heights in your social media posts, and use the hashtag **#AthenaClassic**.
- **Scaling One or More Movements.** Every registered athlete is eligible to compete in Workouts #1, #2 & #3. If an athlete is unable to complete the workout as prescribed in the Rx Masters, Rx Open or Scaled Open Divisions, she will be able to continue in the competition, but she will no longer be eligible for the finals. If you require special accommodations for any workout, please notify Karen@eadperformancecenter.com as soon as possible.
- **Workout Expectations.** Please be prepared and ready to go -- we will strictly adhere to schedule. Also, please make sure you thoroughly understand each workout and corresponding movement standards.
- **Event Check In.** Event check in will open at 6:30 a.m. Athletes must check in at least 30 minutes prior to their posted Heat Start. Athletes who fail to check in with adequate time prior to the start of their heat may be scratched from the competition.
- **Heat Assignments.** Each athlete has been assigned a Heat Start for the first three workouts.



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- **Location.** Elite Athletic Development | CrossFit Arlington Heights is located at 12 West College Drive, Arlington Heights, IL. We are just off Arlington Heights Road & University Drive from the East and Route 53 and Dundee Road from the West. There are several hotels in the area if you require overnight accommodations.
- **Carlson Labs Competitor Registration Bag.** Each athlete will receive a bag. If you are a wait list athlete, we did the best we could to match your shirt size. If you registered after the shirt pre-order deadline, sorry ... we will not have an event tank for you. We do not have extra sizes of the shirts, so feel free to trade with other athletes.
- **Equipment.** All equipment you need for the workouts will be provided EXCEPT FOR JUMP ROPES. We encourage you to bring your own jump rope to ensure your performance during the workout.
- **Warm Up Area.** There will be an area set up for athlete warm up, stretching and cool down. Please be considerate of your fellow athletes and help keep the area clean, and offer priority to space / access to equipment for those athletes closest to the start of their heat.
- **Parking.** Parking is available at Elite Athletic Development | CrossFit Arlington Heights, as well as on the West side of College Drive. Please do not park in front of any loading dock doors, or in front of neighboring businesses. Additional parking in neighboring lots will be identified with signage.
- **Tents.** EAD | CFAH has a large front & side yard if you would like to bring a tent.
- **Food.** There are plenty of fast-food / quick-service restaurants within driving distance to Elite Athletic Development | CrossFit Arlington Heights, but you may want to pack lunch and snacks to fuel your workouts and recovery. You are also welcomed to set up a portable grill / tailgate, weather permitting.
- **Dogs.** Please keep your Fur Baby on a leash at all times and be considerate of those spectators and fellow athletes who don't share your love for your pet (or, who are fearful of your dog). Please do not leave any gifts on the front yard – please pick up after your dog. If your dog has an accident inside EAD | CFAH, please thoroughly clean it up and dispose of the cleaning supplies & mess in the dumpster.
- **Spectators.** We welcome and encourage spectators. There is no admission charge, but a donation to the American Stroke Association or American Brain Tumor Association is welcomed.



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12 W College Drive • Arlington Heights, IL 60004 • 847.394.8110 • www.eliteathletic.com