



CrossFit – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The CrossFit Competition involves an element of risk, where competitors may encounter challenging workout conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals, Event Staff and Support Crew are giving up their time to help you, please treat them with respect. If you have any issues with conduct of a marshal, Event Staff or Support Crew please do not approach them independently – please refer to the Event Manager.

GAMES REGISTRATION

All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

VENUE AND CONDITIONS

- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.

- 🚫 APES Games 2023 events take place unless the Event Manager evokes either a contingency option or cancellation.

GENERAL NOTES

- 🚫 Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the CrossFit Event
- 🚫 No earphones or headsets are allowed at any time during the event.
- 🚫 Please report any accidents to the Event Director or marshal during the event.
- 🚫 If you pull out of the CrossFit Competition for any reason, please advise the Event Manager.
- 🚫 Please give assistance to fellow competitors in need of help.
- 🚫 If you have finished, please have consideration for others still competing in the CrossFit Event.

VENUE

The venue for the CrossFit is CrossFit Te Arawa, Rotorua Race Course, Fenton Street, Rotorua.

PARKING

Parking is provided at the Venue. There is sufficient parking availability for Competitors and Spectators (shown below):



EVENT CHECK-IN

Event Check-in for the CrossFit will be at the following times:

Saturday 4th March 2023 – 06:15am – Individual Competitors

Saturday 4th March 2023 – 11:45am – Pairs Competitors

COMPETITION RULES

Singles Divisions:

Male / Female - Open (Scaled & RX)

Male / Female - Masters 40 plus (Masters)

Pairs Divisions:

Male - Open (all ages) - (Scaled & RX)

Female - Open (all ages) - (Scaled & RX)

Male - Masters 40+ (Masters)

Female - Masters 40+ (Masters)

Competition Format

3 workouts on both days. Singles (Morning) & Pairs (Afternoon).

The Divisions will include Scaled & RX options to provide a good level of competition in both Divisions.

Age Groups: OPEN (18+) | MASTERS 40+

Movement Standards

Movement Standards

Movement	Scaled/Masters		RX	
	Male	Female	Male	Female
Deadlift	80kg	60kg	100kg	80kg
Clean & Jerk	50kg	40kg	80kg	60kg
Snatch	45kg	35kg	60kg	45kg
Kettlebell Swing	24kg	20kg	32kg	24kg
Pull Ups	or 3 Ring Rows	or 3 Ring Rows	Yes	Yes
Chest to Bars	N/A	N/A	Yes	Yes
Muscle Ups (Bar)	N/A	N/A	or 3 Burpee PU's	or 3 Burpee PU's
Muscle Ups (Ring)	N/A	N/A	or 3 Burpee PU's	or 3 Burpee PU's
Pistol Squats	N/A	N/A	Yes	Yes
Double Unders	Yes	Yes	Yes	Yes
HS Push Ups	Kip or 3 x 22.5kg DBL DB P/Press	Kip or 3 x 15kg DBL DB P/Press	Strict	Strict
HS Walks	N/A	N/A	Yes	Yes

Key: N/A = Not Applicable



SCHEDULE

APES Games Functional Fitness Itinerary Sat 4th & Sun 5th March

All workouts will be between 8am & 2pm (both days). Athletes will need to be onsite between these time

SPECTATORS

Spectators are welcome to attend the CrossFit Event. APES Games 2023 staff and the CrossFit Event Team will strive to keep all spectators safe from harm but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal, Event Staff and Support Crew instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal / Event Staff or Support Crew.
- 🚫 Children to be accompanied at all times.

PRIZE GIVING

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Sunday 5th March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10th February 2023.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
Willy Taite	CrossFit Event Manager / Sports Co-ordinator	0272767734
Carol Taite	CrossFit Event Manager / Sports Co-ordinator	0211316637
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

Food and Drink will be available for purchase at the venue or nearby cafes.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>