



WILDWEST

WINTER SLAM – 10/11 FEBRUARY 2018

TEAM BRIEF

#wildwestfitness

VENUE

**Centaur Suite
Cheltenham Racecourse
Cheltenham
GL50 4SH**

On arrival at the venue please follow the stewards' directions for parking, and then walk round to the Centaur Suite. Parking is free.

The Centaur Suite is a first-class events venue and includes a café/restaurant that will be open all weekend serving a wide range of healthy snacks and meals. In addition there are two coffee bars that will be open all weekend. Cash and card payments are accepted.



ARRIVAL TIME AND EVENT OPENING HOURS

FRIDAY 9 FEB	
20.00	Day one workouts released online
SATURDAY 10 FEB	
09.10	Venue opens Café, restaurant and balcony-level seating open
09.10 – 09.55	Team registration in foyer
09.45	Centaur Suite opens Warm-up area opens Vendor stands open
09.55	ALL TEAMS should be on-site and registered
10.30 – 12.50	WOD 1
13.20 – 15.40	WOD 2
16.10 – 18.20	WOD 3
18.45	Centaur Suite closes
20.00	Day two workouts released online
SUNDAY 11 FEB	
08.15	Centaur Suite opens Café, restaurant and coffee bars open Vendor stands open
08.15	Warm-up area opens
09.00 – 11.05	WOD 4
11.30 – 13.50	WOD 5
14.30 – 16.30	WOD 6
	Presentation & close

All teams will participate in all six WODs. There is no swimming involved. Please bring your skipping ropes!

All workouts will take place on the competition floor in the Centaur Suite. There are 16 teams per heat, and 8 heats per workout.

We are not big fans of mass team briefings for standards. When we release the workouts there will be clear descriptions where required of standards and judges will be fully briefed to ensure consistency. Event crew will be on hand all weekend to answer any specific queries you may have.

All teams must report to the Holding Zone ten minutes before your Heat is due to start. We will NOT wait for you if you are late!



TEAM REGISTRATION

All teams must be on-site and registered no later than 10.00am on Saturday morning.

To register, captains must bring these two items:

- 1) A printed or electronic copy of the E-TICKET you received when purchasing team entry. Email wildwestfitness@gmail.com if you need this resent.
- 2) A fully-completed TEAM WAIVER which is attached separately. You cannot register without this. Please do not forget it!

At registration you will receive your welcome pack that will include:

- Athlete wristbands x3 which must be worn all weekend to access venue
- Detailed heat schedule containing your team's heat times for the weekend

SPECTATORS

Spectators that have pre-purchased their tickets can also collect their wristbands from the registration desk in the foyer which will be open all weekend.

We strongly encourage your friends and family to pre-purchase tickets at the **Earlybird rate of £5**, which gives access to Winter Slam for the whole weekend and is a 50% discount on the pay-on-the-door rate.

- **BUY SPECTATOR TICKETS:** <https://winterslam2018.eventbrite.co.uk>

Children aged 16 and under do not require a ticket and may attend the event for free, but must be accompanied by an adult at all times.

CASH-ONLY walk-up tickets WILL be available on the door throughout the weekend - £10 per ticket.

SOCIAL MEDIA

Please use the hashtag **#wildwestfitness** for all Winter Slam-related posts on social media throughout the weekend. The best posts will feed live to our big screen in the Centaur Suite!



[@wildwestfitness](https://twitter.com/wildwestfitness)



www.facebook.com/wildwestevent



[wildwestfitness](https://www.instagram.com/wildwestfitness)

WILD WEST 2018 – 21/22 JULY – ENTER NOW!

Limited team places are still available for **Wild West 2018**, taking place on the weekend of 21/22 July at the Three Counties Showground in Malvern.

Celebrating our 5th anniversary, this two-day fitness competition for mixed-sex four-person teams will challenge you across both our indoor and outdoor arenas.



All Wild West teams receive free camping at our on-site campsite as part of your team entry, with live music, DJs, a giant Vendor village and entertainment for both children and adults alike keeping the atmosphere rocking all weekend!

So grab three friends to form your four-person team and enter Wild West 2018
here: <https://wildwest2018.eventbrite.co.uk>

CONTACT DETAILS

If you have any further questions having read this guide please drop us an email and we'll be happy to help: wildwestfitness@gmail.com