



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

**ENDURANCE
DOUBLE TROUBLE**



TIMING

- AT 07:00 AM - ENDURANCE — *TEST 1*
- FROM 00:00 TO 06:30 — *TEST 2*
- FROM 06:30 TO 15:00 — *REST*
- FROM 15:00 TO 29:00 — *TEST 3*
- FROM 29:00 TO 41:00 — *REST*
- FROM 41:00 TO 50:00 — *TEST 4*
- FROM 50:00 TO 1:00:00 — *REST*
- FROM 1:00:00 TO 1:19:00 — *TEST 5*
- FROM 1:19:00 TO 1:35:00 — *REST*
- FROM 1:35:00 TO 1:40:00 — *TEST 6*




EVENT

ENDURANCE


**750 MT SWIM
5000 MT CROSSRUN
+ 10 OBSTACLES IRISH WALL
(2500 x 2 LAPS)**

TIME CAP: 60 MIN



The athlete's chip will mark the laps. It is the athlete's responsibility to follow the correct course and workout execution. The loss of the chip or performing the incorrect number of laps could result in invalidation of your test time.

In case the port authority disallows the swim due to sea conditions on the competition day, the test will be altered to a 5000m run only.





CHECK IN LOGISTICA CHIP

- On Thursday, during athlete check-in, an ID number with a temporary tattoo to be put on the shoulder and the chip for the event will be given to the athlete. It will be athlete's responsibility to wear the chip on Friday morning.
- PLEASE NOTE THAT ATHLETES MISSING THEIR CHIP WON'T BE ALLOWED TO ATTEND THE EVENT ENDURANCE "DOUBLE TROUBLE".

TO VALIDATE YOUR SCORE IT IS MANDATORY TO RETURN THE CHIP AS SOON AS THE EVENT FINISHES



FLOW

- The athlete, while WEARING THEIR CHIP, will wait at the prescribed time at LIDO PORTO CAMICIA (in front of the pedestrian entrance seaside of the competition area of Southern Warriors – the correct position is marked and will be sent out the geolocation on the Southern Warriors social channels).
- Athletes may leave their running shoes in the designated area, near the prestaging area. From here the athlete will be lined up at the starting line.
- On the GO signal, the chips will be activated and the athlete will start swimming following the path marked by the 4 buoys.
- The athlete will need to keep the first three buoys on their left while the fourth on the right
- Once finished with the swimming part the athlete will go through the marked exit lane, move to the location where the shoes are, and reach the running field (250 m) passing through the starter of the running part. On the running field there will be 10 obstacles 1.50 mt tall which will need to be climbed over. In case of missing climb a 30 seconds penalty will be given.

ALLOWED EQUIPMENT



- Rock shoes for the swimming part are suggested.
- Swimming goggles are allowed.
- Fins or other instruments/equipments which may facilitate the swimming part are **FORBIDDEN**.

INFO

