

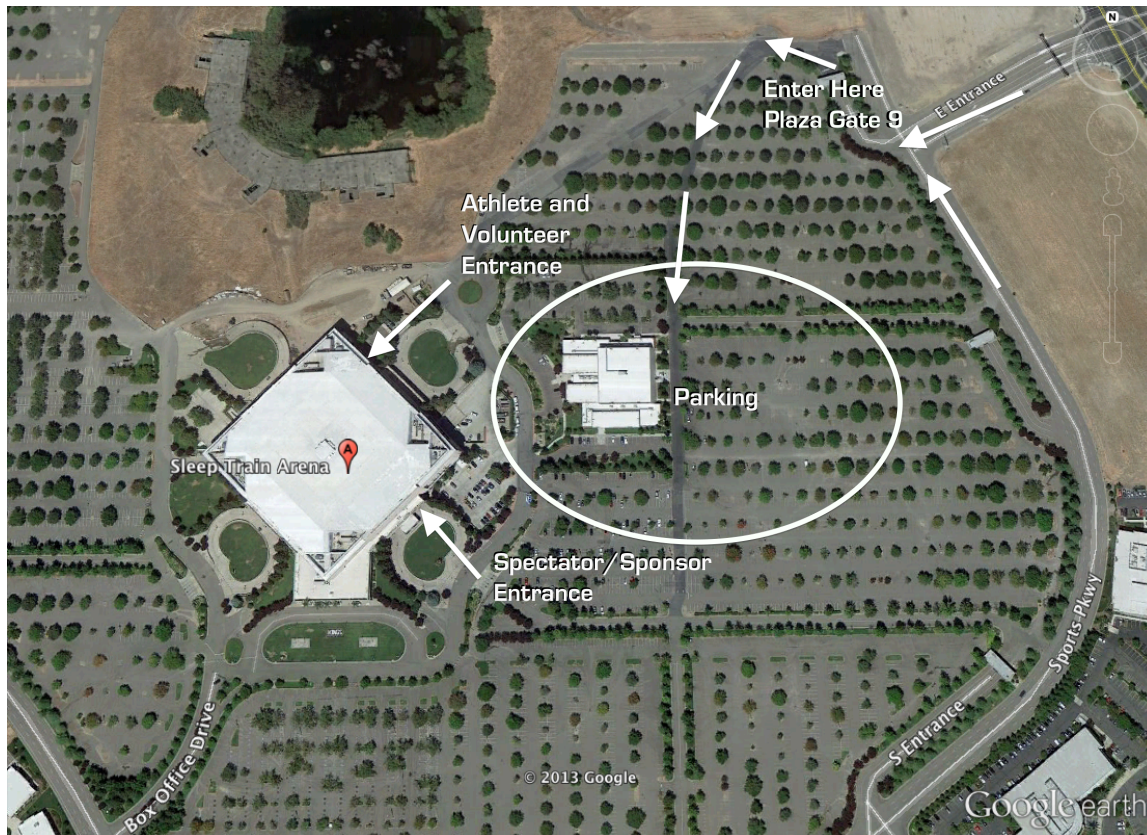
SacTown Throwdown 2014

Event Day Details

Getting Into The Arena

Everyone will enter the parking lot on Sports Pkwy. Through Plaza Gate 9, and park in or around lot K. Parking is FREE.

Athletes and Volunteers will use the North East Tunnel Entrance. Spectators and sponsors will use the South East Entrance.



Volunteers Check-In Times

Volunteers will check in according to the following schedule

Beast Metals Setup Crew - 5AM

Table/Admin - 5:30AM

Byer's Gymnastics Judges/Setup - 5:30-6AM

Super Training Strength Spotter/Loaders - 5:30-6AM

Conditioning Event Facilitators (Outdoor) - 6:00-6:30AM

Score Keepers - 7:30-8AM

Beast Sled Facilitators - 7:30-8AM

Judges - 7:30-8AM

PLEASE BE ON TIME, YOUR JOBS ARE CRUCIAL TO THE EVENT!

Also please print and sign the waivers below before arriving.

Team Check in 7:00-8AM

Athletes must have both waivers signed for all team members and their coach. TEAMS WHO ARRIVE WITHOUT WAIVER WILL BE PENALIZED ONE RANK IN THE SCORING SYSTEM.

CrossFit East Sac Waiver - <http://crossfiteastsac.com/wp-content/uploads/2014/01/STTD14Waiver.pdf>

Sac Kings Waiver - <http://crossfiteastsac.com/wp-content/uploads/2014/01/KingsWaiver.pdf>

All persons to be on the arena floor must sign both waivers.

Each team may arrive with ONE coach. The coach will get one of the team's spectator wristbands along with a coach wristband. The additional spectator wristband the team will receive must be taken outside to whoever will use it. No spectators may come in through athlete/volunteer entrance.

Athlete Gear

Athletes may bring in camping chairs, foam rollers, jump rope, pvc etc. No barbells or lifting equipment. You may leave that type of stuff out in the parking lot if you wish. Down and dirty warmups. You will have a semi-secure space to leave things in the Monarchs locker room if you wish.

Athlete/Volunteer Food

Coffee will be available in the morning for volunteers only.

Athletes and volunteers will be allowed to bring in snacks and refreshments. Ice chests ok.

Volunteer lunch provided, see below.

Spectators MAY NOT bring outside food/beverage into the arena.

Volunteer/Athlete food MAY NOT be taken out into the spectator area under any circumstances.

This will be strictly policed.

Food Trucks

Sacatomatoes Opens at 8:30, coffee and breakfast, lunch later

Fork Lifter Opens at 10:30

Volunteers will get one paid meal at the Fork Lifter food Truck.

Spectators

Tickets are \$20 and will come with a voucher redeemable for a Kings game. Kids under 2 are free.