



Dear Athlete,

Welcome to the longest season of ELFIT CrossFit® Championship 2021 ever and congratulations on making it to the finals after months of hard work and dedication.

We are very excited about our new venue this year at New Capital Sports City in the New Administrative Capital just outside Cairo, Egypt and are looking forward to a competition and fan packed festive weekend.

This information guide is your handbook to outline the various activities leading to and during the event. Please take your time to read it carefully and if you have any questions, feel free to Contact us. Our Athlete Control team will also guide and assist you throughout the event once you have checked in. Please make sure you communicate any questions to the team, and we are also kindly asking you to present schedule flexibility throughout the event.

We -ELFIT team- are very excited to continue growing this unique international fitness competition at this part of the world with talented participating athletes and teams in 15 divisions and from 44 countries from all ages. Our bigger family also includes many volunteers, judges, media, and staff members that continue to be a dedicated community operating on a mission to bring you the best experience.

Please continue reading for important details and FAQs listed below to make sure your experience at ELFIT and stay in Egypt is smooth and fun.

We guarantee an amazing experience and we're looking forward to seeing you soon!

Sincerely,

Adam El Zoghby  
Event Director

[www.elfiteg.com](http://www.elfiteg.com)

## VENUE ACCESS:

- If you are staying at the official hotel, you will be enjoying a free shuttle services to and from the venue.
- If you're coming by car, we recommend taking the Suze Road, after you pass Madinaty take the exit toward the New Administrative Capital Sports City, follow the signs till you reach your destination. Here's the exact location of the venue <https://maps.app.goo.gl/pYeDjn8yGNwRiFFp6>
- All athletes will enter the event along with their +1 (Coach) form Gate 8. Spectators will enter from Gate 9.
- Athletes will be able to park their cars from Gate 8 at Sports City outdoor parking with a parking fee of 35EGP Per Day.

## EVENT PROGRAM AND SCHEDULE\*

The schedule and the finals workouts will be released and communicated via Competition Corner and it will be announced on social media once it's released, before the competition begins and during check-in. Below are a key dates and time and a few main highlights of the competition schedule:

### Thursday, November 25

Division	Log in	Briefing	First Event
Women Masters	8:30	9:30	11:00
Men Masters 45+	9:00	9:30	11:30
Men Masters 40+	9:30	10:00	12:00
Men Masters 35+	9:30	10:00	12:30
Women Elite	10:30	11:30	13:15
Men Elite	11:30	12:30	14:30
Males Teams	13:00	14:00	16:30
Mixed Teams	14:00	15:00	N/A
Women U19	15:00	15:30	N/A
Women U22	15:00	15:30	N/A
Women Scaled	15:00	15:30	N/A
Men U19	16:00	16:45	N/A
Men U22	16:00	16:45	N/A
Men Scaled	16:00	16:45	N/A

\*For complete Day 1, Day 2 and Day 3 schedule please check Competition Corner from this link <https://competitioncorner.net/events/5569>

## REGISTRATION AND ATHLETES CHECK-IN

### Check-in

- Onsite check-in is mandatory for all divisions and will open on **Thursday, November 25th, 2021** using the QR codes received during registration.
- It's mandatory for all Age group divisions to show proof of age (Masters, Youth & Juniors) Proof of age can be in the form of a passport, birth certificate, driving license or National ID)
- All athletes will receive their access bracelet and welcome kit in addition to sponsors' giveaways (if any) upon availability.
- Your access bracelet is required to give you access to your competition venue(s) and it must be worn all time, if it's damaged please head to your Athlete control representative with the damaged access bracelet to be able to issue you a new one.
- All team members can be present during the log in to receive their team kit, however they are not obligated, so the team captain can do the log in and receive the kits on behalf of the team. However, only team captains will be allowed to attend the briefing.
- Any athlete or team not checked-in on that day of the competition is not guaranteed event access and can be disqualified from the competition.

## COACH INFO AND ACCESS

- Each Individual Athlete/Team in all divisions can request ONE coach bracelet which will allow them to have their coach around during the 3 days.
- The Coach access bracelet is required to give your coach access to the event without the need to buy a ticket
- The coach must wear the bracelet at all time, if it's damaged please head to the Athlete control with the damaged access bracelet to be able to issue you a new one.
- **Coaches are not allowed to enter the competition area or the athletes' area at any time.** They will however be allowed to enter the warmup area.

## SPECTATOR TICKETS

You can purchase tickets for your family or friends as spectators for the 3 days of the event through [www.ticketsmarche.com](http://www.ticketsmarche.com) through [this link](#) or from any of Tickets Marche [Outlets](#). You will have to collect the ticket on door if you are outside Egypt. If your child is under 12 years of age, they do not need a ticket.

## THERAPY AND MEDICAL

- Athlete rehabilitative medical staff (soft tissue and body care providers) will be provided by **"The Physio"** ELFIT official physiotherapy partner to all athletes in a designated restricted access area.
- Any athletes requesting the use of their own personal therapy providers (massage, PT, chiropractic, etc.) must do so in designated locations within general admission access area. Upon request we will guide you to the general admission area.
- Personal therapy providers are considered general admission spectators and will not be allowed access to competition arenas, warm-up areas or restricted athlete-only areas.

## FINALS SCORING SYSTEM & GENERAL RULES

- For the scoring details, General Rules, appeals and Judging please check the [Rules Book](#).
- The points scheme will be the same for all divisions and it will be as follows

<b>Rank</b>	<b>Points</b>	<b>Rank</b>	<b>Points</b>
1st	100	34th	32
2nd	95	35th	31
3rd	90	36th	30
4th	85	37th	29
5th	80	38th	28
6th	75	39th	27
7th	73	40th	26
8th	71	41st	25
9th	69	42nd	24
10th	67	43rd	23
11th	65	44th	22
12th	63	45th	21
13th	61	46th	20
14th	59	47th	19
15th	57	48th	18
16th	55	49th	17
17th	53	50th	16
18th	51	51st	15
19th	49	52nd	14
20th	47	53rd	13
21st	45	54th	12
22nd	44	55th	11
23rd	43	56th	10
24th	42	57th	9
25th	41	58th	8
26th	40	59th	7
27th	39	60th	6
28th	38	61st	5
29th	37	62nd	4
30th	36	63rd	3
31st	35	64th	2
32nd	34	65th	1
33rd	33		

## ATHLETES CUT

The cut will only occur after the 2<sup>nd</sup> day of the event and it will affect only Saturday Competing athletes.

Division	Day 1	Day 2	Semi Final	Final
MEN ELITE	60	60	40	20
WOMEN ELITE	40	40	30	10
MALES TEAMS (3M)	40	40	40	10
MIXED TEAMS SCALED (2M+1W)	-	50	40	10
MEN MASTERS 35+	20	20	20	20
MEN MASTERS 40+	20	20	20	20
MEN MASTERS 45+	20	20	20	20
WOMEN MASTERS 35+	10	10	10	10
WOMEN MASTERS 40+	10	10	10	10
MEN JUNIOURS U22	-	30	20	10
WOMEN JUNIOURS U22	-	10	10	10
MEN YOUTH U19	-	30	20	10
WOMEN YOUTH U19	-	10	10	10
MEN SCALED	-	30	20	10
WOMEN SCALED	-	30	20	10

## FOOD

**Athletes are responsible for their own meals.** They can bring their own food and beverages needed for the competition into the competition venue. Snacks, meals, and beverages will be also available for sale at the competition venue. All athletes will have access to free water provided by our water sponsor Dasani. We will have a good variety of food outlets to serve all your nutritional needs. We also have The Grocery shop to get all the groceries you will need and you will be able to order it upfront from their mobile app and collect it from the venue

## PCR\*

Since it's the most asked question from our athletes we would like to start with the PCR test. We have partnered up with Speed lab Medical to provide you with worry free services. You can visit their booth for to do your PCR Test and you will get an SMS within 6 hours with the results in a link. If you need the PCR Printed you will be able to collect the next day from their booth.

The PCR test discounted rate for ELFIT Athletes will be 700EGP instead of 1600EGP.

If you are staying at Cairo after the event, you can call 19358 to book separate appointments as house call with fees of the visit 100LE

\*The PCR test is completely operated by Speed lab medical with no liability of any sort at ELFIT CrossFit Championship.



## GT TOURS

We are pleased to announce yet another important partnership with General Tours Egypt as our Travel Partner for this year of ELFIT CrossFit Championship.

General Tours is one of the leading and most distinguished travel agencies in Egypt, as part of our partnership they will be offering different services to our community including Airport shuttle service and sightseeing tours for anyone interested in exploring Cairo. For packages, details & bookings, please visit <https://generaltoursegypt.com/product-category/elfit-2021/> (all services at an extra fee). If you need further assistance, please contact: [info@generaltoursegypt.com](mailto:info@generaltoursegypt.com)

## Travel & Accommodation

- If you still didn't book your hotel, we still have few rooms left at the official hotel St. Regis Almasa. You can book your room through this [link](#)
- For any Travel, Accommodation, or Transportation inquiries, please Contact our hospitality team at [bookings@elfiteg.com](mailto:bookings@elfiteg.com).

## Weather Forecast and Packing

The weather is expected to be Mostly sunny with an average of 25C/15C. Therefore, we recommend the following items:

- Swimsuit, swim Cap and goggles are essential for the swimming event(s)
- Light jacket / long sleeve shirt to be worn especially during the evening/night
- Any special medical or personal hygiene products
- Backup outfits for emergencies

## PRIZES

- ELFIT CrossFit® Championship 2021 overall prizes are more than USD\$20,000
- All winners will receive a check with the prize amount after the event
- Checks will be due after 8-10 weeks after the event
- Detailed prizes will be announced on social media right before the event.
- All prizes are subject to applicable taxes, withholding, and prize winner's compliance with, and agreement to the ELFIT prize.

## CONTACT INFORMATION

- For general and competition inquiries, please contact our Competition Control Team at [Info@elfiteg.com](mailto:Info@elfiteg.com) or text them on WhatsApp at +20101 225 4545. (this line will be active starting Wednesday November 24th). To be able to serves all inquiries and help all athletes, please use the WhatsApp for urgent matters only.

**Thank you and see you soon!**

**Competition Control Team**