

# EVENT MANUAL

Friday 19th, Saturday 20th and Sunday 21st August 2016

At:
Blackpool Sands
Near Dartmouth
South Devon TQ6 ORG



#### **PROGRAMME**

#### Friday 19th August

- 10:00 Event village opens to vendors, exhibitors and staff.
- 11:00 Registration, event village and campsite opens to athletes and spectators
- 13:00 Media team meeting
- 15:00 Team Leaders' meeting
- 17:00 Judges, scoring & staging staff briefing
- 19:30 Athlete briefing & Saturday's event 1 & 2 briefing
- 20:30 The Tipi Sessions: Jaz Gosling
- 23:00 Registration closes, campsite curfew

#### Saturday 20th August

- 7:00 Event 1, Heats
- 7:45 Event 2, Heats
- 11:30 Event 3 and 4 briefing
- 12:00 Event 3, Heats
- 15:45 Event 4, Heats
- 20:00 Athlete Briefing & Sunday's event announcements
- 21:00 The Tipi Sessions: Sam Fearon
- 23:00 Campsite curfew

#### Sunday 21th August

- 7:00 Event 5, Heats
- 9:30 Event 6, Heats
- 13:00 Event 7, Heats
- 17:15 Semi-Final (top 20 teams)
- 17:45 Final (top 10 teams)
- 18:15 Podium awards
- 20:00 Tribal Clash 2016 Closing Party with DJ James Jordan

#### Monday 22<sup>nd</sup> August

9:00 Campsite and carpark closes

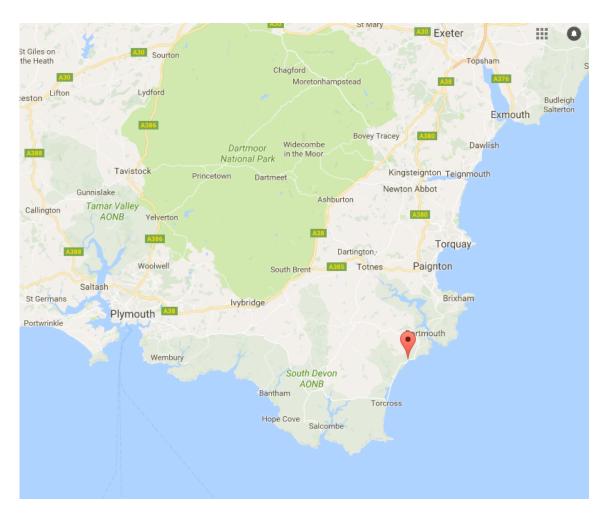


## **DIRECTIONS**

From Exeter, head south on the A38. Make sure you remain on the A38 (signposted Plymouth), and stay on the right when the road splits. This will save you time by avoiding traffic and long ferry queues.

Exit the A38 at the junction signposted, Buckfastleigh/**Totnes**. Keep left and follow signs to Totnes. At Totnes, turn right and follow signs to **Dartmouth**/Kingsbridge. After 6 miles you will reach the village of Halwell. Turn left and follow the signs to **Dartmouth**. On reaching the outskirts of Dartmouth, turn right at the first main roundabout and follow the brown tourist signs to **Blackpool Sands**. The postcode for your GPS is TQ6 0RG.

**Stoke Fleming,** where event registration and parking is located, is approximately 2 miles along this road, and Blackpool Sands a further mile. Please allow an extra 60-90 minutes for your journey on top of what your GPS or Sat Nav tells you - the Devon roads are high sided and narrow.





## INFORMATION FOR ATHLETES

#### Athlete Arrival

Athletes may arrive any time after 11:00 on Friday 19th August. Please do not arrive any earlier than this, registration or event village will not be open before 11:00. You must first report to the Event Registration Centre, which is located at **Stoke Fleming Village Hall**, just off the A379, three miles from Dartmouth. The postcode for Stoke Fleming Village Hall is TQ6 0QT. The village hall is easy to find in Stoke Fleming, you will see Tribal Clash flags outside. The small car park in front of the village hall is a short stay car park only for the purposes of registration, after you have completed registration and picked up your wristbands, please you're your car to either the long stay car park or the day car park as directed by the parking marshals. Please do not go to the event site at Blackpool Sands, you will not be able to enter the site without your wristbands, which you pick up at Registration.

## Athlete Registration

Athlete registration is <u>from 11:00 until 21:00 on Friday 19th</u>, at Stoke Fleming Village Hall, TQ6 0QT. You will receive your wristbands and parking passes at registration, no wristbands are sent out – this applies to all camping, spectator and parking tickets. Collect your athlete wristbands and any camping and spectator passes you have booked at the Event Registration Centre before you do anything else.

If your team is unable to get to the Event Registration Centre before 21:00 on Friday 19<sup>th</sup>, please contact us on <u>info@tribalclash.com</u> to make arrangements for registering your team outside these hours.

Team captains complete registration for the team. To collect wristbands (of any sort) the team captain will need photo ID. Team Captains must collect athlete wristbands for their entire team. Athlete wristbands will not be released to individual team members. Make sure Tribal Clash HQ has been informed of any changes to your team registration, unless otherwise told, the team captain is whoever paid for the team.

The Team Captain (the person who paid for the team, unless you have told us otherwise) also has to return completed and signed Medical Questionnaire Form for each athlete, and make sure each team member has signed the Tribal Clash



2016 Electronic Waiver. It is the team captain's responsibility to bring signed medical forms for all six team members, athlete wristbands can't be picked up without these forms. It is also the team captain's responsibility to ensure all team members have signed the Electronic Waiver (links were sent out three weeks before the event). The waiver can only be completed online, and there is no wifi or mobile phone signal at the Event Registration Centre. Your athlete wristbands will not be released to you at Registration unless all team members have completed the electronic waiver and you have six completed and signed Medical Questionnaires.

You will also collect any pre-paid parking passes from Registration on your arrival. Please note that parking is £15 for the weekend (Friday – Monday morning) and this can be pre-paid online, or paid cash on arrival.

\*Medical Questionnaires and link to the electronic waiver will be emailed out to you and they will also be available on the Tribal Clash website at www.tribalclash.com.

## Important Information For Athletes:

At registration your team captain will pick up your team's lane board, which will have your affiliate/team name and team number. You must take this board with you to your heat except for events 1a and 1b, where a chip timer is used. You will not be able to start the heat if your lane board is not in its holder in your lane. It is yours to keep after the competition.

Your team captain will also pick up six (6) individual chip timers with Velcro straps. You will attach the timing chip to your ankle with the Velcro strap. The timing chips cannot be exchanged between teams as they are assigned to your team number. After the event where they are used, you must return all six (6) timing chips to the collection bucket. Your team will not get a score for the event unless all six timings chips are returned.

## Athlete Parking

Please note that parking is not permitted <u>anywhere</u> in the event village or the campsite, or on the lanes or roads surrounding the beach. Those with pre-paid VIP parking passes can park in the main beach car park at Blackpool Sands.

Once you have collected your wristband you may drop off any passengers and



baggage or equipment at the entrance to the event village and campsite at Blackpool Sands. You must then return your vehicle to one of the event Car Parks which are located in a field behind Stoke Fleming Village Hall. POSTCODE: TQ6 0QT.

The short stay car park for day users is behind Stoke Fleming Village Hall. This car park closes an hour after the athlete briefing on Friday and an hour after the last event has finished on Saturday and Sunday. The gate will be locked and no staff will be in attendance in this car park.

The main event car park is on a field next to Dragon Camp, across the road from the Green Dragon pub.

Parking costs £15 per vehicle for the weekend, and it is valid from 11:00 noon on Friday 19<sup>st</sup> August until 9:00 on Monday 22<sup>rd</sup> August. You can buy your parking pass online at www.tribalclash.com, or with cash at Registration on arrival (no card facilities at Registration, cash only). You can also buy a one day parking pass for £7, cash only, on Saturday and Sunday.

A free shuttle bus will run throughout the weekend between the short stay car park at Stoke Fleming via the Dragon Camp/long stay car park, and the event village at Blackpool Sands. The shuttle bus will operate from 11am to 9pm on Friday, and from 6am to 9pm on Saturday and Sunday.

Do not park in the drop-off & collection zone, or anywhere in the event site, or anywhere on the lanes or roads surrounding the beach. This causes enormous problems for other event participants and our event logistics. Do not park anywhere except in the designated event car parks.

If you arrive in the middle of the night after our parking marshals have gone home, park in the long stay car park and pitch your tent at Dragon Camp. Park considerately making sure you are not blocking anyone in. Please do not leave your car in the beach car park for our staff to deal with at 6am.

Only vehicles with a clearly visible VIP parking pass can park in the Blackpool Sands beach car park. There is wheel clamping in operation in Blackpool Sands and all unauthorised vehicles or vehicles parked in a way that is disrupting the event will be clamped and/or towed.



## Athlete Briefing

We will announce and brief the athletes on Saturday's Event 1 and 2 at 19:30 on Friday 19<sup>st</sup> August, there will be a brief question and answer session regarding the two workouts. This will take place in the arena unless it is raining, in which case it will take place inside the giant Tipis. We will not publish the workouts before the competition weekend, so you are strongly advised to be at the briefing and pay attention! This is not just for your athletes. Please come with your entire extended tribe and come prepared to make an impression. Tribal costumes etc. are strongly encouraged.

After the athlete briefing there is live music in the tipi and the event bar will be open for refreshments.

#### Athlete Kit

- Athletes are advised to bring more than one pair of shoes
- We will not be providing chalk. We recommend you bring some with you as you may want to use it in some of the events.
- We strongly recommend bringing trail shoes for any possible run event
- Wetsuits and wearable buoyancy aids are permitted. Hand paddles, rafts, fins or kick boards are not allowed. Neoprene shoes and goggles are allowed.
- Protective sleeves may be useful in case you have to handle atlas stones
- Gloves are highly recommended athletes will be required to handle logs, tyres and atlas stones, and climb a rope.
- All athletes should expect to get wet during the competition. The sea in Start Bay is somewhat chilly even in August.
- Bring warm clothes, wet weather gear in case it rains all weekend, and sun screen in case it doesn't.
- For the waiting time between the events and your heats, we recommend that you bring whatever you and your team needs to be comfortable in ANY weather. You can, for example, pitch a gazebo on the beach. There are no storage facilities for your kit, so you will have to store it either in your tent (if you are camping) or in your team camp on the beach.
- Bring plenty of toilet roll, water and cash for vendor stalls.

There are no cashpoint machines for miles and miles. There will be card payment facility in the Tribal Clash shop for Tribal Clash merchandise.

#### Athlete Conduct and a few house rules



As an athlete at Tribal Clash you are expected to set a good example and your conduct should be in the spirit of the competition: you are in Blackpool Sands to represent your tribe.

- Please respect our instructions, starting from the completion of necessary registration admin, arrival times and any event logistics, they are there to make sure the event is fair for everyone and runs smoothly.
- Pick up any litter you come across, respect the beautiful site that we have taken over for the weekend and don't leave your rubbish behind.
- Avoid the use of foul language, this is a family friendly event with lots of children spectating
- o Be polite and courteous to the judges, event staff and fellow athletes.
- Leave toilet and shower facilities how you would like to find them
- Respect your fellow athletes and campers and don't keep them awake with antisocial behaviour after 11pm.

Any tribe that we find leaving rubbish and litter behind, including after the event, or making noise in the campsite late at night, or generally being antisocial and unpleasant will not be invited to future Tribal Clash events. Tribal Clash stands for unity, sportsmanship and victory through effort and endeavour. We request all tribes to respect these values.

We take waste very seriously. There will be very few bins in Blackpool Sands, this is deliberate. Please take all your rubbish and property with you when you leave Blackpool Sands. All campers will be given a black bag for this purpose at registration. Leave behind only your blood, sweat and tears.

## Heat schedule and timings

We will be publishing a full schedule of all heats for the Saturday and Sunday events. Your team should be in the holding area at least 15 minutes before your scheduled heat start time. Each event will have 14 heats, and while we endeavour to keep each heat on schedule, there will be some flexibility in the schedule (we may start a minute early if we are ready, or later for example) so we ask you to be ready in the holding area 15 minutes before your start time.

#### Athlete welfare

First aid and medical cover is provided for the fourth year running by a team of registered paramedics from InSafe Hands. You will find them in our Athlete Care



tent. Please see them for any injuries, or if you feel unwell during the event.

Sports and remedial massage and taping will be provided by an experienced team of sports therapists from The Massage Clinic in Exeter, who also work at CrossFit Pi and are familiar with the needs and demands of CrossFit athletes. James's team will be available in the Athlete Care tent throughout the weekend. Rocktape will also be on site providing taping for athletes.

Water will be available from a tap at the far end of the beach. We have had water shortages at the event in the past years, this year we have installed an additional 10,000 litre tank. We ask all the participants to be considerate and only use this tap for filling up water bottles for drinking. The water point is not there for you to rinse the sand off your feet, or for washing pots and plates. We will be monitoring the water station throughout the weekend. You should bring bottles of water with you as part of your kit for the weekend.

Be prepared for bad weather. The weather is completely out of our control, and we won't even know reliably what the weather will do until 1-2 days before the competition. Tribal Clash will go ahead even in extreme weather with the exception of tornadoes, hurricanes, tsunamis or earthquakes and it is your responsibility to ensure you have appropriate kit and equipment to be able to compete in any weather.

#### Food and drink at Tribal Clash

We are not able to have food vendors on site at the event village as the café on the beach has an exclusive right to sell food and drink at Blackpool Sands, and we have not been given a permission to make alternative food options available for athletes and spectators. Therefore, be prepared to queue at peak meal times at the beach café. The café will be running a separate coffee kiosk on the beach at Tribal Clash event site during the day, and a bar serving local beer and cider until the evening. We recommend you come prepared and bring snacks with you.



## IMPORTANT INFO FOR CAMPERS

Camping on the beach at Tribal Clash is part of the unique Tribal Clash experience, and it's a great way to bond with your tribe before and after the workouts. Remember that our campsite at Blackpool Sands is a temporary campsite, which has been set up for this event on a grassy car park next to the beach. It is practically wild camping – there are no power hook ups or cooking facilities, so do not expect modern comforts. There will be temporary showers and toilets available for all campers.

#### \*\* LAST ENTRY TO BEACH LEVEL CAMPSITES IS FRIDAY 9pm \*\*

Each camping pass allows one person to camp for three nights; Friday 19<sup>th</sup>, Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> August. The campsite must be vacated by 9:00am on Monday 22<sup>nd</sup> August.

Only those with pre-booked camping passes will be allowed into the event campsite. Neither spectator nor team entry fees include camping. Pre-booked camping (and any other) passes should be collected on Friday the 19th August from the Event Registration Centre which is located at Stoke Fleming Village Hall, just off the A379, three miles from Dartmouth. POSTCODE: TQ6 0QT. Alternatively, camping and spectator passes can be collected on Saturday morning at the entrance to the event village down at Blackpool Sands. To collect camping and spectator wristbands you will need photo ID.

Drivers may drop passengers, luggage and equipment at the entrance to the event village after camping passes have been collected. No vehicles except pre-booked campervans will be allowed inside the campsite. Parking for all vehicles is one mile away at Stoke Fleming Village Hall, so please plan accordingly. A free shuttle bus will run throughout the weekend between the event car park at Stoke Fleming and the event village at Blackpool Sands. You will catch the shuttle bus at the entrance to the car park at Stoke Fleming or at the entrance of the Dragon Camp/long stay car park.

Camping pitches cannot be reserved and they are allocated on first come, first served basis. You should arrive early if you are particular about where you pitch your tent. Also, if you are arriving after 9pm on Friday 19<sup>th</sup>, you will not be able to pitch your tent at beach level but you will have to stay at Dragon Camp up the hill next to the long stay car park (unless someone has already set up your tent for you at beach level). We have three separate camping areas this year:



- Oragon Camp up the lane from the beach, this is a field adjoining the long stay car park. If you want to camp close to your car you should pitch your tent here. The shuttle bus will run past this campsite and short stay car park, on its way to the beach. There will be toilets in this campsite but no showers in the campsite itself, however there is a shower block on the playing field behind the village hall (across the road from Dragon Camp), which is open all weekend. If you are arriving after 9pm, you have to camp here.
- Battlefield Camp on the green behind the arena. No arrival after 9pm, pitch at Dragon Camp up the lane next to the car park instead.
- Or Riverbend Camp on the beach (on the sand) by the river. If you are camping on the beach you are not able to use tent pegs, we will provide you with sand bags for securing your tent. No arrival after 9pm, pitch at Dragon Camp up the lane next to the car park instead if you arrive late.

If you are planning to camp on Friday night, you must arrive before 21:00 if you want to camp at beach level. If you arrive after 21:00, you have to stay at Dragon Camp up the lane.

We take waste very seriously. All property and waste must be taken away with you after the event. Anyone caught leaving waste and rubbish behind will bring shame upon their entire box/tribe/organisation and be banned from all future Tribal Clash events. Please do your best to leave your pitch cleaner and tidier than you found it.

#### **CAMP RULES:**

- NO FIRES
- NO DOGS OR OTHER ANIMALS
- NO LITTER take all your rubbish with you
- NO MUSIC (or excessive noise) AFTER 23:00
- NO CLIMBING ON CLIFFS
- NO STRAYING ONTO ADJOINING FIELDS
- NO WASHING UP POTS AND DISHES IN THE TOILET BLOCK OR UNDER THE DRINKING WATER TAP

#### PLEASE ALSO NOTE:



- Mobile signal is dodgy in Blackpool Sands
- There are no cash points nearby.
- There are no power points or 'hook ups'
- It gets very dark at night, the campsites don't have lighting bring a head torch and spare batteries, light up your camp and yourself!
- It gets cold at night. Bring plenty of warm clothes, a decent three season sleeping bag and ground insulation
- Beach Lifeguards are only on duty between 10am and 6pm daily
- There are no facilities for washing up pots and dishes, except the sea. Please bring your own water for washing up. Please do NOT use the toilet block taps for washing dishes, the water infrastructure in Blackpool Sands cannot cope with this.
- Bring plenty of drinking water. Fresh water on site is limited
- Like any festivals, toilet rolls will run out. Bring plenty.
- There is a fresh water tap, by the main toilet and shower block located on the LHS, as you enter Blackpool Sands

There will be broadband wifi available in the event village, login details will be published in advance on social media. Blackpool Sands is a remote site with no infrastructure at all, we will be supplying connectivity via a satellite and although we intend this to work, if it doesn't it is beyond our control. You can charge your mobile phones in the Tribal Clash shop in exchange for a small fee.



## INFORMATION FOR SPECTATORS

## Spectator Arrival

Spectators may arrive any time after 12:00 on Friday 19th August.

## **Spectator Parking**

The main event car parks are behind Stoke Fleming Village Hall, approximately two miles from Blackpool Sands. POSTCODE: TQ6 0QT. There is no parking in the event village or campsite at all.

The short stay car park is behind the Stoke Fleming Village Hall. This car park closes an hour after the last event has finished (approximately 8pm) on Saturday and Sunday. The gate will be locked and no staff will be on site after closing.

The long stay car park for those who are camping and staying on site for the weekend is on a field next to Dragon Camp, behind the Green Dragon pub.

The VIP Car Park at beach level is reserved for those who have *pre-booked* one of the 100 available VIP parking passes may park in the beach car park behind the cafe. VIP Parking Passes have sold out, there is no possibility of purchasing one at the gate if you have not bought one online – we cannot create more space in the car park. There is wheel clamping in operation in Blackpool Sands and all unauthorised vehicles not displaying a valid VIP parking pass will be clamped.

All vehicles must display a Tribal Clash parking permit. These cost £15.00 per car for the weekend, valid from 11am on 19th August until 9am on Monday 22<sup>nd</sup> August. You can pre-book your parking pass online on <a href="https://www.tribalclash.com">www.tribalclash.com</a>, or buy one on arrival at the car park, cash only – there are no card facilities at the car park.

A free shuttle bus will run throughout the weekend between the event short stay car park behind Stoke Fleming Village Hall, via the Dragon Camp/long stay car park, and the event village at Blackpool Sands. There is a drop-off zone at the entrance to the event village and campsite at Blackpool Sands. It is a good idea for drivers to leave any passengers here before heading up the hill to park the car.

Do not park ANYWHERE except designated car parks. Any cars parked on the road, or on the lanes surrounding the beach will be towed. Cars parked on the lanes or on the road block up passing places causing traffic jams and interfere with our event logistics and inconvenience other participants. Don't be that guy.



We recommend that where possible spectators arrive by bus. By far the best and most stress-free way to get to the event is to take the number 93 bus, which can be caught from any of the villages along the A379 - the road which runs between Kingsbridge and Dartmouth. Most of these villages have places to park for free. The no. 93 stops right at Blackpool Sands. Views from the top deck are pretty special. If you have kids with you this bus ride will be part of their weekend adventure!

## Pre-paid Weekend Spectator Passes

f20 per person, purchased online only at www.tribalclash.com. Under 14's go free. Pre-paid Spectator passes which have been purchased online allow the bearer unlimited access to the event village and beach for the whole weekend from Midday Friday 19th until 23:00 pm on Sunday 21st August. Pre-paid spectator tickets will require collection from the Event Registration Centre on Friday the 19th August. This is located at Stoke Fleming Village Hall, just off the A379, three miles from Dartmouth. POSTCODE: TQ6 0QT. On Saturday the 20th & Sunday 21st, pre-paid tickets can be collected from the ticket desk at the entrance to the event village at Blackpool Sands, POSTCODE: TQ6 0RG.

## One Day Spectator Passes

£15 per day for Saturday and Sunday, these can be bought at the event gate at Blackpool Sands, cash only please. Children under 14 are free. Friday afternoon/evening is free to all to attend.

Please note that spectator passes do not include parking, so if you come for a day you will have buy a one day parking pass for £7 at the car park in Stoke Fleming Village Hall (cash only). This parking pass is valid during the car park opening hours and includes free use of the shuttle but to the event car park at Stoke Fleming.

#### Dogs

Sorry, you cannot bring dogs to Blackpool Sands at any time of year.



## **OUTSIDE THE ARENA**

#### **Facilities**

Those planning to do their own catering and cook in the Tribal campsites should note that open fires are not allowed in the campsite. Camping stoves should be raised at least 30cm off the ground to prevent scorching of the grass. There are no pot washing facilities on site - except of course the sea. Barbeques are not permitted on the grass in Battlefield Camp or Dragon Camp.

\*\*\*You can use barbeques raised off the ground on the beach but these can be **only** used on the shingle beach on Blackpool Sands and **nowhere else**.\*\*\*

You should use the giant tipis as a social and dining space, they are a great gathering place and will have tables and seating.

Anyone wanting to venture out for lunch or dinner will find plenty of pubs and restaurants to choose from. You should pre-book tables asap, it is the holiday season in South Devon!

#### We can recommend:

- o Radius 7 in Stoke Fleming, 2 miles from Blackpool Sands (www.radius7.co.uk)
- The Green Dragon pub in Stoke Fleming (<u>www.green-dragon-pub.co.uk</u>)
   (delicious steaks and right next to the car park and Dragon campsite
- The Laughing Monk in Strete (www.thelaughingmonkdevon.co.uk)
- o The Start Bay Inn in Torcross (www.startbayinn.co.uk)
- o The Crabshell Inn in Kingsbridge (www.thecrabshellinn.com)

There is a café on the beach on Blackpool Sands. For menus and general information including opening hours please go to the café website at www.lovingthebeach.co.uk.

Water is limited on site, so please use sparingly. There are hot showers available for all Tribal campers (those with a camping wristband). The showers will be open in the morning from 7am to 10am and in the evening from 6pm to 9pm also two cold outdoor showers at Blackpool Sands, located outside the main toilet block. Additional hot showers and single sex changing rooms are also located a mile away at the event car park site in Stoke Fleming. You may take the shuttle bus to reach these.

There are mobile toilets in the campsites just outside the event village. There are



toilets next to the café by the entrance to the beach.

#### Disabled access

Tribal Clash welcomes disabled spectators and participants and we will do all that we can to make sure that Tribal Clash is accessible for everyone. There are disabled toilets in the toilet block by the café. If you have accessibility requirements or require assistance, please contact heidi@tribalclash.com.

## Lost property

Please make every attempt to pick up all your personal belongings from your lane after your heat. Any lost property will be taken to the lost property bins in the giant tipi, after the event they will be either discarded or given to charity, unfortunately we are not able to post any items to you that you have left behind.

## Shopping

Our Tribal partners, the global fitness superstore **Whatever It Takes** will be exclusively at Tribal Clash again this year. You will be able to get your hands on all your favourite brands including Reebook, Nobull, Heavy Rep Gear, Inov8 and Nike.

**Tribal Clash** store will have our core range that is available on the website, and our summer Blackpool Sands range which is only available on the beach.

Other brands exhibiting at Tribal Clash include Boldline, Bear Strength, Elite Gear, Rocktape, Cherry Active and XEndurance.

## Sport and Remedial Massage

The Massage Clinic from Exeter will be at Tribal Clash for the entire weekend with a team of qualified sports therapists. You will find them in the Athlete Care tent in the event village.

## Yoga

We are collaborating with Fierce Grace to bring you yoga at Tribal Clash. Fabian from the London based yoga company Fierce Grace will be leading several classes on Saturday and Sunday. He is a CrossFit L1 trainer as well as an awesome yogi. The yoga sessions are free for all athletes and spectators.



#### Braid bar

The Pop Up Salon will be on site with a Tribal menu of various cool braids, and they will be doing face and body paint too to help bring out the tribal beast inside of you. Don't be shy....a bit of war paint always looks great and will help you get into the Tribal spirit, not to mention how much it might psyche out the opposition!

#### Tribal Kids

Tribal Clash is a family event and we want the youngest tribe members to have a taste of the action. We will be running popular Tribal Kids sessions on the beach again on Saturday and Sunday, times will be published on the blackboard in the Tribal Clash shop. These sessions will be led by Amy, a certified CrossFit Kids trainer from CrossFit Kernow. Tribal Kids sessions are free and there will be sessions for all age groups throughout the weekend.

#### **Entertainment**

There will be music in the tipi in the evening: on Friday evening at 20:00 Jaz Gosling, a Devon based singer songwriter, will be performing her uplifting folk tunes. On Saturday it's Sam Fearon's turn, and on Sunday DJ James Jordan is on the decks for the Tribal Clash 2016 closing party:

All athletes and spectators are welcome to join us in the tipi for the Tribal Clash Closing Party from 20:00 onwards. The bar will be open until 22:00 (last orders), but you can bring your own drinks if you want to fuel your dancing later into the night.



## **AWARDS**

#### THE TRIBAL MASK

Awarded to the winning team. The winner will be determined in a 20-team Semi-Final on Sunday afternoon. A tug-of-war will eliminate further 10 teams, and the remaining 10 teams will go head to head in the final event.

2013 winners: CrossFit Cheltenham

2014 winners: CrossFit CM2

2015 winners: CrossFit Aberdeen

#### TRIBAL SPIRIT TROPHY

Awarded to the tribe who exhibits the greatest team spirit across the whole weekend. This is judged on the behaviour, presence and attitude of the affiliate's/gym's entire extended tribe, including any supporters and spectators, as well as the participating athletes.

2013 winners: CrossFit Aberdeen 2014 winners: Unit6 CrossFit

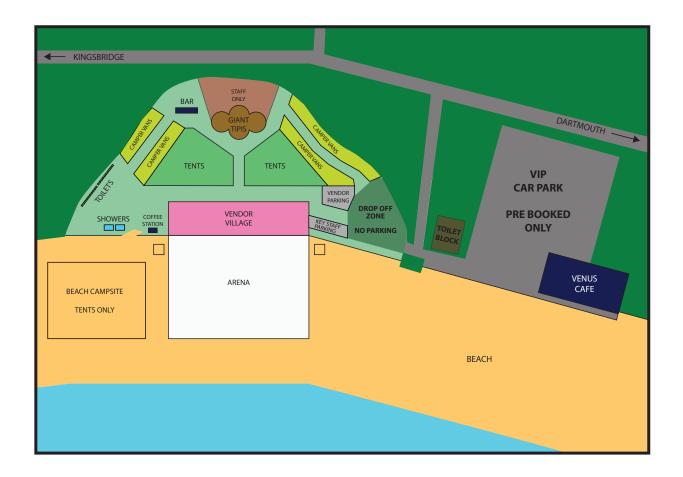
2015 winners: CrossFit 252 Chesterfield

If you want to get your hands on the Tribal Spirit Trophy there are a few things you can do to increase your chances. Bring as many supporters as you can and make a big noise! Bring drums, rattles, whistles and vuvuzelas. Come dressed in your tribal colours and wear war paint or costumes. Get your whole tribe to make an effort to join in with this. Let the world know what tribe you are in and be proud.

Make a big noise for your own team(s) but don't forget to cheer for everyone else too. Be friendly, helpful and kind no matter whether you win or lose. In short, be the tribe everyone remembers at this year's event!



## TRIBAL CLASH SITE MAP



## TRIBAL CLASH

5. VIP PARKING 6. STAFF CAMPING 7. CAMPSITE 'BATTLEFIELD CAMP' **4. CAMPSITE 'DRAGON CAMP'** 

3. LONG STAY ( OVERNIGHT ) PARKING 1. SFVH : REGISTRATION GENTER
2. SHORT STAY ( DAY ) PARK AND RIDE

8. DROP OFF ZONE - NO PARKING
9. THE ARENA
10. CAMPSITE 'RIVERBEND CAMP'
11. VENUS CAFE
12. GREEN DRAGON PUB
13. VENDOR PARKING
14. GIANT TIPIS

\* BUS STOP

15. VENDOR VILLAGE
16. EVENT BAR

★ SHOWER FACILITIES **NO EVENT TRAFFIC** 

