



# AUSTRALIA 2019 EVENT MANUAL

**Friday 8th, Saturday 9th, Sunday 10th February 2019**

**At:  
North Wollongong Beach  
Wollongong  
New South Wales**

**POWERED BY**





# PROGRAMME

## Friday 8<sup>th</sup> February

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- 14:00 Team check-in opens
- 16:00 All Staff briefing
- 19:30 Team check-in closes
- 19:30 Athlete welcome, event announcement and demo (Saturday's Events)

## Saturday 9<sup>th</sup> February

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- 07:30 Event 1
- 20:00 Event announcement and demo (Sunday's Events)

## Sunday 10<sup>th</sup> February

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- 08:30 Event 6, Heat 1
- 14:15 Quarter-Final
- 16:00 Semi-Final
- 17:30 Final
- 18:00 Awards
- 19:30 Tribal Clash 2019 Closing Party at PEPE's On The Beach



## WELCOME TO TRIBAL CLASH AUSTRALIA 2019

We can't wait to welcome you to the inaugural Tribal Clash Australia 2019 on the beautiful North Wollongong Beach!

This will be the first Tribal Clash for the vast majority of competitors and you will see very quickly that this is not your standard fitness competition. There will be no barbells, jump ropes, ski ergs or shiny gym equipment. We don't test you on how good you are at going to the gym. Instead, Tribal Clash aims to find the most capable team of 6 athletes. You will be thrown into unusual situations and environments, with unusual pieces of equipment that you probably won't have seen in your gym. A capable team is prepared for anything and everything.

Capability is more than physical fitness. A capable team takes care of their team admin without prompting, is not late for their heat, is self-reliant, brings with them appropriate equipment (including water and spare clothes) and is helpful, courteous and kind. A capable team takes responsibility for the impact they have on the event site, takes their litter away with them and doesn't leave rubbish behind. Thank you for being awesome Tribal Clashers.

We wouldn't be able to deliver this epic event without an incredible team of 50 people, all of whom have one task and one task only: to make sure you all have the best weekend of your year. Our staff are all volunteers, most of them veterans of several Tribal Clashes. Many have travelled half way across the world because they love making epic things happen. Please help them help you - listen to their instructions and give them a high five when you see them!

The Tribal Clash community is a collection of amazing humans who come together to celebrate fitness, friendships and the incredible power of team spirit to achieve the extraordinary. We are honoured to have you join us here in Wollongong this year, and we hope Tribal Clash Australia 2019 will deliver some unforgettable memories for you to cherish for the rest of your life. We look forward to partying with you on Sunday night at PEPE's On The Beach as we toast the end of an epic competition.

If this is your first Tribal Clash, thank you for supporting our event. We can't wait to see you on the beach!



## KEY STAFF

**Event Director:** Andrew Barker

**Head Judge:** Ian Eastwood

**Head of Scoring:** Elle Clemens

**Event Coordinator:** Heidi Clover

**Athlete Support:** Rachel Roberts

For judging queries, please contact Ian Eastwood.

For scoring issues, please contact Elle Clemens.

For any questions regarding the event timings, heat schedule, team admin, team members and registration, site orientation and facilities, or tickets, please contact Rachel Roberts on [rachel@tribalclash.com](mailto:rachel@tribalclash.com)

The best method of communication in the run up to the competition is to email [info@tribalclash.com](mailto:info@tribalclash.com) - we will try to reply to your query as soon as we can. Please be aware that from 1st February our team will be on their way to Australia so we may be slower than usual to deal with emails.



## EVENT LOCATION

**Arrival Time:** From 14.00 on Friday 8<sup>th</sup> February 2019

**Where:** North Wollongong Beach, Wollongong, New South Wales

**Directions:** Head for North Wollongong Surf Life Saving Club - Tribal Clash takes place on the beach in front of this building.

**Transport:** Free car parking is available in the area surrounding North Wollongong Beach, with a car park opposite the Surf Life Saving Club and more parking spaces along Cliff Road. However we would recommend that competitors park elsewhere if possible as space will be limited near the beach.

Destination Wollongong suggest the following:

Park at Fairy Meadow Surf Life Saving Club (Elliotts Road, Fairy Meadow) then catch the FREE Gong Shuttle Bus from Elliotts Road (Stop 6) to North Wollongong Beach.

Park at Stewart Street Car Park East (near Harbour Street, Wollongong) then catch the FREE Gong Shuttle Bus from Illawarra Performing Arts Centre, Burelli Street (Stop 12) to North Wollongong Beach.

Information about the free bus can be found here: <http://www.visitwollongong.com.au/find-your-way/how-to-get-around-once-youre-here>

On Saturdays the bus runs every 20 minutes between 8am – 6pm.

On Sundays the bus runs every 20 minutes between 9.40am – 5.20pm.

Download the free version of the TripView app to check bus times for routes 55A and 55C.



## TEAM CHECK-IN

Teams can check in any time between 14.00 and 19.30 on Friday 8<sup>th</sup> February.

Only one team member is required to check in the team. This should be your nominated team captain - please confirm who your team captain is for this purpose.

If your team captain is unable to check-in before 19.30 on Friday 8<sup>th</sup> February, please email [registrations@tribalclash.com](mailto:registrations@tribalclash.com) so that alternative arrangements can be made.

Your team captain will collect the team info pack which will contain race numbers and heat schedules. Please thoroughly check your team info pack when you receive it. Our check-in team will talk you through the contents, but it is your responsibility to make sure that you have received your tattoos and anything else that is required.

All team members must have completed and signed the Tribal Clash Australia 2019 online waiver prior to check-in. The link to the waiver will have been emailed to you, please share with your team mates and ensure all your team members have completed it. If you personally have not received an email with a link to the electronic waiver, please check with your team mates who should be able to forward it to you. Your athlete tattoos will not be released to you at check-in unless all team members have done this. The team captain must make sure that all online waivers have been completed – please do not email us to check.

The check-in team will have a list of all completed online waivers and will send away any teams with missing waivers. You can substitute team members right up until team check-in on Friday – any substitutions will have to fill in a new Tribal Clash online waiver.



## KEY INFORMATION

### ATHLETE BRIEFING AND EVENT ANNOUNCEMENTS

We will announce and brief the athletes on Saturday's events at 19.30 on Friday 8<sup>th</sup> February. This athlete briefing will take place in the Tribal Clash arena on the beach. Our demo team will run through the workouts and movement standards on the arena, then there will be a brief question and answer session. The events will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions. Please make sure that you have understood what is required and how the events are scored.

We will brief the athletes on Sunday's events at 19.30 on Saturday 9<sup>th</sup> February. This athlete briefing will also take place in the Tribal Clash arena on the beach, where our demo team will run through the workouts and movement standards. Again, the events will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions.

We will not publish the workouts before the competition weekend, so you are strongly advised to be at the briefing and pay attention! Unfortunately we cannot answer any questions regarding the events until these athlete briefings, including whether everyone has to swim and how far, or how heavy the equipment is. Workouts from past Tribal Clash competitions are in the 'archive' section of our website.

Tribal Clash workouts are programmed to test team capability, and many events require tactical decision making and efficient teamwork to achieve a top-of-the-leaderboard score. We cannot guarantee that each athlete completes the same amount of work - in some events the organisation of work to be completed is for the team to decide. We also cannot guarantee that each athlete or team gets to do what they are good at.

All athletes must stay out of the Tribal Clash arena outside of their heat times. Please do not attempt to try out the equipment in the kit corral or on the arena, at any time. The arena and equipment storage is fenced off so please do not attempt to break in and 'have a go' – our staff will have words with you!



## **ATHLETE KIT: WHAT WE RECOMMEND**

- For the waiting time between the events and your heats, we highly recommend that you bring some form of shade for you and your team. You can, for example, pitch a gazebo or pop-up tent on the beach. Please be aware that this should not get in the way of event operations or competition flow - some events may take the athletes outside the main arena so you should make sure your shelter is not disrupting such events.
- Bring plenty of sun cream and water.  
PLEASE NOTE: North Wollongong Beach has a 'no single use plastic' policy so please bring reusable bottles. These can be refilled using water fountains on the beach.
- Athletes are advised to bring more than one pair of shoes as these may get wet. You may wish to bring trail shoes for any possible run event. Some competitors get primal and compete in bare feet, but please bear in mind that there may be stones and shells on the arena and on the beach.
- We will not be providing chalk. We recommend that you bring some with you as you may want to use it in some of the events.
- All athletes should expect to get wet during the competition. Wetsuits, wearable buoyancy aids neoprene shoes and swimming goggles are permitted for water-based events. Hand paddles, rafts, fins or kick boards are not allowed.
- Bring plenty of spare clothes – you may get wet more than once in a day.
- Protective sleeves may be useful in case you have to handle atlas stones
- Gloves are highly recommended - athletes may be required to handle logs, tyres and atlas stones, and climb a rope.
- There is no designated warm up area on the beach with foam rollers, barbells and assault bikes. You may want to bring some mobility tools with you.
- There are no storage facilities for your kit.



## **COMPETITION FLOW**

Your team will be assigned a heat and a lane in each event, except in a possible mass start event where all competitors race together. We will be publishing a full schedule of all heats for the Saturday and Sunday events which will be available on Competition Corner and in the info pack that your team captain collects when they check-in on Friday.

The athlete staging area is beside the arena. Your team should be in the athlete staging area at least 15 minutes before your scheduled heat start time.

Events will have up to 9 heats, and while we endeavour to start each heat on time, there will be some flexibility in the schedule (we may start a minute early if we are ready, or later if necessary) so we ask you to be ready in the holding area 15 minutes before your start time. During this time you have the opportunity to ask our Athlete Control staff last minute questions about the event. They will have been briefed about the workouts and movement standards. Your judge will NOT be able to answer any questions before the start of your heat, so please make sure you have understood the workouts before you step onto the arena. Athlete Control will show you through to the arena when the lanes are ready for you.

After your heat is finished, all athletes except the Team Captain are required to exit their lane WITHOUT DELAY. You will not be able to stay behind take photographs on the lane after the event. Your Team Captain will stay behind to sign your score sheet. When all the athletes have left the arena, Athlete Control will wave through the next heat. Please do not delay the start of the next heat, and make 54 athletes who are raring to go, wait for you – please exit your lane promptly taking all your belongings with you. Please do not leave any items of clothing hanging on the fences and collect all debris from the lane.

## **SUBSTITUTIONS AND WITHDRAWALS**

You can substitute team members right up until team check-in on Friday 8<sup>th</sup> February. No substitutions can be made after your team has checked in. Your team must start and finish all events as a team of 6 athletes, 3 men and 3 women. If one of your team members has to withdraw from the competition e.g. due to injury, your team cannot continue in the competition as a team of 5. Your team can do the workouts 'for fun' and participate in the competition, but these workouts where you don't have a full squad will not be scored and your team will not advance on the leaderboard. Please take care when handling odd objects and listen to the advice from Tribal Clash staff to avoid injury.



## **EVENT FORMAT**

All teams will race in several individually scored events across the weekend. On Sunday afternoon, the teams who have accumulated the most points across the weekend will advance to the knockout stages. 36 teams will go through to a Quarter Final, then the top 18 teams will go through to a Semi-Final. This is traditionally a tug-of-war where you have just one chance to beat your opposing team - the team ranked 18<sup>th</sup> on points will pull against the team ranked 1<sup>st</sup>, the team ranked 17<sup>th</sup> will pull against the team ranked 2<sup>nd</sup>, and so on. After the Semi-Final, 9 teams will be eliminated from the competition and the remaining 9 (the winners of each tug-of-war contest) will go head-to-head in the Final where the overall winner will be decided.

## **EVENT SCORING**

Your team will be asked to sign their score sheet at the end of each event. By signing the score sheet, you are deemed to have confirmed the score to be correct so please check carefully before signing.

If you believe your judge has made an error during the event and you want to challenge their decision, please speak to the Head Judge no later than 15 minutes after your heat finish time. Video footage of your heat is not admissible.

A live online leaderboard will be available on Competition Corner and can be viewed at <https://competitioncorner.net/>. If you believe that your team's score is not accurately presented on the competition leaderboard, please speak to the Head of Scoring.

## **WEATHER DISCLAIMER**

After heat schedules have been fixed and distributed in your team info packs, we may still have to change the timings of the weekend's events or swap them around depending on changes in the short-term weather forecast. Weather and in particular sea conditions can change very rapidly and even a small change can have a big knock-on effect on all aspects of the competition.

Factors such as wind speed and the size of swell may not be immediately visible from the beach, but these play an important part in making the competition safe for all athletes. We revert to the expertise of our Water Safety Team where the safety of water-based events is in doubt. We try to communicate any changes as quickly as we can so please listen to announcements from the arena. If there is a schedule change, please be patient and understand that our staff are working their socks off.



## **ATHLETE WELFARE**

First aid and medical cover is provided by a team of paramedics on site. Please see them for any injuries, or if you feel unwell during the event. If you have flagged any health concerns or issues in the medical questionnaire, this information is passed on to the paramedics along with your lane assignments, so that they are best able to treat you if needed.

## **TOILETS**

Toilets and shower facilities are available in a pavilion by the beach.

## **FOOD AND DRINK**

There are a number of cafes around the beach where Tribal Clashers can buy food and drink, the nearest being Diggies Café and North Kiosk. North Kiosk will be selling takeaway drinks, snacks and larger meals from 7.30am – 4pm, while Diggies Café is also open throughout the day. Other dining options within a ten minutes' walk of the beach include PEPE's On The Beach, Mudcat Café, North Beach Pavilion, the Health Hut, Connie's Café, Aqua Restaurant and Blu Orange Cafe.

## **VENDORS**

The Tribal Clash shop will be selling merchandise all weekend – cash payments only. A number of vendors will also be joining us at the beach including Renegade X, Lorna Jane, FitAID and our sponsor Red Paddle Co. Physiotherapists will also be offering treatments throughout the weekend.

## **PADDLE BOARDING DEMONSTRATIONS**

Red Paddle Co and Jervis Bay Stand Up Paddle Board will be running paddle boarding demonstrations on the beach for those who wish to get in some last minute practice!

Friday: 2pm – 6pm, Saturday & Sunday: 9am – 6pm

\$40 per team for 20 minute demonstrations on an XL board. Cash payments only.

## **AFTER PARTY**

All Tribal Clash Australia participants are invited to the official Tribal Clash closing party at PEPE's On The Beach on Sunday 10<sup>th</sup> February from 19.30 onwards. There will be a DJ playing, a bar (of course!) and dancing late into the night.

## **LOST PROPERTY**

Please 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 athlete control tent, 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.



## **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. If you have accessibility requirements of any kind or require assistance, please contact [heidi@tribalclash.com](mailto:heidi@tribalclash.com).

## **COMMUNICATION**

Communication prior to the event and over competition weekend will be on our social media channels – like us on Facebook ([/tribalclash](https://www.facebook.com/tribalclash)) and follow us on Instagram ([@tribalclash](https://www.instagram.com/tribalclash)) to stay up to date.

Don't forget to tag us in your Instagram photos and videos and use the hashtag #tribalclashaustralia so we can see you in action!



## AWARDS

### THE TRIBAL MASK

The Tribal Mask is the prize awarded to the winning team. The winner will be determined after up to seven main events, a Quarter-Final for 36-teams on Sunday afternoon followed by a Semi-Final for 18 teams. After the Semi-Final, a further 9 teams are eliminated, leaving the remaining 9 teams to go head to head in the final event. The overall winner will be the team that comes out on top in the final, either scoring the highest number of reps or completing the workout in the shortest time.

Please be advised that there is NO money to win at Tribal Clash, and never has been. Tribal Clash is different, and whilst we understand the motivation to compete for money (we all have rent to pay!), Tribal Clash has always been about the community coming together to compete for the thrill of winning, without a monetary goal. We invest all the entry fees (sometimes many times over!) into the event production, as we want to give ALL teams an amazing competition experience, rather than just the podium winners.