

# EVENT FLOW

## **EVENT START TIME: 8am the first heat kicks off**

- ◆ Athlete are expected to arrive onsite 1 HOUR before their heat start time
- ◆ *Example: 8am heat start time = arrive on site at 7am Athlete will then proceed to the following steps:*

### **Step 1: Athlete Registration Table**

- ◆ The first stop in the building is the athlete registration table. Please proceed to this table to check-in for the event.
- ◆ Registration will not be permitted for any athlete that arrive earlier than an HOUR before race time.

### **Step 2: Bag Drop Off (in Riverview Room)**

- ◆ Proceed to the Riverview Room where you will drop off any belonging in a secure location. Please ensure that valuables are in a secure locations. We will tag your bag with your body marking identification number that you will receive at gate entry.
- ◆ Disclosure: MNP CSC is not responsible for any stolen or misplaced personal items.

### **Step 3: Athlete Gate Check (at gate entrance by North Track 1)**

- ◆ **IMPORTANT:** Entry allowed 30 MINUTES before heat start time
- ◆ At this station you will be provided your chip that will go on your ankle. You will also receive a body marking on your arm and calf.
- ◆ Doubles Partners: Only ONE partner will wear the chip and BOTH partners will receive body marking on both arm and calf.
- ◆ A volunteer will then permit the 6 athletes in the heat gate entry to proceed to the warm-up station. Please do not proceed to run on the track.

### **Step 4: Warm Up in Supplement World Warm-Up Zone**

- ◆ The Supplement World Warm-Up Zone will have cardio, strength and mobility equipment that will give you time to warm-up.
- ◆ A volunteer will walk the heat over to the start line 6 MINUTES

### **Step 5: Proceed to Start Line- 6 minute countdown and DJ warm-up**

# MAIN LEVEL

Athlete Check-in



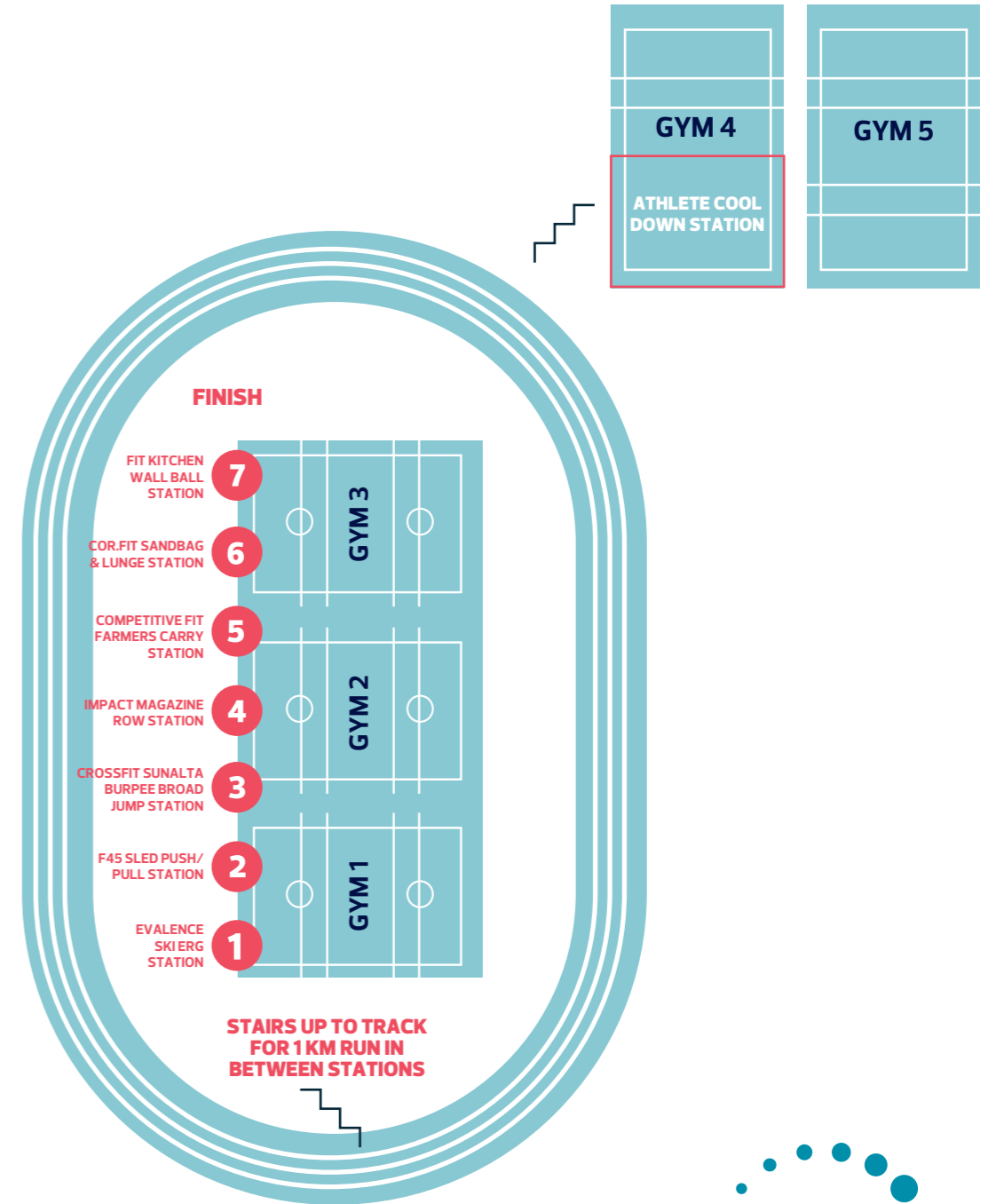
Park off-site at Indigo Lot

NORTH



# ACTIVITY LEVEL

Event



SOUTH ENTRANCE

NOTE: SOUTH ENTRANCE IS CLOSED, PLEASE USE NORTH ENTRANCE