



LINNAMASTERS 2019

Dear competitor, welcome to Hämeenlinna 14.-15.12.2019!

COMPETITOR

Competitors are signing in at the info point which is near the entrance at the Aulanko Arena as follows:

- Saturday (M/F 45+) klo 07.30-8.15
- Sunday (M/F 35-39 ja 40-44) klo 07.30-08.15

While signing in, competitors are able to get their t-shirt, wrist band and some more info about following day. At the use of competitors there is large conference room (same as last year, plus also warm up area at the arena) where you can retain your stuff and rest. There is microwave and fridge if you have your own foods. Competitors have change to wash themselves.

Competitor who wants to be at the arena on the other competition day, don't need to buy ticket!

SCHEDULE

Saturday 14.12.2019

07.30-08.15 Signing in (Doors open to everyone)
08.15 Event brief at the competition area
09.00 First heat
n.19.00 End of the competition

Sunday 15.12.2019

07.30.08.15 Signing in (Doors open to everyone)
08.15 Event brief at the competition area
09.00 First heat
n.19.00 End of the competition

Heatlists at Linnamasters.com, schedule tab.

SUPPORT PERSON

Support persons tickets are allowed for one person per three athletes from the same affiliate. A Wrist band can be obtained when registering for the competition at the info point. Athletes and support persons from same affiliate can make an agreement together that who will get the wrist band of support person.

CAFETERIA

Volunteers from CrossFit Hämeenlinna are keeping cafeteria next to the competition area. You can find sweet and salty snacks and some drinks. We are heading profits of cafeteria to our kids groups at CrossFit Hämeenlinna.

PARTNERS

Partners (below) are introducing and selling their products next to the competition area.

Very Black Store

NoPain

Neprá

Retronousu

Oletkaunis.fi

LähiTapiola Loimi-Häme

Gymnation

DINNER

Saturday 14.12. competitors + avacs/family/support persons/friends have change to have a great dinner at Scandic Hotel Aulanko main restaurant. Dinner will be paid at the restaurant (28€ , kids 12€) and it start around 20.00.

SEE YOU SOON!



linnamasters.com

linna.masters@gmail.com

045 181 9338

Facebook: LinnaMasters by CrossFit Hämeenlinna

Instagram: linnamasters

