

AUGUST 2-3

KLAIPĖDA, LITHUANIA

ATHLETES GUIDE



VENUE

■ ŠVYTURIO ARENA

Švyturio Arena is the largest multifunctional sports and entertainment complex in Western Lithuania, where the most important and significant sports, entertainment and cultural events take place.



Dubysos str. 10-1,
LT-93231, Klaipeda, Lithuania

HOW TO ARRIVE

Parking

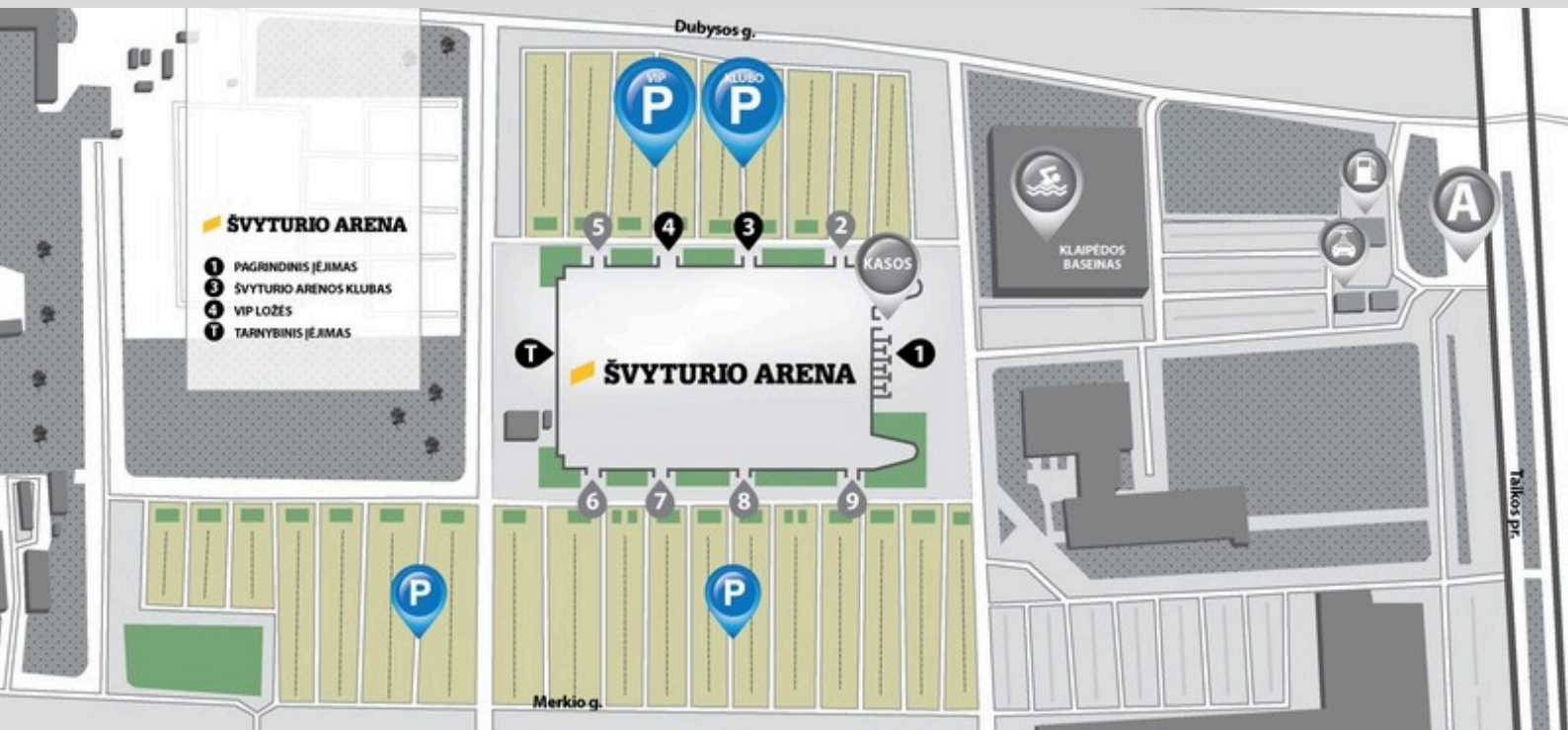
Upon arrival, please use the spacious parking lot (P) located near the arena.

Main Entrance (1)

Enter the building through the main entrance marked (1).

Athlete Check-In

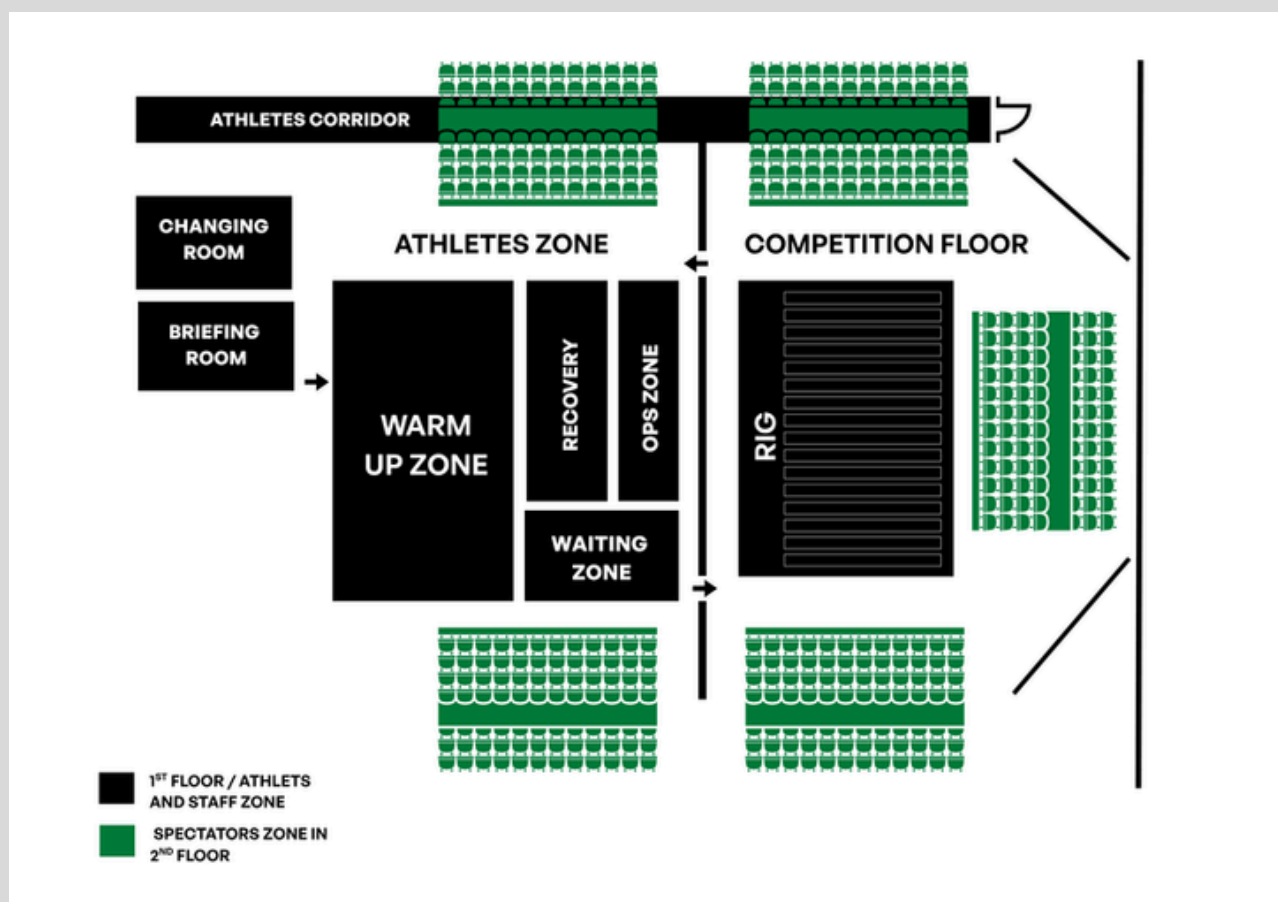
Proceed directly to the Athlete Registration Desk to check in. Our team will assist you and provide everything you need for the event, including your wristband and any additional materials.



ARENA

The Arena is the heart of the competition this weekend. The first floor is reserved for athletes and staff only. Athletes should use the Athletes Corridor to reach the changing rooms and briefing areas. Dedicated warm-up and recovery zones will be available to help you prepare and recover throughout the event.

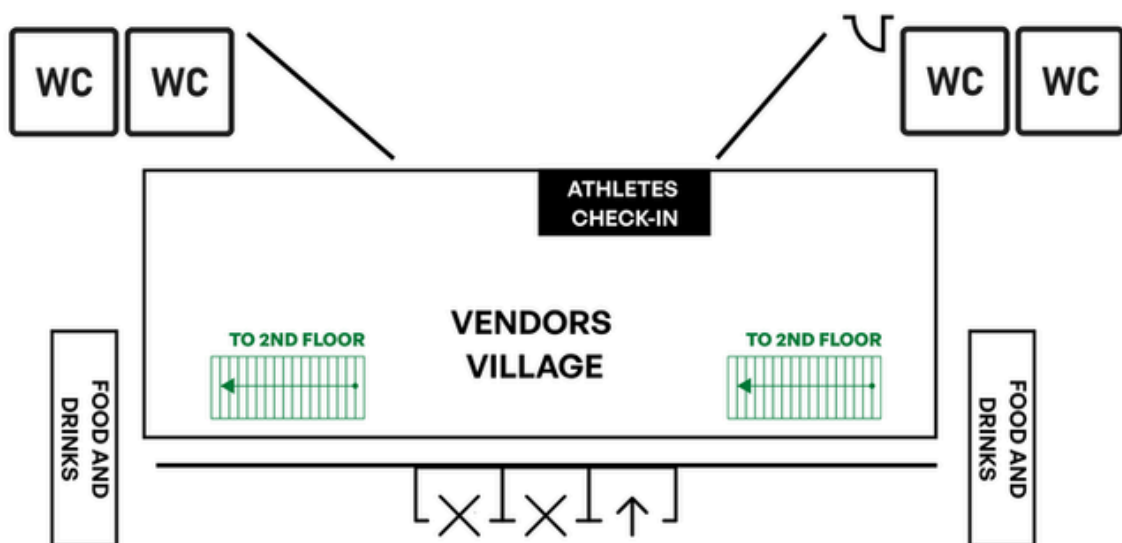
Spectators can access the Arena from the second floor using the stairs.

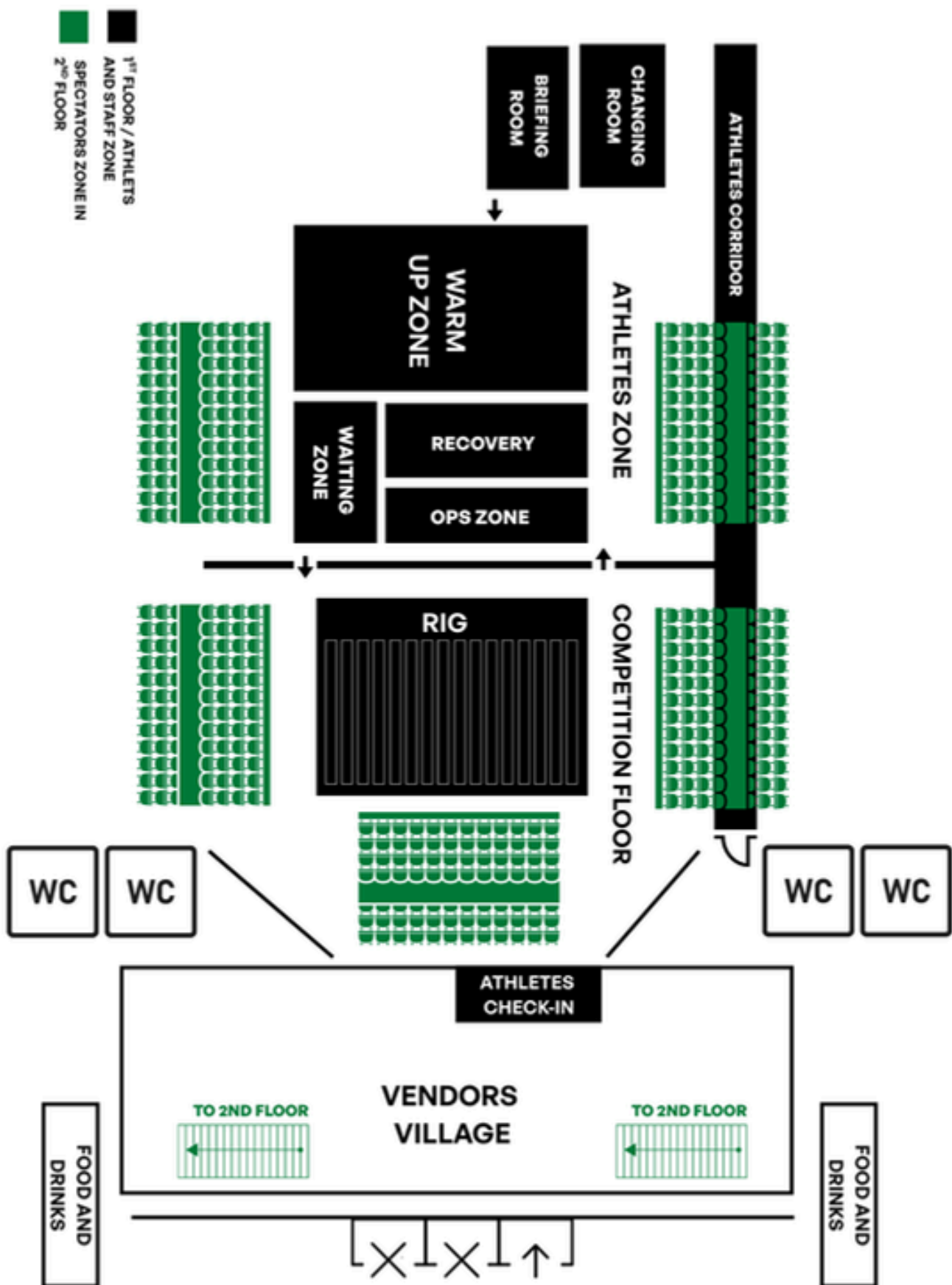


LOBBY

The Lobby is your starting point when you arrive at the venue. Athletes will check in here before heading to their designated areas. You'll also find the Vendors Village in the lobby—take a moment to explore and treat yourself. Hungry or thirsty? Stop by the restaurant and bar for a meal or a quick drink.

Spectators can use the stairs in the lobby to reach the second floor and enter the Arena.





CHECK-IN

Upon arrival, head to the Check-In Desk, located in the lobby. Our team will welcome you and provide:

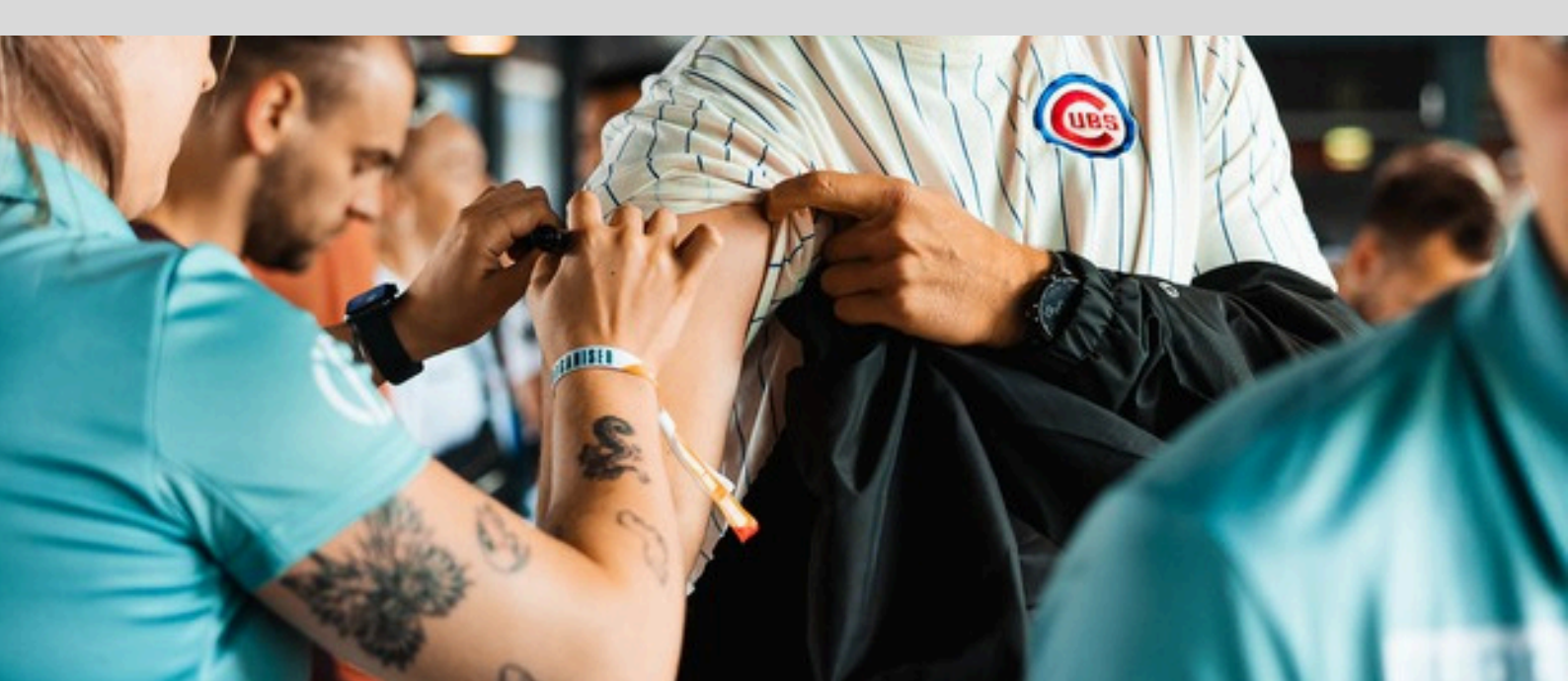
- Your **Athlete Card** – essential for accessing warm-up areas and competition zones
- Your **Official Athlete T-Shirt** – to be worn during designated parts of the event

After check-in, you'll be guided to the **photoshoot**, where we'll take your official athlete photo. You will have to use this picture for your profile picture on circle21.

Important.

We require all athletes to upload their check-in photo to their Circle21 account. You will receive clear instructions on how to do this during check-in.

Be sure to complete all steps before heading to the warm-up area. Let's get you set for an epic competition!



SCHEDULE

FRIDAY

TIME	EVENT	LOCATION
15:00 - 21:00	Welcoming Athletes Check-in	Lobby

SATURDAY

TIME	EVENT	LOCATION
07:00	Doors Open	Arena
08:00	Late Check-in	Lobby
09:00	ENDURANCE	Competition area
12:20	OPENING CEREMONY	Competition area
12:40	STRENGTH	Competition area
15:40	SKILLS	Competition area
18:30	POWER	Competition area

SCHEDULE

SUNDAY

TIME	EVENT	LOCATION
07:00	Doors Open	Arena
09:00	BODYWEIGHT	Competition area
13:00	MIXED	Competition area
18:30	AWARDS	Competition area

A detailed event schedule, including exact times, heats, and lanes, will be published on the competition platform Circle21.

At the end of each day, heats will be adjusted based on athletes' performance.

Athletes must check in at the warm-up area 20 minutes before their heat begins.

TESTS

Programmed by:



STANKUS
PROGRAMMING

ENDURANCE

Death by...

TC: 20 min

Nr.	Interval	Row Cal	Burpees over the rower
1	00:00 - 02:00	15/12	8
2	02:00 - 04:00	16/13	10
3	04:00 - 06:00	17/14	10
4	06:00 - 08:00	18/15	12
5	08:00 - 10:00	19/16	12
6	10:00 - 12:00	20/17	14
7	12:00 - 14:00	20/17	14
8	14:00 - 16:00	21/18	16
9	16:00 - 18:00	21/18	16
10	18:00 - 20:00	22/19	AMRAP

SCORE:

Reps completed before failing a 2-min interval.

ELITE / SPORT / YOUTH 17-18

On the move with

Endurance



Death by...

TC: 20 min

Nr.	Interval	Row Cal	Burpees over the rower
1	00:00 - 02:00	12/10	6
2	02:00 - 04:00	13/11	8
3	04:00 - 06:00	14/12	8
4	06:00 - 08:00	15/13	10
5	08:00 - 10:00	16/14	10
6	10:00 - 12:00	17/15	12
7	12:00 - 14:00	17/15	12
8	14:00 - 16:00	18/16	14
9	16:00 - 18:00	18/16	14
10	18:00 - 20:00	19/17	AMRAP

SCORE:

Reps completed before failing a 2-min interval.

YOUTH 15-16 / ROOKIE / MASTERS

Kicked into gear by:

Endurance



Death by...

TC: 20 min

Nr.	Interval	Row Cal	Burpees over the rower
1	00:00 - 02:00	10/8	6
2	02:00 - 04:00	11/9	6
3	04:00 - 06:00	12/10	8
4	06:00 - 08:00	13/11	8
5	08:00 - 10:00	14/12	10
6	10:00 - 12:00	15/13	10
7	12:00 - 14:00	15/13	12
8	14:00 - 16:00	16/14	12
9	16:00 - 18:00	16/14	14
10	18:00 - 20:00	17/15	AMRAP

SCORE:

Reps completed before failing a 2-min interval.

KIDS 13-14

Kicked into gear by:

Endurance



Death by...

TC: 20 min

Nr.	Interval	Row Cal	Burpees over the rower
1	00:00 - 02:00	8/6	6
2	02:00 - 04:00	9/7	6
3	04:00 - 06:00	10/8	8
4	06:00 - 08:00	11/9	8
5	08:00 - 10:00	12/10	10
6	10:00 - 12:00	13/11	10
7	12:00 - 14:00	13/11	12
8	14:00 - 16:00	14/12	12
9	16:00 - 18:00	14/12	14
10	18:00 - 20:00	15/12	AMRAP

SCORE:

Reps completed before failing a 2-min interval.

KIDS U13

Kicked into gear by:

Endurance



STRENGTH

Snatch & Clean & Jerk Ladder

MEN _____
70 / 80 / 90 / 100 / 110 / 120 / 130 /
140 / 150 / 160

WOMEN _____
40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 /
80 / 85

30" lift and 10" transition.
Start with snatches and switch to
clean&jerk when you fail.

SCORE:

Sum of the best snatch and clean&jerk.
Tie break - snatch weight.

ELITE

Strength

Backed by
EVOLVE

Snatch & Clean & Jerk Ladder

MEN _____
50 / 60 / 70 / 80 / 90 / 100 / 110 / 120
/ 130 / 140

WOMEN _____
35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 /
75 / 80

30" lift and 10" transition.
Start with snatches and switch to
clean&jerk when you fail.

SCORE:

Sum of the best snatch and clean&jerk.
Tie break - snatch weight.

SPORT / YOUTH 17-18 / MASTERS 45-49

Strength

Backed by
EVOLVE

Deadlift + Hang Clean

EVERY 90" X 3 SETS _____
60" work + 30" rest

SCORE:

Heaviest weight successfully lifted.
In case of a tie, second-best lift wins.

ROOKIE / KIDS U13 / KIDS 13-14 / KIDS 15-
16 / MASTERS 50+

Strength

Backed by
EVOLVE

BODYWEIGHT

For time

PART A. _____
30/25 Strict Handstand Push-Ups

Time cap: 2 min.

PART B. _____
3 Rounds
20 Toes-to-bar
12 Box Jump Overs 75/60cm

Bring the cone to the next station after each round.

Time cap: 6 min.

SCORE:
Part A + Part B (scored individually).

ELITE

Bodyweight Crafted by **VELITES**

For time

1-2...7
Hand Stand Push-Ups (female from AbMat)

2-4...14
Box Jump Overs 60/50 cm.

Buy-Out _____
75 Double-unders

Bring the cone to the next station after each round.

Time cap: 8 min.

SCORE:
Total reps completed.

SPORT / MASTERS 45-49

Bodyweight Crafted by **VELITES**

For time

1-2...7
Handstand Push-Ups (from AbMat)*

2-4...14
Box Jump Overs 60/50 cm.

Buy-Out _____
50 Double-unders

Bring the cone to the next station after each round.

*For females: 10kg plate + AbMat

Time cap: 8 min.

SCORE:
Total reps completed.

YOUTH 15-16

Bodyweight Crafted by **VELITES**

For time

1-2...7
Hand Stand Push-Ups (female from AbMat)

2-4...14
Box Jump Overs 60/50 cm.

Buy-Out _____
100 Double-unders

Bring the cone to the next station after each round.

Time cap: 8 min.

SCORE:
Total reps completed.

YOUTH 17-18

Bodyweight Crafted by **VELITES**

AMRAP'8

4 rounds _____
3 Wall walks*
10 Box Jump Overs (step down) 50 cm.
12 V-Ups

- tie brake -

Into: AMRAP Toes to Bar _____

Bring the cone to the next station after each round.

*CrossFit Open scaled standard for both genders.

SCORE:
Total reps completed.

KIDS U13

Bodyweight Crafted by **VELITES**

AMRAP'8

4 rounds _____
3 Wall walks*
10 Box Jump Overs (step down) 60/50 cm.
15 V-Ups

- tie brake -

Into: AMRAP Toes to Bar _____

Bring the cone to the next station after each round.

*CrossFit Open Scale standard for females

SCORE:
Total reps completed.

ROOKIE / KIDS 13-14

Bodyweight Crafted by **VELITES**

For time

1-2...6
Handstand Push-Ups (to AbMat) / Hand Release Push-Ups

2-4...12
Box Jump Overs 60/50 cm.

Buy-Out _____
50 Double-unders

Bring the cone to the next station after each round.

Time cap: 8 min.

SCORE:
Total reps completed.

MASTERS 50+

Bodyweight Crafted by **VELITES**

SKILL

For time
3 rounds _____
10m Hand Stand Walk
12 Pistol squats
4/3 Pull overs

- tie break -

Into _____
20 Double Crossovers
2(1+1) Bar Muscle Up + Back Roll
5m Hand Stand Walk
Half pirouette + 2,5m backward
handstand walk
2,5m Backward walk

Time cap: 10min

SCORE:
Time

ELITE

Skill Unlocked by 

For time
Part A (Time cap: 6min) _____
40 Toes to Bar
50 Single Crossovers
5 Wall walks

- tie break -

3/2 Bar Muscle Up

Part B AMRAP'1 _____
Hand Stand Walk for distance

1 rep = 2,5m

Tie break: longest unbroken distance)

SCORE:
Part A + Part B (scored individually).

SPORT

Skill Unlocked by 

For time
Part A (Time cap: 6min) _____
40 Toes to Bar
50 Single Crossovers
5 Wall walks

- tie break -

3/2 Bar Muscle Up

Part B AMRAP'1 _____
Hand Stand Walk for distance

1 rep = 2,5m

Tie break: longest unbroken distance)

SCORE:
Part A + Part B (scored individually).

MASTERS 45-49

Skill Unlocked by 

For time
Part A (Time cap: 6min) _____
30 Toes to Bar
50 Single Crossovers
5 Wall walks

- tie break -

3/2 Bar Muscle Up

Part B AMRAP'1 _____
Hand Stand Walk for distance

1 rep = 2,5m

Tie break: longest unbroken distance)

SCORE:
Part A + Part B (scored individually).

YOUTH 15-16 / YOUTH 17-18

Skill Unlocked by 

For time
Part A (Time cap: 6min) _____
30 Toes to Bar
30 Single Crossovers
5 Wall walks

- tie break -

3/2 Bar Muscle Up


Part B AMRAP'1 _____
Hand Stand Walk for distance

1 rep = 2,5m

Tie break: longest unbroken distance)

SCORE:
Part A + Part B (scored individually).

MASTERS 50+

Skill Unlocked by 

MIXED

For time TC: 13 min

3 rounds

3 Clean&Jerks 50/35kg
12 Pull Ups
18/15 Cal Bike Erg

Into

50 Wall Balls 6/4
- tie break -

2 rounds

2 Clean&Jerks 70/45kg
8 Chest to Bar Pull Ups
15/12 Cal Bike Erg

*Change weight anytime after 3 rounds

SCORE:
Time

KIDS 17-18

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 13 min

3 rounds

3 Clean&Jerks 60/45kg
10 Pull Ups
18/15 Cal Bike Erg

Into

50 Wall Balls 9/6
- tie break -

2 rounds

2 Clean&Jerks 80/55kg
8 Chest to Bar Pull Ups
15/12 Cal Bike Erg

*Change weight anytime after 3 rounds

SCORE:
Time

MASTERS 45-49

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 13 min

2 rounds

3 Clean&Jerks 50/35kg
8 Pull Ups
18/15 Cal Bike Erg

Into

50 Wall Balls 6/4
- tie break -

2 rounds

2 Clean&Jerks 70/45kg
5 Chest to Bar Pull Ups
15/12 Cal Bike Erg

*Change weight anytime after first 2 rounds

SCORE:
Time

MASTERS 50+

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 13 min

3 rounds

3 Clean&Jerks 60/35kg
10 Pull Ups
18/15 Cal Bike Erg

Into

50 Wall Balls 9/6
- tie break -

2 rounds

2 Clean&Jerks 70/45kg
8 Chest to Bar Pull Ups
15/12 Cal Bike Erg

*Change weight anytime after 3 rounds

SCORE:
Time

SPORT

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 7 min

21 - 15 - 9

Calx Bike Erg
Deadlifts 60/40kg
Wall balls 6/4kg

SCORE:
Time

ROOKIE

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 7 min

18 - 12 - 7

Dumbell snatch 7,5/5kg

4 Shuttle runs after each set (10+10m)

SCORE:
Time

KIDS U13

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 7 min

18 - 12 - 7

Dumbell snatch 15/10kg

4 Shuttle runs after each set (10+10m)

SCORE:
Time

KIDS 13-14

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 13 min

3 rounds

3 Clean&Jerks 40/25kg
10 Pull Ups
18/15 Cal Bike Erg

Into

50 Wall Balls 6/4
- tie break -

2 rounds

2 Clean&Jerks 60/35kg
5 Chest to Bar Pull Ups
15/12 Cal Bike Erg

*Change weight anytime after 3 rounds

SCORE:
Time

KIDS 15-16

Mixed

Fueled by **maxi**
NUTRITION

For time TC: 13 min

3 rounds

3 Clean&Jerks 80/55kg
12 Chest to Bar Pull ups
18/15 Cal Bike Erg

Into

50 Wall Balls 9/6
- tie break -

2 rounds

2 Clean&Jerks 100/65kg
6/4 Ring Muscle Ups
15/12 Cal Bike Erg

*Change weight anytime after 3 rounds

SCORE:
Time

ELITE

Mixed

Fueled by **maxi**
NUTRITION

POWER

For time

2 rounds

6 Burpee shuttle run (10+10m)
12/10 Cal Ski

Into

16 Dumbbell snatch 30/22,5kg

Time cap: 5min.

SCORE:

Time

ELITE

Power

Powered by
qrewo.

For time

2 rounds

6 Burpee shuttle run (10+10m)
12/10 Cal Ski

Into

16 Dumbbell snatch 22,5/15kg

Time cap: 5min.

SCORE:

Time

SPORT

Power

Powered by
qrewo.

For time

2 rounds

6 Burpee shuttle run (10+10m)
8/6 Cal Ski

Into

16 Dumbbell snatch 15/10kg

Time cap: 5min.

SCORE:

Time

YOUTH 15-16

Power

Powered by
qrewo.

For time

2 rounds

6 Burpee shuttle run (10+10m)
10/8 Cal Ski

Into

16 Dumbbell snatch 15/10kg

Time cap: 5min.

SCORE:

Time

YOUTH 17-18

Power

Powered by
qrewo.

For time

2 rounds

6 Burpee shuttle run (10+10m)
12/10 Cal Ski

Into

16 Dumbbell snatch 15/10kg

Time cap: 5min.

SCORE:

Time

MASTERS 50+

Power

Powered by
qrewo.

For time

2 rounds

6 Burpee shuttle run (10+10m)
12/10 Cal Ski

Into

20 Dumbbell snatch 22,5/15kg

Time cap: 5min.

SCORE:

Time

MASTERS 45-49

Power

Powered by
qrewo.

BROADCASTING

The event will be broadcast live on the following platforms:

- Lithuanian Functional Fitness Federation [YouTube Channel](#)
- [Delfi TV](#)

Watch the stream on one of Lithuania's leading news and entertainment platforms.

Commentators:

The live stream will be hosted by Gintaras Brazdžionis and Tadas Gudžiauskas, bringing expert insight and energy to every moment of the competition.



PARTNERS

qrewo.



VELITES



EVOLVE

zoomtv.it

Delfi



BFA
BUILT FOR ATHLETES™



RECOVERY PARTNERS



Therabody

Recover like a pro with the Theragun Gym Cart, brought to you by Gfitness. In the recovery area, you'll find Theraguns, Wave Rollers and JetBoots.

Use these tools between events to reduce soreness, improve circulation, and stay ready.

Available all day in the recovery zone near the warm-up area.

SPORTS MASSAGE: ERIKS PROHOROV

Get hands-on recovery from Eriks Prohorovs, award-winning sports massage therapist:

- Gold – Wellness & Spa (Turkey)
- Silver – Sports Massage (Latvia)
- Bronze – Baltic Massage Championship (Kaunas)

With over 2 years of experience and training in Ireland, Eriks is here to help you move and feel better between events.

Location: Recovery area, available throughout the day

Payment: Cash or Revolut

Express Massage

- Full Body (30 min) – 50€
- Legs (20 min) – 40€
- Back (30 min) – 50€

Recovery Massage:

- Full Body (60 min) – 80€
- Back (40 min) – 60€
- Legs (40 min) – 50€

VENDORS

qrewo.



FOOD AND CHILL



 **ŠVYTURIO ARENA**

