

RUGPJŪČIO 2-3

KLAIPĖDA, LIETUVA

ATLETŲ GIDAS



ARENA

■ ŠVYTURIO ARENA

Švyturio arena – didžiausias daugiavfunkcinis sporto ir pramogų kompleksas Vakarų Lietuvoje, kuriame vyksta svarbiausi ir reikšmingiausi sporto, pramogų bei kultūros renginiai.



Dubysos g. 10-1,
LT-93231, Klaipėda, Lietuva

ATVYKIMAS

Parkavimas

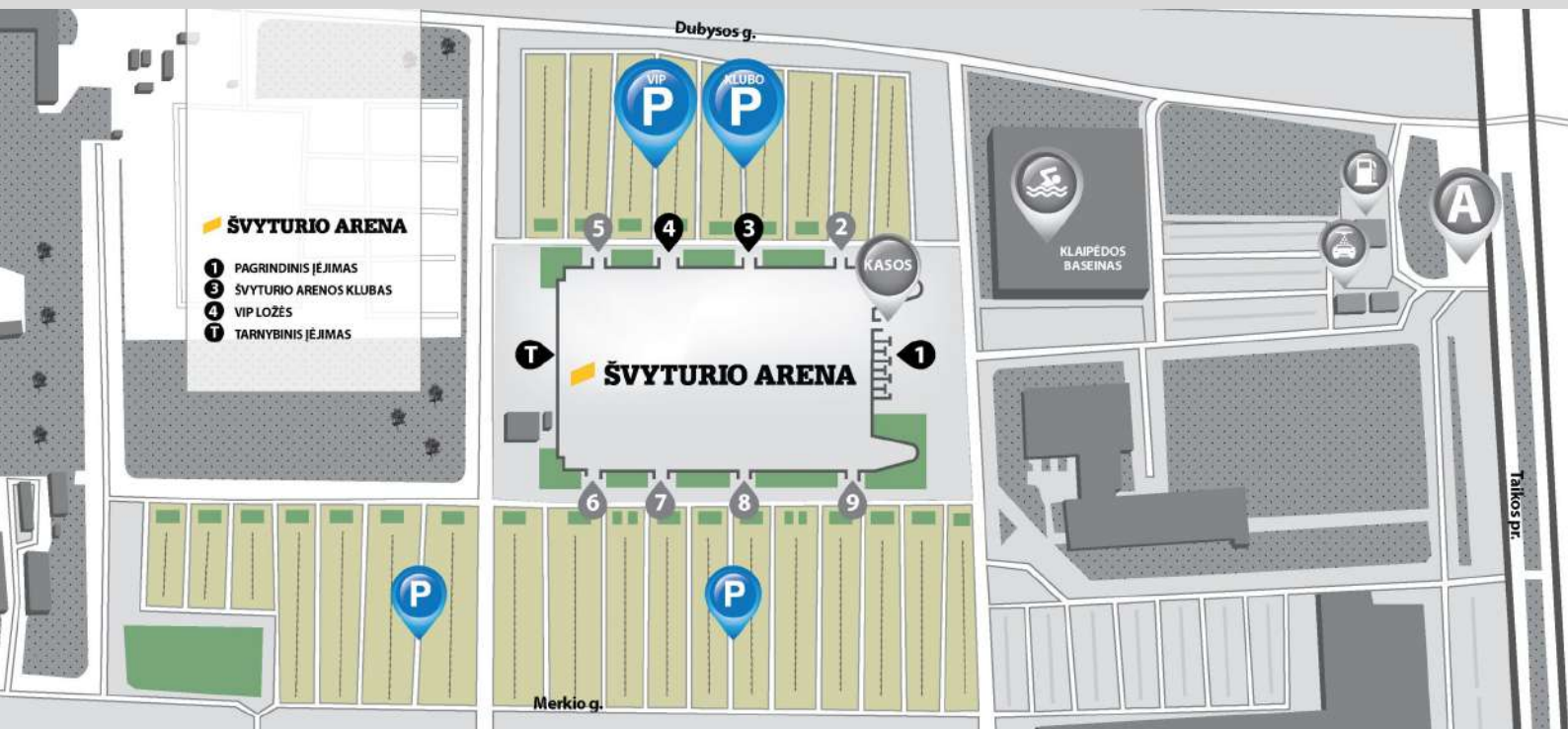
Atvykus, prašome naudotis erdvia automobilių stovėjimo aikštele (P), esančia šalia arenos.

Pagrindinis įėjimas (1)

Įeikite į pastatą per pagrindinį įėjimą, pažymėtą (1).

Sportininkų registracija

Atvykę eikite prie sportininkų registracijos, esančios arenos foje.

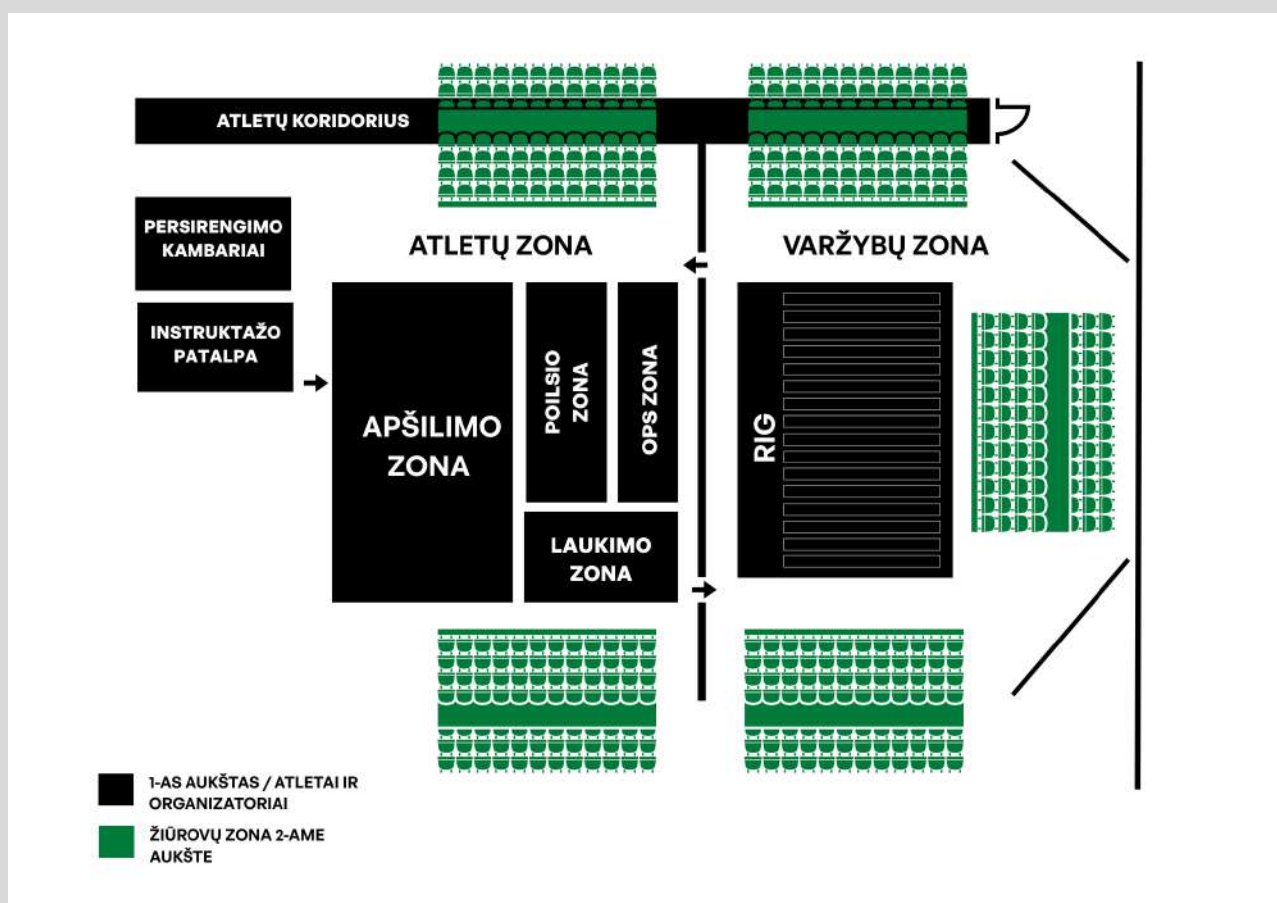


ARENA

Arena – pagrindinė erdvė, kurioje vyks visas šio savaitgalio renginys. Pirmas aukštas skirtas tik sportininkams ir personalui. Sportininkai turėtų naudotis koridoriumi, kad pasiektų persirengimo kambarius ir instruktažo zonas.

Specialios zonos apšilimui ir atsistatymui bus paruoštos, kad padėtų atletams pasiruošti ir atsigauti viso renginio metu.

Žiūrovai į Areną gali patekti iš antro aukšto, naudodamiesi laiptais.

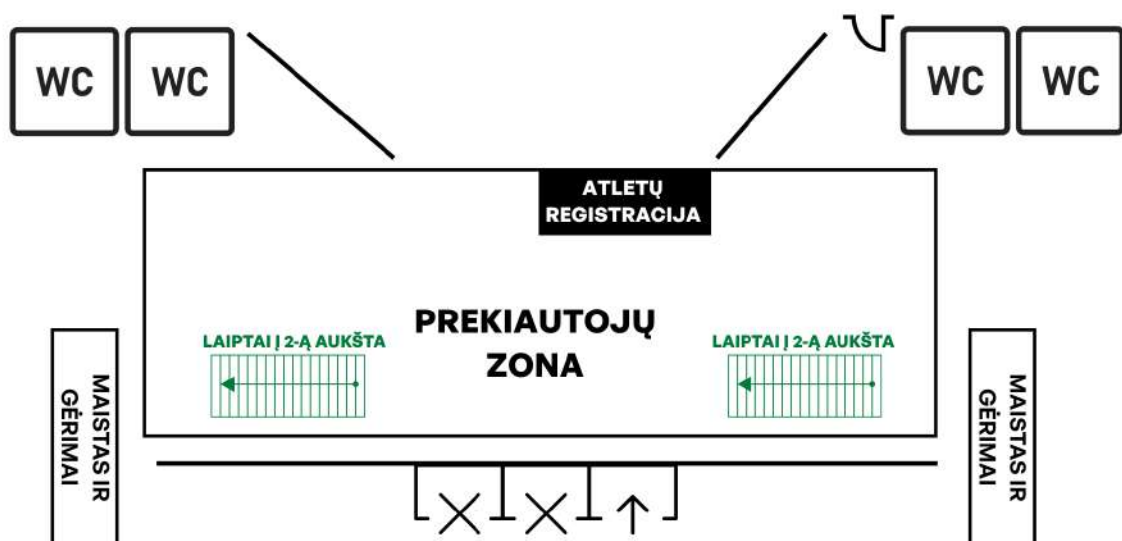


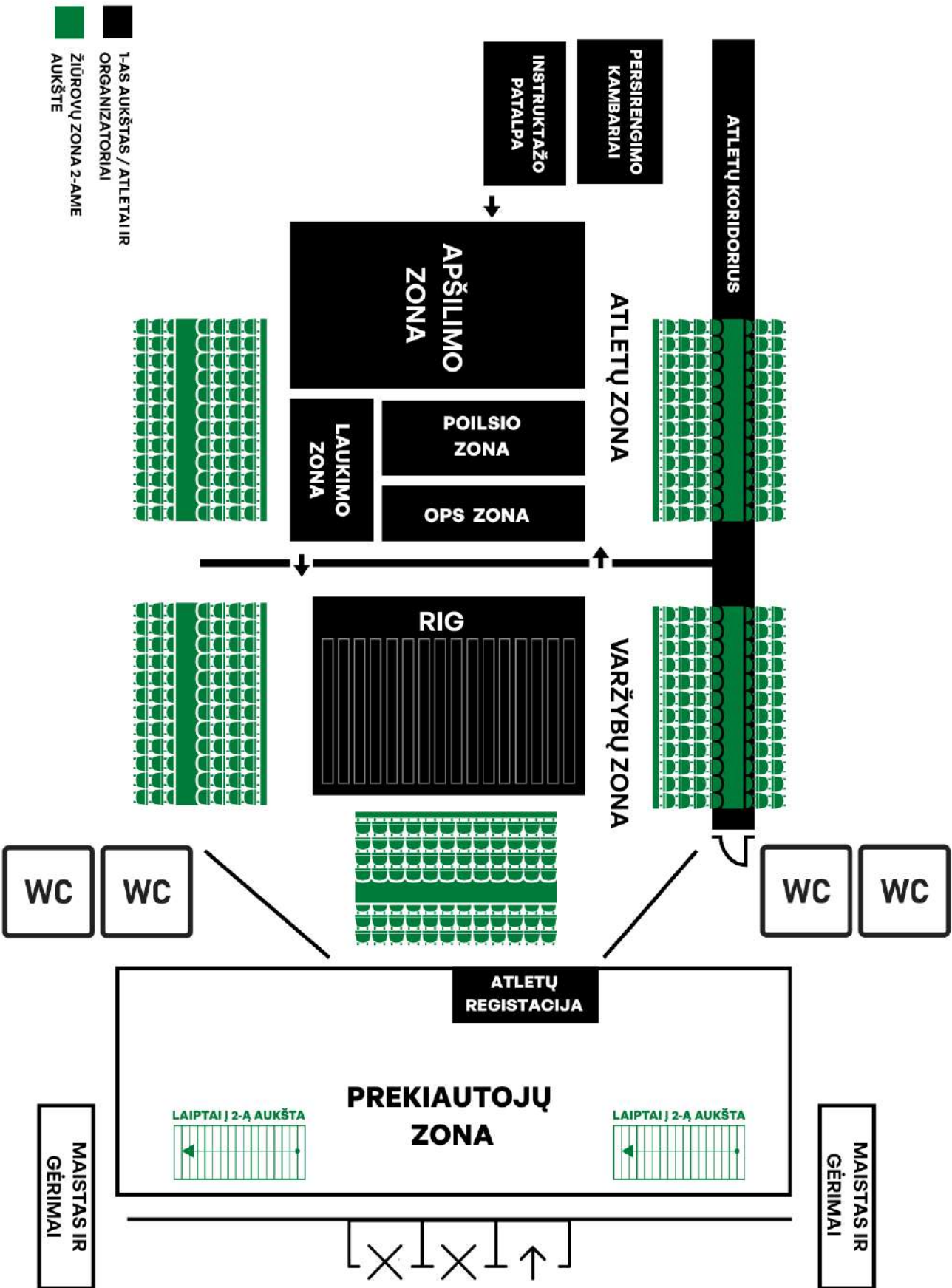
FOJĖ

Fojė yra jūsų pradžios taškas atvykus į renginio vietą. Čia sportininkai registruosis prieš eidami į paskirtas zonas. Fojė rasite ir Prekybininkų zoną – skirkite laiko apžiūrėti ir įsigyti patinkančius sporto aksesuarus ar paragauti sporto gėrimų bei užkandžių.

Alkani ar ištroškę? Užsukite į barą pavalgyti ar atsigerti.

Žiūrovai gali naudotis fojė esančiais laiptais, kad patektų į antrą aukštą ir įeitų į Areną.





REGISTRACIJA

Atvykus, kreipkitės į registracijos stalą, esantį fojė. Mūsų komanda pasitiks jus ir suteiks:

- Jūsų **sportininko kortelę** – būtina norint patekti į apšilimo zonas ir varžybų teritoriją
- Oficialius **varžybų marškinėlius** – kurie skirti dėvėti renginio metu

Po registracijos būsite nukreipti prie foto sienelės, kur bus nufotografuotas jūsų oficialus sportininko portretas. Šią nuotrauką reikės naudoti savo profilio nuotraukai platformoje Circle21.

Svarbu:

Visi sportininkai privalo įkelti savo registracijos nuotrauką į Circle21 paskyrą. Registracijos metu gausite aiškias instrukcijas, kaip tai padaryti.

Prašome atlikti visas šias užduotis prieš einant į varžybų zoną. Pasiruoškime galingam varžybų startui!



TVARKARAŠTIS

PENKTADIENIS

LAIKAS	RENGINIO DALIS	VIETA
15:00 - 21:00	Atvykimas Atletų registracija	Fojė

ŠEŠTADIENIS

LAIKAS	RENGINIO DALIS	VIETA
07:00	Durys	Arena
08:00	Atletų registracija	Fojė
09:00	IŠTVERMĖS RUNGTIS	Varžybų zona
12:20	ATIDARYMO CEREMONIJA	Varžybų zona
12:40	JĖGOS RUNGTIS	Varžybų zona
15:40	ĮGŪDŽIŲ RUNGTIS	Varžybų zona
18:30	GALIOS RUNGTIS	Varžybų zona

TVARKARAŠTIS

SEKMADIENIS

LAIKAS	RENGINIO DALIS	VIETA
07:00	Durys	Arena
09:00	KŪNO SVORIO RUNGTIS	Varžybų zona
13:00	MIŠRI RUNGTIS	Varžybų zona
18:30	APDOVANOJIMAI	Varžybų zona

Išsamus renginio tvarkaraštis, įskaitant tikslias valandas, heatų us ir takelius, bus paskelbtas varžybų platformoje Circle21.

Kiekvienos dienos pabaigoje heat'ai bus koreguojami pagal sportininkų rezultatus.

Sportininkai privalo atvykti į apšilimo zoną likus 20 minučių iki savo heat'o pradžios.

TESTAI

Parengė:



STANKUS
PROGRAMMING

IŠTVERMĒS RUNGTIS

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



JĖGOS RUNGTIS

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

KŪNO SVORIO RUNGTIS

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**

IGŪDŽIŲ RUNGTIS

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


Mišri Rungtis

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 -

Into

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 -

Into

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 -

Into

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 -

Into

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

Cal's 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

Dumbbell 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

Dumbbell 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 -

Into

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 -

Into

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

GALIOS RUNGTIS

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.**

TRANSLIACIJA

Renginys bus transliuojamas tiesiogiai šiose platformose:

- Lietuvos Funkcinio sporto Federacijos YouTube paskyroje
- Delfi TV

Žiūrėkite tiesioginę transliaciją vienoje iš Lietuvos pirmaujančių naujienų ir pramogų platformų.

Komentatoriai:

Komentatoriai:

Tiesioginę transliaciją ves Gintaras Brazdžionis ir Tadas Gudžiauskas, kurie kiekvienam varžybų momentui suteiks profesionalų įžvalgų.



PARTNERIAI

qrewo.



VELITES



EVOLVE

zoomtv.it

Delfi



BFA
BUILT FOR ATHLETES™



ATLETU POILSIU RŪPINASI



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€

PREKIAUTOJAI

qrewo.



MAISTAS IR POILSIS



ŠVYTURIO ARENA



www.funkcinissportas.lt



[@lithuanianfunctionalfitness/](https://www.instagram.com/lithuanianfunctionalfitness/)