

**FITTEST
IN THE CITY**

MANCHESTER

**TURF
GAMES**

ATHLETE HANDBOOK

MANCHESTER: FITTEST IN THE CITY 2025

+44 7718 125 383

www.turfgames.com

team@turfgames.com

INTRO

Manchester, it's nearly time!

We are excited to be back in Manchester for the second Turf Games Fittest in the City!

This document has all the information you'll need for the event day.

Please note these pages will be updated between now and the day so keep checking back for changes to heat times, workouts and more as they get updated.



KEY INFO

DATE

Saturday 11th October 2025

LOCATION

Manchester Central Convention Complex, Windmill Street, Manchester, M2 3GX

TIMINGS

Athlete + Spectator arrival from 09.15 until 20:30

GETTING THERE

Manchester Central is in the heart of the city. To find your best way to get to the venue please use the guide here - [GETTING THERE](#)

By Road

Manchester is at the heart of a comprehensive motorway network. Manchester's M60 orbital motorway provides easy access from north, south, east and west.

If using a satellite navigation system - please follow the postcode M2 3GX.

There is an NCP (National Car Park) directly below Manchester Central* that is open 24 hours a day all year round.

To book parking [CLICK HERE](#)



ATHLETE CHECK IN

REGISTRATION

Thank you to all team captains for setting up your team.

All teams **MUST** have 4 athletes linked to it on Team Aretas; if your team is not correctly set up you will not feature on the leader board.

The 4 athletes linked to your team **MUST** be the 4 competing on the day in ALL workouts; by linking to the team you are accepting the competition online waiver. If you are not linked to the team and you compete then you will not have signed the waiver.

You can sub in team members up until check in on the event day.
Team names can't be changed once the heat times have been released.



HOW TO CHECK IN

Check-in opens at 09:15 and we advise arriving at least 40 minutes before your first heat time. Please approach the registration desk and provide your team name.

Once checked in you will be given 4 athlete wristbands which you must wear throughout the day.

Only one team member needs to check in and take the wristbands however you must be wearing your wristband to enter the hall so that person will need to come out of the hall to give the team member a wristband so they can gain access.

HEAT TIMES

Heat times will be live in the link below soon. Scroll through to find your category, division and team name & find out when your team will be hitting the competition floor throughout the day.

Please note these heat times **may change slightly**, so please check back multiple times to ensure you have your times correct.

HEAT TIMES

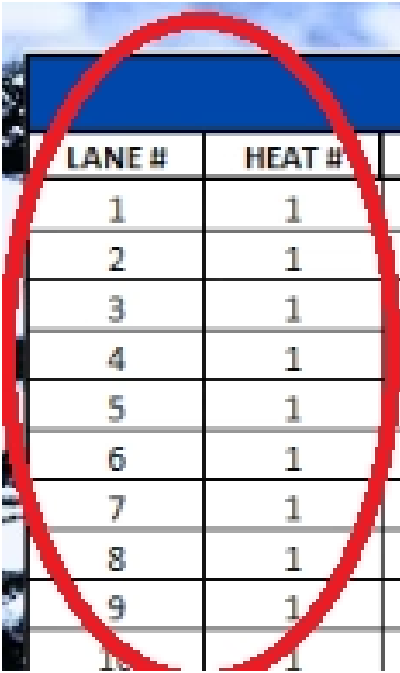


HEAT # / LANE

You'll be in the SAME heat & same lane number for each of your workouts.

Please look at your heats in the link above & in the far left column will be your lane number and the column next to your team name will be the heat number of your first workout.

Take a note so when you enter the arena for the start of each heat you know which lane to go to.



LANE #	HEAT #
1	1
2	1
3	1
4	1
5	1
6	1
7	1
8	1
9	1
10	1

WORKOUT FLOW

There will be no formal workout briefings on the day. If you need to ask questions please direct these to your Master Judge prior to your workout time. However, it is not your judge's role to explain to you the entire workout - you should know this when you enter the workout arena.

[VIEW THE WORKOUTS](#)

WORKOUT FLOW & NOTES

- Teams are permitted to enter the warm-up area and bag drop **30 minutes** prior to their start time for ALL GAS NO BRAKES.
- Teams cannot use the barbells and lifting platforms for warm-up until they have completed ALL GAS NO BRAKES.
- Following ALL GAS NO BRAKES, teams will have a 30 minute break where they can warm up for the LIFT
- Once teams have completed the LIFT, teams will have 7 mins to move straight into the AMRAP arena. Teams will begin this workout at the beginning of the next heat.
- At the end of AMRAP, you will have a 1 minute reset in the arena, before immediately starting the SPRINT workout.
- Following the completion of SPRINT - your workouts are done. Athletes will need to return to the warm up area and collect their bags



INFORMATION

ATHLETE / WARM UP AREAS

There will be a designated Athlete Area where you can leave your belongings while you are on the competition floor.

Athletes will not be permitted into the athlete area or warm up arena until 30 minutes prior to their first workout start time.

From this time you can enter the area to begin warming up for ALL GAS NO BRAKES.

There is limited equipment so please share and be patient and please replace all equipment after using ready for the next person.



SPECTATOR TICKETS

Anyone not competing will need to purchase a spectator ticket either in advance or at the entrance.

Children under the age of 12 are free.

Athletes wanting to spectate can you use their athlete wristband to enter before or after they have competed. They DO NOT need to purchase a spectator ticket.

[PURCHASE SPECTATOR TICKETS HERE](#)

ATHLETE INFO

ATHLETE IMAGES

Photographers will be on site all weekend to capture you and your team. Images will be available within 48 hours of the event finishing and you can view your personalised gallery. Register to be notified of when they are live by clicking the link below.

GET NOTIFIED



ATHLETE RECOVERY

If you have any medical concerns or injuries speak to your judge or Turf Games staff. If you are feeling light headed or unwell let someone know asap so we can ensure you get recovered and enjoy the day. We will have a full medical team on site to assist if required. Please also stay hydrated.



PARTNERS & VENDORS

TURF GAMES PARTNERS

We are pleased to be supported by the following brands:

- LSKD
- NOCCO
- APPLIED NUTRITION
- VELITES



FOOD & DRINKS

There will be food and drink available to purchase in the venue offering a range of hot and cold food plus coffee and cold drinks.

WATER

There are water refill points within the venue so please bring a refillable water bottle with you.



COMPETITION RULES

RESPECT THE JUDGES.

Should you have any concerns about workouts, judging etc, please speak to your judge or master judge in a calm & respectful way. The Head Judge will have final say on any disputes. Any scoring queries MUST be raised at least 5 mins before the podium for that category.

LISTEN FOR DIRECTIONS.

The MC will issue timings & important messages on the day so please listen out for any directions or instructions.

ARENA & WARM UP ETIQUETTE.

Athletes are allowed to bring water bottles into the workout arenas however everything must be removed once you've finished the workout. Place any rubbish in the bins provided.

THE WORKOUTS

All workouts are released with full descriptions and videos to explain the flow a few weeks before the competition. Please read the FULL workout, standards and rules. There is no athlete 'corral' prior to your heats. It is your responsibility to be at the correct arena at the correct time.

ATHLETE RESPONSIBILITY

You are expected to cooperate with judges and event organizers during competition. You must be prepared to display the correct movement standards and take responsibility for your own performance. It is not the judges role to explain the workout prior to starting. Read the workout, watch the video or ask questions before the event or on the day before your heat time.

PODIUMS

These will be held approx 25mins after the last heat for each category. If you think you are in with a chance please stick around to celebrate your podium moment.

COMPETITION RULES

SCORING

Scoring is via a 'Rank' based system i.e. lowest points wins. If you come 1st in a workout you'll get 1 point, 20th will get 20 points. If teams are tied on points after the heats, the tie will be broken by a count back system where the team with the highest number of 'better finishers' in the events, will finish higher.

WHAT YOU CAN WEAR

- Knee and elbow supports
- Weightlifting belts
- Lifting shoes
- Wrist straps
- Grips (e.g. Velites grips)
- Bring your own chalk (no chalk provided)

WHAT YOU CAN'T WEAR

- Anything that attaches around a bar e.g. lifting straps
- Gloves

ADVICE

From a foot wear perspective, the workouts will be a mix of tests so we suggest bringing running, lifting and training shoes

EQUIPMENT

All equipment will be supplied by Wolverson.

All ergs will be supplied by Concept 2.



We are passionate about making the Turf Games a high-standard, competitive, fun event.

11TH | OCTOBER 2025

FITTEST IN THE CITY

MANCHESTER



SEE YOU ON THE TURF!

+44 7718 125 383

 www.turfgames.com

 team@turfgames.com