

Basic Comp breakdown by hour

Hour 1 - Registration:

Get registered, find a place for your bag and check in with a coach. From there use this time to check out the problems or routes and start to see what looks fun! **Locate the number climb you think is your onsight and star it on your scorecard.** With 20 minutes left before the rules meeting, get together as a group in the designated area and start the joint movement and cardio warm up. From there we will listen to rules as a group. If you have any questions, ask!

Hour 2 - Warm up:

_____ Take the first 15 minutes to warm up on the wall, whether by doing easier climbs in the competition or just by traversing. **Standard competition warm up moves from slow, static climbing on good holds to more dynamic movement then finally pulling on smaller holds. Work towards your onsite grade in the competition routes, testing your assumptions about where you fall into the sequence of climbs.** If you fall working toward your onsite grade, Why? Was it a simple foot slip or beta mishap? Then try again. Was it because it was too Risky, Intense or complex? Then move on, you can always star this climb and come back! **The point of this block is to get climbs on your card and find out where you sit.** Have you had a snack? Eat anyway.

Hour 3 - Project shop and send!:

_____ Use this block of time to find things that look like you can **do them in 3 tries or less and work hard! Try to not get sucked into anything for too long.** These should be the high value climbs on your card, have fun and work hard. Find a coach if you're having any troubles. Have you had water?

Hour 4 - Clean up:

_____ Is your day going great and coaches have approved your scorecard? Then keep projecting, this hour does not apply to you. **Does your scorecard need a little bit of work? This is the time to get those low value climbs out of your top 5.** Work with a coach to find climbs that fit your style and pump your score up! You're done, now what? Hang out with your friends until awards!

Notes

- Coaches check in with you throughout the day, but if you need help, come find us!
- Remember to Eat and drink throughout the comp, it helps keep your energy high but also lets you relax a little bit.
- Work hard; we cannot control if we are having a good or bad day but what we can control is effort and attitude. If you keep trying hard and keep having fun, you won't disappoint coaches!