

## Directions

From Asheville - Waynesville - Sylva areas

From highway 74 take exit 74 into Cherokee, NC. You will now be on highway 441. Continue straight and proceed to your 3<sup>rd</sup> red light. At the light, take a right turn passing the Cherokee Phoenix Theaters. Drive through one red light and a small bridge. At your second light take a left turn onto Acquoni Rd.

If driving to the pool, proceed 0.8 miles and take a right onto 36 Cherokee Boys Club loop. On your left will be the Cherokee Fitness Complex, home to WOD 1. If you pass the fire station you went to far.

If driving onto the school, continue for another mile and take a right onto Big Cove Rd. The Great Smokies Inn will be on the right as you turn. Hardees is on your left. Drive two miles and you will see the school. You may take the first gate, but the last gate on the back side of the school will put you at the parking lot for the fieldhouse. The fieldhouse is connected to the football stadium.

Once you are on campus, there will be two designated areas to set up. If you were here last year you will remember the auxiliary gymnasium. You may go here to relax, talk outside of the noise, and stretch. However, you may also stay upstairs in the designated area up close to the action.

## Check in

Check in will be situated, first, by the entrance to the pool, and then for the remainder of the day on the second floor by the door.

## Briefing

Initial briefing will be in the smoothie bar before the pool. WOD 2 and 4 briefing will be situated in the film room which is on the second floor of the fieldhouse, toward the end of the hall, and on the right.

## Warm up

Warm up for WOD 1 will be limited to right outside of the pool and in the gymnasium to practice wallballs. There will not be room to practice swimming. As well, we look to keep the rowers as dry as possible.

Warm up for the lifting events and biking will be performed on the first level of the fieldhouse. Lanes will be designated.