



Athlete Information

Individual Competition—Friday, September 7th

- The Morganton Monster individual event will take place at Phifer Wellness Center, the home of CrossFit Morganton. We are located right in front of Carolinas HealthCare System Blue Ridge. Take exit 105 off Interstate 40. Heading west, you will turn right off the exit, then turn right at the next light. Heading east, you will also turn right off of the exit, then turn right at the second light. You will be entering CHS Blue Ridge. Turn left at the stop sign in front of the parking deck. Turn left again at the next stop sign. Then take the next left and you are here!
- Athletes may begin to check in at 4:00pm. Briefings will start at 5:15pm. The first heat will begin at 5:30pm.
- No alcohol allowed.
- We will be selling Fit Aid, Kill Cliff, and water.
- Locker rooms and towels are available.
- The pool depth is 3.5 to 5 feet deep and NO DIVING allowed.
- Spectators are welcome at no cost.

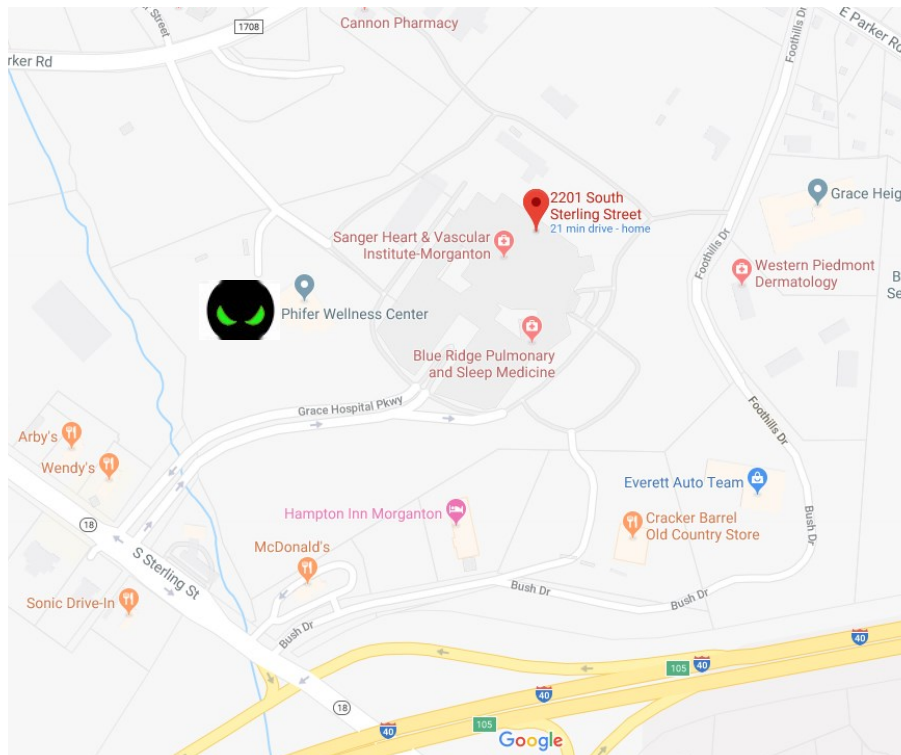
Team Competition—Saturday, September 8th

- The Morganton Monster team event will be taking place at the Historic Morganton Festival. We will be using the same parking lot as last year, right between the court house and the movie theater. That address is [201 E Meeting St, Morganton, NC 28655](#). From Interstate 40 take exit 105. Traveling east or west you will turn right at the light off of that exit. You will follow highway 18 into downtown Morganton. Highway 18 will become South Green Street. That street will be closed for the festival at the 2nd stop light. Turn right at that light onto East Concord Street. Take the next left onto Bouchelle Street. The Monster will be one block up and on your left.
- Athletes will begin to check in at 7:30am. Briefings will start at 8:30am. The first event will begin at 9:00am. We should be done around 3:00pm.
- Please bring a tent, chairs, and mats. It is usually hot, so stay out of the sun.
- No pets allowed. No alcohol allowed. The Festival will have a designated area for you to purchase and drink alcohol.
- We will be selling Fit Aid, Kill Cliff, and water. We will accept cash only and there is an ATM right next to us.
- Vendors may set up between 7:00-8:00am on Saturday, September 8th.



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2165 South Sterling Street, Morganton, NC



Team Competition—Saturday, September 8th

201 E Meeting St, Morganton, NC 28655

