

ASCEND THE PIT Competitor Package

Welcome to second annual Ascend the Pit Bouldering Competition at Central Plains RecPlex! New and seasoned climbers are welcome to take part in this fun event. Our goal is to get everyone out climbing and introduce our new climbing wall we've come to name The Pit. All information you will need is below. Thank you for your support and we cannot wait to put on a great comp for you!

Competition Schedule:

8:00 – Central Plains RecPlex will open the doors to begin check-in

9:00 – 12:00 - Youth and Recreational will climb

Awards for Youth and Recreational Category

12:00 – 4:00 – Open Category will climb

6:00 - Finals for Open Category

Awards for Open Category

Important Dates:

Friday February 16 – the last day for Early Bird Registration

Saturday March 3 – Competition Day

How the Competition Will Run:

First off - remember that the purpose of this competition is mostly to have fun, work hard, test your skills and to socialize with other people who enjoy the sport of climbing (and bouldering in particular). Those who have never done something like this before will have the opportunity to participate and get exposure to a competitive environment in a relaxed and supportive atmosphere. If you are a first-timer, don't be intimidated! You are likely not the only one! If you are seasoned - pull up your socks because there will likely be something or someone to really challenge you.

Preparation:

Participants will arrive as early as 10:00 the day of the competition for sign-in. Registration and sign-in will continue throughout the day to accommodate all category participants as the qualifiers go on; however it is recommended that all come and sign in as early as possible in case the event runs quicker than expected. Also keep in mind that space in the Pit is limited so although you may show up at one time, it may be full and you may need to wait to get in some climbing – earlier the better!

Once you are signed in, you will be sent to the prep room where you can change, warm up and get ready. There will be drinks, foam rollers and mats to use for stretching. You want to do your best so we recommend you do warm up!



Competition:

There will be a large number of bouldering problems to attempt. They will be numbered in roughly ascending order of difficulty (note that this part is subjective so we will do our best to make sure!)

The higher the number, the harder the problem likely will be for you.

There is no maximum number of attempts to complete each problem but it would be wise not to attempt one problem too many times. Strategizing when to do each problem may be useful when considering your own endurance and skill level. You do **not** need to attempt every problem - see scoring below. A problem is completed when both hands touch the final hold in a controlled manner.

Scoring:

The harder the problem, the more points it is worth. Point value will be listed on a board within the pit. A very easy problem may be worth, say, 100 points and a very hard problem may be worth 1500 or more points. Scoring will be done using an honour system where you will have a fellow competitor watch your climb and initial your scorecard if completed.

You will only earn maximum point value for a problem if you complete it clean the first attempt. Completing it on the second attempt will earn you 25 less than the maximum value. The third try will earn you 25 less than the second attempt value and so on. Loss of points will freeze after the fourth attempt. Therefore, whether you complete a problem on your fourth, fifth, sixth, or seventh attempt, it will be worth the same amount of points.

Example: You attempt a problem worth 300 points and do not complete it on the first attempt. You try again - this time it is only worth 275 points. You keep trying a few more times. On the fifth attempt you clean it! You have earned 200 points

Attempt 1 -- 300 points

Attempt 2 -- 275 points

Attempt 3 -- 250 points

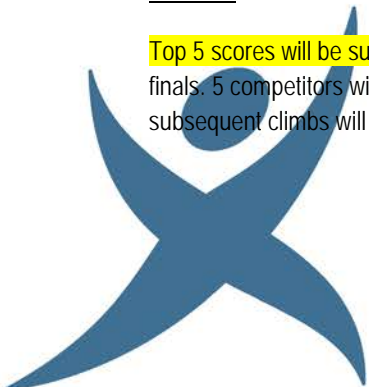
Attempt 4 -- 225 points

Attempt 5 -- 225 points

Recreation category participants will be limited to 12 problems in order to ensure fairness. Open category can do any problems.

Winners:

Top 5 scores will be summed up. Those in each category with the top scores will win. If you are in Open, you will proceed to finals. 5 competitors will go to finals (if numbers allow for it, 5 males and 5 females will proceed). If there is a tie among top 5, subsequent climbs will be counted until there is a clear top 5.



Finals

Once the scores are added up, there will be a final round for top competitors in the Open category. This will be your final chance to boost your score and be the first person to win Ascend the Pit!

Immediately after finals, an awards ceremony for Open will be held and prizes given out. Recreational and Youth prizes will be awarded at 16:30, as soon as qualifiers are over

Questions

What about after this competition? What can I do next?

This answer concerns mostly beginners. We hope you will have enjoyed yourself! We hope you continue in the world of rock climbing. Many (if not all) indoor rock climbing gyms run bouldering/climbing competitions. Some are casual, some are super competitive, and some are national or international qualifiers. There are various styles, or disciplines, of rock climbing. Sport climbing – which includes 3 separate disciplines of climbing - was recently announced to be an event at the 2020 Summer Olympics in Japan. Even if you don't want to continue competing, you can always return to the gym and climb for fun. Perhaps you may even pursue outdoor rock climbing!

Can I bring my own equipment?

Yes. If you have your own climbing shoes, chalk bag, chalk, etc. it is highly recommended that you bring them. If you do not own your own shoes and chalk, we will have some available for use.

Will there be any food or drinks?

A limited selection of refreshments will be provided to participants. Sawmill Tea & Coffee will also be open to provide coffee/tea and some light food selections.

Is it dangerous?

There are always certain risks associated with sporting activities however we consider the risk of personal injury in bouldering to be quite low. Soft mats (or "crash pads") will be placed all over the ground below the routes and we always spot each other in climbing. You must sign a normal waiver of liability to participate.

Can my child participate?

There will be a youth category for younger people to participate.

I've never done this before. What do I need to know?

The rules are all laid out in this package but if you still have questions, feel free to ask any of the organizers on the day of the competition for clarifications, or ahead of time, just talk to Shalyn and Janelle at the front desk.



I'm not sure if I'm fit enough to do this. Am I?

Sure you are! As long as you put in your best effort, it will be worth it.

What does the early-bird registration get me?

Early-bird registration gets you a free competition t-shirt custom made for this event!

Do I need to be a member to participate?

No, you do not need to be a member to participate in this event. We are hoping to get people who have never seen our new facility to check it out and see what we've done. Hopefully you like it enough to want to come on a regular basis, and that's when we'll talk memberships!

What are the prizes?

They are to be determined but we will be sure not to disappoint! Prize announcements will be made as the competition approaches to get you amped up!

Other General Rules:

- In the event of a tie, fourth and fifth highest scores will be counted until there is a clear winner.
- The judges' decisions are final.
- Only use the holds assigned to the route you are attempting.
- Shoes must be worn – if you do not own climbing shoes, the RecPlex will provide you with some rental shoes at no cost, however, we only have so many pairs so be aware you may need to share. Indoor runners are fine but are not recommended.
- Competitors may talk amongst themselves but no beta is allowed to be given while a competitor is climbing.
- Rude and/or inappropriate behavior will not be tolerated and will result in disqualification.
- The Competitors' Area may be used before and after each category. Parents may stay with Youth competitors, but otherwise it is for competitors only.
- Spectators are permitted in the lobby of the Central Plains RecPlex and on the bleachers provided. At no time are spectators permitted in the rest of the RecPlex as there will be members using the workout facilities during the competition. You may ask staff for a tour if you're interested in seeing the new facility.
- Competitors must adhere to the general rules of the Central Plains RecPlex.

Please see attached copy of General Rules of the facility and Climbing Wall Rules prior to attending this event.

