



CG GAMES FINALS 2021

ATHLETE'S GUIDE OVERVIEW



RISE ABOVE AT CG GAMES FINALS

Started in 2009 with an obstacle course to celebrate Camp Gladiator's first birthday, CG Games has welcomed thousands of Athletes of all abilities, backgrounds, and goals into our competition. We've evolved from those early days, yet CG Games continues to unite our community through healthy competition that brings out the best in our Athletes.

This year, we're introducing a new format that includes Opening and Semi-Finals Rounds that culminate in the inspiring Super Finals event. All Athletes compete in the Opening Round with the top 50% from each division advancing to the Semi-Finals based on ranking. This new design gives Athletes the opportunity to push harder than ever before, leaving nothing behind on the field. After facing off in two new Semi-Finals events, the top 4 Individuals and Teams from each division advance to the Super Finals event, where Athletes test their limits on our classic obstacle course.

We're excited to share an early preview of these events on the next page. Full details of the 2021 CG Games events and venue will be unveiled on Friday, Oct 29! In the meantime, reference our [FAQs](#) for other important information about the event.

Whether you are a first-time Athlete or a returning competitor, take a moment to celebrate your accomplishments in getting to this point. As you pack your bags, finalize your competition day nutrition, grab your gloves (seriously, you need them!), attach your bib and take off on your first event, know that you become part of the CG Games legacy and the 2021 experience. YOU are part of what creates this unique, one-of-a-kind event.

We want to thank the Athletes who participated in the virtual event in 2020 and welcome everyone back to the live competition. After a year hiatus, the 2021 event will be an unforgettable one, destined to be full of excitement, reunion, and joy as we celebrate the culmination of all your hard work.

See you at the start line.

The CG Games Team


OPENING ROUND

EVENT NAME: UNLOCK	EVENT NAME: O-COURSE
<p>Programming: Endurance & Peak</p> <p>Team Description: A 12-minute challenge with occasional breaks depending on Team strategy. Two Athletes partner on a run while two Athletes partner on equipment exercises. After both sets of partners complete the run and equipment rotations twice, Teams “unlock” the third piece of equipment to accumulate maximum reps during the remaining event duration.</p> <p>Individual Description: Athlete completes a series of mat exercises and laps until they “unlock” the third piece of equipment to accumulate maximum reps during the event duration.</p> <p>Location: Parking Lot A</p> <p>Details:</p> <ul style="list-style-type: none"> • 400-yard run • Starting equipment: slamball, sandbell • Unlocked equipment: weighted jump rope • The scoreboard will reflect total reps achieved 	<p>Programming: Agility & Peak</p> <p>Description: A classic CG obstacle course that will test an Athlete’s athleticism through jumping, tossing, crawling, and climbing mixed with agility movements and body-weight exercises. Both Individual and Team Athletes complete the course one time.</p> <p>Location: Field</p> <p>Details:</p> <ul style="list-style-type: none"> • Chip-timed event • Each Athlete completes the course as an Individual
EVENT NAME: FUNCTIONAL MADNESS	EVENT NAME: CG COMBINE
<p>Programming: Strength & Peak</p> <p>Description: Athletes start with a run before entering into an equipment-packed functional course. Athletes progress through four lanes alternating between heavy rucksacks, dumbbells, sandbells, and body-weight movements and end with a sprint to the finish line. Both Individual and Team Athletes complete the course one time.</p> <p>Location: Parking Lot R</p> <p>Details:</p> <ul style="list-style-type: none"> • 200-yard run • Chip-timed event • Athletes will need gloves for this event • Each Athlete completes the course as an Individual 	<p>Programming: Strength & Agility</p> <p>Description: This event combines agility and strength like never before! The agility portion includes shuffles, quick feet, and hurdle movements, while the strength portion includes squat and lunge movements.</p> <p>Location: Field</p> <p>Details:</p> <ul style="list-style-type: none"> • Equipment: RAM, steelbell, agility ladder • The scoreboard will reflect the total working time • Teams complete this event in a relay-style



SEMI-FINALS ROUND

EVENT NAME: ADVANCED ACCELERATOR

Programming: Interval & Peak

Team Description: A 12-minute challenge with occasional breaks depending on team strategy. Two Athletes are always working while two Athletes are resting. Teams will advance down the field after designated reps are accumulated.

Individual Description: After every two intervals, Athletes and equipment advance down the field. Athletes finish the event with an As Many Reps As Possible (AMRAP) round for the remainder of the time.

Location: Field

Details:

- Individuals rest 30 seconds between intervals
- Teams complete relay style
- The scoreboard reflects total reps completed in the AMRAP

EVENT NAME: FULL HOUSE

Programming: Endurance & Peak

Team Description: All four teammates work at the same time. When one Athlete completes their lap, they begin CG Games Thrusters while their teammates rest. The scoreboard will reflect the total reps achieved.

Individual Description: Athletes have three total rounds in this event. Athletes complete a series of exercises followed by a run and will rest until the next round begins. The scoreboard will reflect the total working time.

Location: Parking Lot A

Details:

- 300-yard run
- Equipment: Dumbbell, sandbell, plyo box