



Overview

The Coastal Qualifier is the official method of qualification to Fittest of the Coast 2021. Athletes must compete in the Coastal Qualifier - an online event - to earn a spot at Fittest of the Coast.

Upon completion of the Coastal Qualifier, athletes will be notified of an invite to the championship event, held April 10-11, 2021, in Mount Pleasant, South Carolina, at CrossFit Wando.

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Section 1 - How To Qualify

To qualify for the 2021 FOTC competition, athletes must compete in the Coastal Qualifier and finish inside the qualifying line for their division. If an athlete chooses to not accept his/her invite, a backfill invite will be sent to the next athlete down the list.

Division by division number of available spots:

Teenager (14-17) - 10 Spots

18-34 Years of Age - 30 Spots

35-44 Years of Age - 30 Spots

45-54 Years of Age - 20 Spots

55+ Years of Age - 10 Spots

Section 2 - Eligible Athletes

Fittest of the Coast 2021 is open to any coastal South Carolina athlete from the ages of 14 and up.

For the 2021 season, athletes must have a residence during the online qualifier in a South Carolina zip code that is east of I-95. Please email fittestofthecoast@gmail.com with any questions regarding your eligibility.

The athlete's age as of June 1, 2021, will determine the age division they are eligible to compete in. For example, if John's birthday is May 2, 1986, he would be 34 at the time of the qualifier, but would be eligible to compete in the 35-44 division because as of June 1, 2021, John would be 35 years old.

Athlete's do have the choice of competing in a division down, but must declare prior to the start of the qualifier and can not change divisions after qualifying. For example, a 35-year-old male athlete can compete in the 18-34 division if he declares prior to the start of the Online Qualifier.

Section 3 - 2021 Age Divisions

The 2021 competition will feature the following male and female individual divisions:

Teenager (14-17) (Must be 14-17 years of age as of June 1, 2021)

18-34 Years of Age (Must be between the ages of 18-34 years of age as of June 1, 2021)

35-44 Years of Age (Must be between the ages of 35-44 years of age as of June 1, 2021)

45-54 Years of Age (Must be between the ages of 45-54 years of age as of June 1, 2021)

55+ Years of Age (Must be 55 or older years of age as of June 1, 2021)

Section 4 - Open Division

The Open Division is open to any athlete. There are no restrictions on where an athlete lives. The Open Division is programmed as a hybrid between an Intermediate/RX competition. Division standards will be made available at a later date.

Section 5 - Online Qualifier Registration

The 2021 Fittest of the Coast online qualifier registration will run Tuesday, September 1 - Wednesday, September 30. The cost to participate is \$10. Athletes will have the option of upgrading their registration to include a custom qualifier t-shirt for an additional \$10.

Section 6 - Online Qualifier Dates

The 2021 Fittest of the Coast online qualifier will run Thursday, October 1 - Monday, November 2, 2020.

Week 1 - October 1 through October 5

Week 2 - October 8 through October 12

Week 3 - October 15 through October 19

Week 4 - October 22 through October 26

Week 5 - October 29 through November 2

Section 7 - Online Qualifier Workout Submission Deadlines

Workout scores will be required to be submitted online through Throwdowns each week by Monday at 9pm.

Week 1 - Monday, October 5 at 9pm

Week 2 - Monday, October 12 at 9pm

Week 3 - Monday, October 19 at 9pm

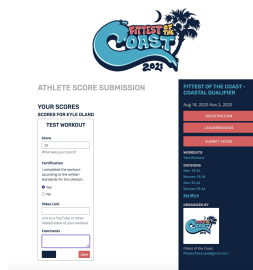
Week 4 - Monday, October 26 at 9pm

Week 5 - Monday, November 2 at 9pm

Section 8 - How to Submit a Coastal Qualifier Score

Athletes will submit scores through their Throwdowns account page. Click [HERE](#) for a video that shows the process.

- Step 1: Visit Throwdowns profile
- Step 2: Click on “Submit Score”
- Step 3: Click on appropriate workout
- Step 4: Submit workout



After submitting a workout, athletes will receive an email verifying the score was submitted. Athletes will also have the opportunity to withdraw and re-submit a score anytime before the score entry deadline of 9pm on Monday.

****SCALED WORKOUTS**** *If an athlete chooses to scale a workout he/she will need to select the option “NO” for the question “I completed the workout according to the written standards of this division.*

Certification

I completed the workout according to the written standards for this division.

Yes

No

Section 9 - Online Qualifier Workout Standards

Athletes will be required to follow the standards given for each Fittest of the Coast qualifier workout. Standards will be released for each workout at the same time as the workout. Score sheets will be provided through the Fittest of the Coast website for athletes to download, print out and use during the competition.

Each week, a new page will be released on the Fittest of the Coast website with that week’s workout, the standards, a standard video, scaling options, a downloading scoresheet and a link to submit a score.

Section 10 - Online Qualifier Judges

Athletes will be required to have either a judge or a video recording for their workouts to count. Judges will be required to use the scoresheet provided by FOTC. Judges are not required to have any certification, but they must use a scoresheet to record scores.

Section 11 - Workout Recordings

Video recordings are not required for workout submissions unless an athlete does not have a judge.

Any athlete who anticipates qualifying should be prepared to submit a video in the event a video is requested. Video recordings could be requested of any athlete throughout and at the completion of the Coastal Qualifier in the unlikely event that the FOTC staff deems video proof necessary for validation.

Athletes will be notified via email should a video submission be requested.

Should an athlete have a workout video requested, they will have 48 hours to provide video proof.

Section 12 - Workout Disputes

Any workout dispute can be made by emailing fittestofthecoast@gmail.com. Any workout dispute made after Thursday, November 5 at 9 pm will not be accepted. Fittest of the Coast holds the right to make changes to any score.

Section 13 - Coastal Qualifier Team Challenge

In addition to serving as the qualifier for Fittest of the Coast, the Coastal Qualifier will also serve as a team competition - the Coastal Qualifier Team Challenge.

Info:

- A team will consist of every athlete who registers for the Coastal Qualifier from a gym.
- All athletes from that gym will make up one team.
- During the registration process, athletes will select their gym and that will be how FOTC will determine your team.
- You **do not** need to be a CrossFit Affiliate to participate in the Team Challenge or Coastal Qualifier.
- Do not have a gym or you workout from your home? No worries! There will be a "Garage Gym" selection and all garage gym athletes will make up one team.
- An updated Team Challenge leaderboard will be released each Wednesday night by 9 pm during the Coastal Qualifier.
- Awards will be given to the top teams in each region: Myrtle Beach, Charleston, Hilton Head. An overall Team Challenge winner will be named as well.
- Each region's Team Challenge champion receives an equipment package in excess of \$250 in value.
- The overall Team Challenge winner receives an equipment package in excess of \$1,500 in value.

Section 14 - Team Challenge Scoring

Athletes can earn points for their team through a variety of categories:

- Registering for the Coastal Qualifier - 5 Points
- Completing & Submitting a Score for the Weekly Workout - 10 Points
- Weekly Workout Score - 1st place = 40 points, 2nd place = 39 points, 39th place = 2 points, 40th place = 1 point
- Social Media Bonus - 20 Points (During the Coastal Qualifier, an athlete must post at least five times on Facebook and/or Instagram and tag @FittestOfTheCoast and the gym of the athlete. Athletes will have to screenshot the posts and email all 5 posts within the same email by Tuesday, November 4 at 9pm to qualify for bonus. Send email to: fittestofthecoast@gmail.com and use the title: Team Challenge Bonus Points (Athlete Name/Athlete Gym). For example: Team Challenge Bonus Points John Smith/CrossFit America). Athletes should send only one email to show posts.

Section 15 - Date of Competition Invites

Athletes will be notified the week of November 16, 2020, if they have qualified to receive an invite to Fittest of the Coast 2021 because of their performance in the online qualifier.

Backfill invites will begin December 7, 2020.

Section 16 - Date of Registration (Qualified Athletes)

Qualified athletes will have from the time they receive their invite to December 6, 2020, to accept and register for the 2021 competition.

Backfill athletes will have from the time they receive their invite (December 7) to December 21, 2020.

Section 17 - Date of Registration (Open Athletes)

Open division registration will open January 1, 2021. Athletes will have until January 31, 2021, to register.