

SOUTHERN
WARRIORS



CHAMPIONSHIP
ITALY 2022



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1 *IF3 ITALY 2022 CHAMPIONSHIP*

The first Continental Championship to be held under the iF3 auspice has been added to the 2022 Season Calendar. The first iF3 European Championships (iF3 Euro) will be held July 15th, 16th and 17th in Monopoli, Italy.

The event will be hosted by the iF3's National Federation in Italy, Functional Fitness Italia (AFFI) in conjunction with Southern Warriors.

IF3 ITALY 2022 CHAMPIONSHIP

iF3 Euro will serve several purposes for the iF3. This will be the launching point for the development of Continental Championships on every continent, which is an important stepping stone in creating consistent global governance for the sport. This event will also be a test event for the iF3's new HyperMedley format, where athletes will complete their 6 tests in a condensed period of time. Since this event is a test event it will be limited to an individual only competition and will be limited to 10 men and 10 women only.



2 SOUTHERN WARRIORS

Three days of pure sport in Monopoli where sea and sun are the main setting for this great challenge.

Over 450 athletes, selected by the online qualification and coming from all over Europe, Southern Warriors will be the main characters of this wonderful weekend of waves and barbells.

[TRAILER SW021](#)

 Southern Warriors

 southernwarriors

 Southern Warriors

 www.southernwarriors.it

3 HISTORY & ANALYTICS

Southern Warriors was born on 2014 and until 2021 has crafted every summer a reference event which recalls more than 2000 attendancies within audience and athletes from 24 countries. They all come to Puglia to enjoy functional fitness surrounded by the natural beauties of the territory. In 2020 Southern Warriors affiliated the AFFI (Italian Functional Fitness Association) becoming a qualifying event for the functional fitness world.

SOUTHERN WARRIORS

The event takes place in the city of Monopoli, where sea and sun are the main frame of this great challenge.

Southern Warrior brought the Apulian city to a huge attention by the national and international tourism and commerce.

In 2020 due to the Covid-19 pandemic, Southern Warrior was transformed into an "online" version, meeting with great success the same participation of the previous editions. The direct participation to the 2021 edition has been guaranteed to 400 qualified athletes.

Registered: 374
Finalist: **100**

2014

Registered: 713
Finalist: **200**

2015

Registered: 1.115
Finalist: **400**

2016

200 athletes cat. Open
200 athletes cat. RX - Master

Registered: 1.200
Finalist: **600**

2017

200 athletes cat. Open
200 athletes cat. RX - Master
200 athletes Liftsize

Registered: 2.200
Finalist: **600**

2018

200 athletes cat. Open
200 athletes cat. RX - Master
200 athletes Liftsize

Registered: 800
Finalist live: **400**

2019

3 fields
The first time in Europe

Registered: 490
Online edition: **400**

2020

online edition due to the pandemic diffusion of Covid 19

Registered: 400
Finalist live: **250**

2021

4 fields
6 events
113 mins of workout

Registered: +800
Finalist live: **450**

2022

4 fields
6 events
140 mins of workout

4 LOCATION & BOOKING

Monopoli is a town and municipality in Italy, in the Metropolitan City of Bari and region of Apulia. Located by the Adriatic Coast, has unique and amazing seacoast frames and clean sea. The seashore, more than 13 km long, includes white beaches and more secluded creeks. In the south of Monopoli, the coast is made up of fine, soft and golden sand.

MONOPOLI SOUTH ITALY

Monopoli is one of the most active and densely populated ports in the region. Overlooking the Adriatic Sea, it has a picturesque old town of early medieval origin and is surrounded by high walls. Its territory is typically Mediterranean and cradled by a mild climate. It is the ideal setting for a weekend dedicated to functional fitness and healthy competition.



Monopoli is located 60 km from Bari Airport and it can be reached by taking the SS16 road direction Brindisi.

Monopoli is 70 km from Brindisi Airport and it can be reached by the SS16 direction Bari.



TRANSFER & BOOKING

The staff of Sinapsi will take care of the guests: reception services, transfer and driver services from and to the airports and railway station, accomodation research and booking, tailor made gastronomy and exploration experiences to fully enjoy the essence of the land of Puglia. Any kind of assistance and information will be provided by the staff in order to make everyone feel like home in the Southern Warriors Home.



Sinapsi Solution also arranges car rental, transfer services from and to airport, from the accomodation to the event venue and vice versa. All the athletes with their friends and families can also enjoy discovering Puglia through personalized tours with our vehicles and drivers at their disposal.

Look here:

[Hello Apulia](#)

[Apulian Escapes](#)

For information on accomodation, transfers and any other request the staff is available at the email address: accountmanager@sinapsisolution.com