



3 Partner WODS and 1 Floater WOD

- RX, Intermediate and Open divisions (Men's and Women's)

- The rank you achieve for each WOD in the competition will correspond to points

- At the end of the competition, teams final overall rank will be determined by the sum of your points from each WOD. Lowest points wins

- Prizes will be awarded to 1st, 2nd, and 3rd in all divisions

- All participants receive t-shirts

- Athlete check-in 7am-8am

- Athlete briefing 8am-8:30am

- First heat goes off at 8:45am

SATURDAY, OCTOBER 14

REGISTRATION BEGINS

SEPTEMBER 8th and DEADLINE

TO REGISTER IS OCTOBER 9th

Entry Fee: \$90 per team (2people) or \$100 per

team starting October 4th

Register online or at the front desk

Spectators are encouraged!

