

SUMMER PARTNER THROWDOWN

WHAT IS IT?

A partner competition with teams consisting of 2 Males, 2 Females, or 1 Male / 1 Female

WHEN IS IT?

June 23rd, 2012

WHERE IS IT?

Denham Springs High School
1000 Hwy 16 Denham Springs, LA 70726

TIME?

Athlete's Check In @ 7:30AM

Athlete Briefing @ 8:00AM

1st WOD @ 8:30AM

COST?

\$70.00 per Team

Athletes will receive a T-Shirt for competing. Make checks payable to Performance Fitness/Crossfit Denham Springs. Completed registration forms and checks need to be sent in by June 15th

to:

Crossfit Denham Springs
Brad Patti
31318 Hwy 16
Denham Springs, LA 70726

Lakeshore Crossfit
Brad Cobb
23052 Hwy 1088
Mandeville, LA 70448

COMPETITION INFORMATION

- Teams of two will compete in 3 WODs throughout the day. Top teams after 3 events will compete in a final event.
- Teams will be required to meet the standard of movements prior to the start of each WOD.
- All WODs will be scaled down to meet the ability of each team.
- RX teams are competing for cash and prizes to be given to the top teams of their RX divisions.

Proceeds will be donated to:

Olivia Lewis, a young child with Batters Disease. For more information log on to www.bdsra.org

Sponsored By:

