

2015 SUMMER SERIES
Crossfit Challenge Competition

Check-In

JULY 18th

9:00am Maxfit Sports Nutrition 99 Eglin Parkway, Fort Walton Beach FL 32548

Criteria/Regulations

- **The competition will consist of 2 events**

FIRST EVENT – Relay Style "Burpee Helen" 16 Min AMRAP

400m Run

21 Kettlebell Swings

12 Burpees Jumping over the KB

The first event will require one partner to work to complete a Full Round before he/she may tag-in his/her partner.

Rep Count for Event One:

Completed 400m Run = 40 Rep (If half-way, ie. 200m, is completed the team will be awarded 20 Reps)

1 Kettlebell Swing = 1 Rep

1 Burpee Jumping over the KB = 1 Rep

SECOND EVENT – 3 Minutes for Max Reps of Shoulder to Overhead 135/95

2 Minute REST

3 Minutes for Max Reps of Front Squat 135/95

The second event will allow the team to strategically work and rest off of each other. One partner may work at a time while the other rest. The team will be allowed to switch as many times as needed during the three minute period. Following the two minute rest period the team will perform Front Squats for three minutes switching as needed. The Shoulder to Overhead and the Front Squat Reps will be added together for a combined Total of Event Two.

Movements allowed for Shoulder to Overhead: Shoulder/Strict Press, Push Press, Push Jerk, and Split Jerk

Total Reps from Event One and Event Two will be added together for a final score to declare winners.

- **Cash and prizes awarded in accordance with how many entries received. Maxfit will provide matching funds and prizes to create significant winnings.**



**2015 SUMMER SERIES
CROSSFIT CHALLENGE COMPETITION
OFFICIAL ENTRY FORM
SATURDAY, July 18, 2015**

ELIGIBILITY: Open to everyone ages 16 and over.

CONTEST LOCATION: 99 Eglin Parkway NE, Fort Walton Beach, FL 32548

ENTRY FEE: \$15.00 per team

For Information:

www.iammaxfit.com or email: iammaxfit@yahoo.com or call 850-499-2508

2 Person Male

3 places awarded

One Class

2 Person Female

3 places awarded

One Class

Name: _____ Age: _____

Address: _____ City: _____

State: _____ Zip: _____

Email Address: _____ Telephone: _____

In consideration of your accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against Russell Mese, MFSN Inc, MRP2 Inc, RRJM Inc., MAXFIT Sports Nutrition, Workout Anytime, The Bar Strength & Conditioning, Crossfit Patriot Pride, Militia Fitness, CBRE and Family Center LLC. The sponsors and/or their agents, representatives and assignees for any and all of their agents, successors and licensees and assignees, the right to photograph and or reproduce (whether by film, tape, still photography, or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photograph motion pictures, radio, television, video printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with and the foregoing.

Signature: _____ Parent/Guardian, if minor: _____ Date: _____