

CROSSFIT

EVENT CO-ORDINATOR: Tabi Maroney & Tim Garner
Crossfitmagicdragon@gmail.com

DATE: Wednesday 17 June, 2020

LOCATION: CrossFit Magic Dragon
4811 Osage Beach Parkway
Osage Beach, MO 65065
573-693-9788

GUIDING BODIES: Can-Am Police-Fire Games Federation
www.canamgames.org

SPORT DESCRIPTION:

This event will test the athlete's strength, and endurance by moving a given weight, a given number of repetitions in the shortest time possible. There will be an Endurance Test, Strength Test, and 2- Metabolic Conditioning Tests.

BRACKETING:

This is an individual event. Event will be run in 8 person heats.

Division A- Pro/Elite

Division B- Scaled/Novice

EVENT ENTRY CODES

Men CrossFit	Division A U30	CFSC01A	S	18-0	M
Men CrossFit	Division A Senior	CFSC02A	S	30-39	M
Men CrossFit	Division A Master	CFSC03A	S	40-49	M
Men CrossFit	Division A GrandMaster	CFSC04A	S	50-0	M
Men CrossFit	Division B U30	CFSC05A	S	18-0	M
Men CrossFit	Division B Senior	CFSC06A	S	30-39	M
Men CrossFit	Division B Master	CFSC07A	S	40-49	M

Men CrossFit Division B GrandMaster	CFSC08A	S	50-0	M
Women CrossFit Division A U30	CFSC01B	S	18-0	F
Women CrossFit Division A Senior	CFSC02B	S	30-39	F
Women CrossFit Division A Master	CFSC03B	S	40-49	F
Women CrossFit Division A GrandMaster	CFSC04B	S	50-0	F
Women CrossFit Division B U30	CFSC05B	S	18-0	F
Women CrossFit Division B Senior	CFSC06B	S	30-39	F
Women CrossFit Division B Master	CFSC07B	S	40-49	F
Women CrossFit Division B GrandMaster	CFSC08B	S	50-0	F