

**CROSSFIT**

**EVENT CO-ORDINATOR:** SGT BLAKE CROWLEY  
**blake.p.crowley.mil@mail.mil**

**DATE:** Wednesday 27 June, 2018

**LOCATION: Camdenton High School**  
**662 Laker Pride Road**  
**Camdenton, MO 65020**  
**573-346-9232**

**GUIDING BODIES:** Can-Am Police-Fire Games Federation  
[www.canamgames.org](http://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