

**CROSSFIT**

**EVENT CO-ORDINATOR:** James Clarke [emtfks@yahoo.com](mailto:emtfks@yahoo.com) (573) 216 – 0071

**DATE:** Wednesday 27 June, 2018

**LOCATION:** Osage High School 636 Highway 42 Osage Beach, MO 65065

[http://ohs.osageschools.org/pages/Osage\\_High](http://ohs.osageschools.org/pages/Osage_High)

**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