CROSS TRAINING

Sponsored by restore HYPER WELLNESS

DATE: June 22

***NEW* LOCATION:** YCF Trainning Center • 2701 Enterprise Ave

DEADLINES & FEES: by May 28• Early Registration & Guaranteed T-Shirt Deadline
• $100
May 29 - June 11 • Late Fees & Registration Closes
• $125
No Onsite Registration

PROCESSING FEES: $2.95 + 3% added at checkout or $5/paper registration

COMMISSIONERS:
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SCHEDULE: Check-in will begin at 8 a.m. We will email out and post the Heat schedule for each team the week of the event.

ELIGIBILITY: Residents of MONTANA, IDAHO, NORTH DAKOTA, SOUTH DAKOTA, and WYOMING are allowed to participate.

SPECIAL INFO:
- Teams of 2
- Teams can either be MM or FF
- Standards will be released in April
- Workouts will be released first week of June

AGE GROUP	DIVISIONS	GENDER
Teens (14 - 16 yrs old)	Scaled	Men
Adult (17 - 44 yrs old)	RX	Women
Masters (45 +)		

RULES & REGULATIONS:
- First, Second, and Third place will be awarded in each division.

Allowed Gear:
- Grips, knee sleeves, jump rope, weight-lifting belt.

T-SHIRT DEADLINE INFO: In order to be guaranteed your t-shirt size you need to register before the early registration deadline May 28.