

CROSSFIT 5 FLAGS

AND

MAXFIT SPORTS NUTRITION

PRESENT

THE 2011 EMERALD COAST CROSSFIT CHALLENGE

Emerald Coast Conference Center, 1250 Miracle Strip Parkway SE, Fort Walton Beach, FL 32548

DATE: Friday, July 22, 2011
ATHLETE CHECK-IN: 9:00 AM
WOD BRIEFINGS: 10:00 AM
EVENT TIMES: TBD

ENTRY FEE (non-refundable)
Early Registration: \$ 30.00
After July 9th: \$40
Day-of-contest entries: \$50
(space-available basis only)

Events/prescribed weights/times are subject to change due to equipment availability, weather, or other unforeseen circumstances.

WOD 1: AMRAP Hell: 17 minutes

WOD 2: Squatting Suicides: 8 minutes

WOD 3: The Unknown...

AWARDS DIVISIONS

Rx'd Males: Perform WOD as prescribed during WOD briefings

Rx'd Females: Perform WOD as prescribed during WOD briefings, loads at ~70% of Rx'd Males weight

Scaled Males: Perform WOD with modifications to suit fitness level

Scaled Females: Perform WOD with modifications to suit fitness level

EVENT DESCRIPTION:

The 2011 Emerald Coast CrossFit Challenge is one-day competition comprised of 3 individual workouts. The events are designed, collectively, to test the athlete's work capacity as well as competency in varying movement patterns. As a competitor, you can compete in the "Prescribed" (Rx'd) division, or the "Scaled" division. This will allow both "firebreathers" and novices to come out and get more experience competing, as well as any first-timers to come get a taste of what CrossFit is. There will be cash/prizes awarded to the winners of each division. This will be the first year of what we hope will be a repeat event in the future. More information on the day's events will be added as it develops and can be found through the Events link on our Facebook page.

2011 Emerald Coast CrossFit Challenge Entry Form and Waiver

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against Innovative Fitness Solutions, LLC, CrossFit Five Flags, Max Fit, Russ Mesey, The Swamp, Emerald Coast Convention Center, Okaloosa County and all officers thereof, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the "2011 Emerald Coast CrossFit Challenge" and its related events, I hereby grant Innovative Fitness Solutions, LLC, CrossFit Five Flags, and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise 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 photography, motion pictures, radio, television, television motion pictures, 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 any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate Innovative Fitness Solutions, LLC, CrossFit Five Flags, MaxFit Sports Nutrition, Russ Mesey, The Swamp, Emerald Coast Convention Center, Okaloosa County and all officers thereof, and/or any other approved entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that Innovative Fitness Solutions, LLC, CrossFit Five Flags, MaxFit, Russ Mesey, The Swamp, Emerald Coast Convention Center, Okaloosa County and all officers thereof, and/or any other approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to any approved video or entertainment organization hereunder.

Therefore I affix my signature below: PLEASE PRINT CLEARLY

NAME: _____ AGE: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: (_____) _____ DATE OF BIRTH: ____/____/____ T-SHIRT SIZE _____

E-MAIL _____

DIVISION (circle one): Rx'd Male Rx'd Female Scaled Male Scaled Female

SIGNATURE: _____

IF UNDER 18 YEARS OF AGE, PARENT OR GUARDIAN SIGNATURE REQUIRED

If signing for minor, please print your name: _____

Please make all checks payable to:

CrossFit Five Flags
4115 Warehouse Lane
Pensacola, FL 32505
(850) 572-6879
training@crossfitfiveflags.com

*****REGISTER AND PAY ONLINE.*****

Go to www.cf5f.com and click on the "Register for the 2011 Emerald Coast CrossFit Challenge" link.
The "Early Bird" discount of \$30 will be applied at check out.