

## **Altitude: CrossFit Toowoomba Team Challenge**

On Saturday 20<sup>th</sup> February 2010, CrossFit Toowoomba will be hosting its inaugural Team Challenge.

There are only 80 spaces available for competitors so get in quick.

Registration on the day will open at 8am, briefing at 8:30am, with the first team heats starting at oh-nine-hundred.

Team allocations and workouts will be announced on the day.

Further details will be emailed to competitors closer to the day.

### **Some House-Keeping:**

**Parking:** Please park in Ruthven Street and walk an easy minute (or two) to my place.

**Waiver:** Please print and bring with you. The Waiver is printable from my home page.

**Fees:** Registration is \$30 and is payable on the day.

This includes surprise momento and meal at the end of the day. It also includes fruit and refreshments in the recovery area.

Each team will compete in two WOD's, with the top two teams competing in a final WOD to claim victory.

I look forward to welcoming you all to the humble beginnings of CrossFit Toowoomba, and then you can say..."I was there."