

## 2010 Santa Cruz CrossFit Affiliate Cup

**Saturday August 28<sup>th</sup>**

Join us for a day of friendly team competition.

### Event Requirements:

1. Each team can contain no more than 6 members with 3 men and 3 women per team.
2. Each team needs to register by **August 7th**. You do not need to know all of your team members to register. We just need one email contact and T-shirt sizes for each member.
3. Cost is **\$120.00** per team, payable at the event. You can register as many teams as you like.

There will be 4 divisions based on how you typically do your CrossFit WOD's (Rx'd or scaled), your age or whether you just want to come out and compete. We want everyone to have fun! The event will be held at **CrossFit Santa Cruz Central**. Team registration will begin at **8 am** with the first WOD starting around **9 am**.

There will be trophies for each division that you can keep at your gym...until next time!

Print out the Registration form and mail it to:

**CFSCC**

**P.O Box 1305**

**Soquel, CA 95073**

## Registration Form

Your name: \_\_\_\_\_

Affiliate: \_\_\_\_\_

Your Email: \_\_\_\_\_

Division:  Rx'd    Intermediate (50 years +)    Masters Plus (60 years +)

Name	Male/Female	T-Shirt Size
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small
	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> X-large <input type="checkbox"/> Large <input type="checkbox"/> Medium <input type="checkbox"/> Small

I don't want to compete, but I will volunteer to help out (Judge, Pour Coffee, Heckle etc.)