

First Annual St Louis Area CrossFit Field Day

We've worked hard at multiple competitions....now, we wanna play hard!
No WODs....just fun and games! But since we are Crossfitters, we're
gonna compete!

- Sunday May 22 at Laurel Park in St Charles, MO
- 9:00AM until 4:00PM (Games start at 10:00)
- Format
 - Teams with 2 humans compete for points (boy, girl or other)
 - If game requires more than 2 humans, teams combined...all teams receive points
 - Top overall team wins prize
 - Affiliate champion = best average team score (more than 2 teams)
- Games
 - 7 races/events - 3-legged race, wheelbarrow race, tug of War, kettlebell/shot put/medicine ball toss....TBD, buddy carry, Hula Hoop marathon, medicine ball relay race (no hands)
 - 3 games
 - Ultimate Frisbee (3 teams combined, 6 total humans)
 - Hoover ball (2 teams combined, 4 total humans)
 - Mystery game
- Cost - \$10 per team
- Picnic afterwards - BYOFood...we'll have grills going and various liquids
- Sign up closes Thursday May 19...see crossfitstcharles.com for sign up and details