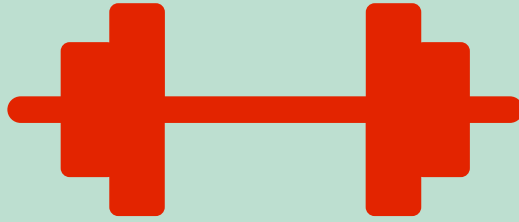


# 2019 CrownTown Games

Feb 21-Mar 25

Every Friday night from 5-7pm

Rules of engagement:



- 1 Coach per team
- 7 teams total (each Coach is a team captain)
- Feel free to reach out to a Coach to be on their team; they can also reach out to you
- Each team needs RX and Scaled athletes
- CrossFit Games determines the workouts, standards and time to complete the workout
- \$20 per athlete goes to CrownTown Games. Don't pay CFG unless you want to be on the leaderboard. We'll use the cash pot for prizes to top teams and performances
- After week 5's Friday Night Lights we'll dip in the cash pot for pizza and beer to celebrate and have some community fun!
- Workouts are "one and done" only (no repeats)
- Each athlete will benefit from more open gym access during the 5 weeks and more intimate Coaching from their team captain
- We'll see some new personal records that's for sure!

**CFCT.**  
CROSSFIT CROWNTOWN  
EST. 2011