

CROSSFIT

EAST SACRAMENTO

Presents...

THE SAC-TOWN THROWDOWN AFFILIATE CHALLENGE FEBRUARY 13TH, 2010 9:00 AM

This will be the first annual Affiliate Challenge in held in Sacramento. Teams will be composed of 2 men and 2 women from the same facility with multiple teams allowed from each facility. The competition will consist of 2 events with a tie breaker if necessary. Overall scoring will be as it was in the 2009 CrossFit Games Affiliate Cup with points being awarded based on placing in each event and the team with the lowest point total being the winner. Cost per team is \$50 including food and an award for the winning team. Spectator cost is \$5 and includes food and beer. To register visit crossfiteastsac.com and click on the "Register" link. Scaling will be allowed and all levels are encouraged to participate. Event is limited to first 25 teams to register. Sign up early to ensure your spot.

Email justin@crossfiteastsac.com with any questions.