

**CROSSFIT DESCENDANTS FIRST IN-BOX COMPETITION FOR MEMBERS ONLY**

# **IN-HOUSE THROWDOWN**

**Scaled-  
Intermediate  
& RX  
Divisions**

**TEAMS OF  
2 GUYS OR  
2 GIRLS**

**\$40 PER  
PERSON  
\$80 PER TEAM**



**Test your fitness against your peers &  
show off your gains to your friends & family**

**PROPS & PRIZES FOR  
1ST, 2ND, 3RD PLACE  
TEAMS**

**Veteran's Day Nov 11th 2017**

**8AM-3PM. Stay after for BBQ & Potluck!**

**\*Registration Deadline Nov 04,17\***