**Fitch Best Oct 14th 2017 - “Buck Furpees"**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Gym:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I will compete as a:

Male or Female

\_\_\_\_\_\_ Monster (I can do Muscle ups, Squat Snatch 135 / 95, 30/24” box jumps, HSPU with a deficit, Pistols, 315/225 lb deadlifts, rope climbs, 135/95 lb thrusters)

\_\_\_\_\_\_\_ Rx (I can do kipping pull ups, 24/18” box jumps, HSPU, 95 / 55# Thruster, 225 / 165 # deadlift, double unders)

\_\_\_\_\_\_\_ Scaled (I can do jumping pull-ups, 20/18 inch box jumps, knee push ups, 185/135 lb deadlifts, 95/65 lb thrusters, jump rope)

\_\_\_\_\_\_\_Beginner (I can do jumping pull ups, 18/16 inch box jumps, 135 / 95 lb deadlifts, 45 / 35 lb thrusters)

(to determine heats)

My Fran Time is :\_\_\_\_\_\_\_\_ @ \_\_\_\_\_\_\_\_# and \_\_\_\_\_\_\_\_\_ (type) pull ups

My t-shirt size: Men’s - small Med large xl xxl

(please circle) Women’s - small med large xl xxl

* $50.00 per competitor, please make checks payable to “Alternative Athletics/CrossFit.” Please send a separate form for each competitor.
* Your registration includes t-shirt and food for the participating athlete. Spectators are free, food will be available for sale on site in the afternoon.
* Your registration, including payment, must be postmarked by September 20th, 2017. If you are in Billings, you can bring your registration to the gym until September 22nd. Late Registrations will not be guaranteed a shirt.

Event Details: Event will be held at 808 4th Ave N. in Billings. Check-in will begin at 7:30, judges briefing at 8:30, athlete briefing at 8:45, WOD 1 begins at 9:00. There will not be a formal lunch break. We may have the garage doors open, so dress appropriately for the weather. Food for athletes or to purchase will be available in the afternoon. Registrations will be capped at 100. If you are under 18, we will need a waiver signed by a parent or guardian - please contact us in advance.

AlternativeAthletics.com, alternative\_athletics@hotmail.com