

Join the Inaugural MCFC Season!

Inspiration from the fun and encouraging CrossFit community
Competition to challenge your physical and mental toughness
Motivation to elevate your training to the next level

Event Schedule

| Date | Location |
|-------|---|
| 3/12 | CrossFit CU Champaign-Urbana |
| 4/9 | CrossFit BN Bloomington-Normal |
| 6/11 | Fit Bodies CrossFit Bloomington-Normal |
| 8/13 | Illinois State Fair Springfield |
| 10/8 | CrossFit TBC Bloomington-Normal |
| 12/10 | TBA |

- Friendly competition open to all Central Illinois CrossFit athletes
- Men's and Women's Rx'd and Scaled Divisions
- Six events to be hosted at affiliates throughout Central Illinois
 - Events to be held every other month at rotating location
 - Rx'd Division will complete 2 WODs/Event
 - Scaled Division will complete 1 WOD/Event
- CrossFit Games Styled Scoring
 - Points awarded for finishing position in each WOD.
 - Season Score = Sum of lowest 10 WOD Scores (Lowest 5 for Scaled Division)
 - Lowest Season Score Wins!
- \$40/athlete registration fee includes...
 - MCFC T-shirt
 - Entry to all 6 events
 - Trophies awarded to the season's top finishers

Register by 3/4/11 online @ mcfc2011.eventbrite.com or submit registration form below

(detach and submit with registration payment)

Personal Information (please print clearly)

| | | | |
|----------------------------|------------------------|------------|----------|
| Name: | D.O.B. | Sex: M / F | |
| Address: | City: | State: | Zip: |
| Phone: | Email: | | |
| CrossFit Affiliate: | Division (circle one): | Rx'd | Scaled |
| Emergency Contact: | | | |
| Phone: | Alt Phone: | | |
| T-shirt Size (circle one): | S | M | L XL 2XL |

Mail completed form and \$40 check payable to "CrossFit CU" to:

Mitch Hidden / 1409 Village Park Way / Savoy / IL / 61874