

Intramural Sports
Webfoot CrossFit Competition
Spring 2017

Register yourself and/or team on IMLeagues.com

Registration Period: 8:00 a.m. April 3–noon May 2

There is a 32 spot maximum (16 teams). Spots reserved on a first come, first served basis. Register early to make sure you get in!

The team division will be "Open". Meaning you can have any combination of gender. Teams can have 2 men, 2 women, or 1 of each gender. Registered teams must have both people on the roster by Tuesday, May 2 at noon, or they will lose their spot.

Date: Saturday, May 6, 10:00 a.m.–2:00 p.m.; check in at 10:00 a.m.

Location: SRC Fitness Factory

Entry Fee: FREE!

Eligibility: Current UO students, faculty and staff, spouses

Description: Grab your CrossFit buddy to take the challenge to crush 2 WODs! We want to see you do your best and push your limits to test your fitness! The top teams will compete in a third and final WOD to determine the champion.

The UO Intramural Throwdown hosted by Webfoot CrossFit is open to all level of athletes. All athletes are encouraged to familiarize themselves with different fitness domains; more specifically to have some exposure to CrossFit-style workouts and powerlifting. The event includes powerlifting and bodyweight movements. All athletes will be required to sign a waiver on imleagues.

Order of Events:	10:00–10:15 a.m.	Check-In & Warm Ups
	10:15 a.m.	Athlete Briefing
	10:45 a.m.	WODs Begin!

Equipment: Appropriate footwear is mandatory. UO Rec Weight Room dress code must be followed (t-shirt or tank top with full coverage). Participants may choose to supply their own chalk (powder or liquid), but it will not be provided on site. Personal fitness gear may be used and will be reviewed during the athlete briefing (weight belts, wraps, jump ropes, grips, etc).

Rules: Specific event rules will be covered at event during the Athlete Briefing at 10:15 a.m.

Contact Info: Competition Administrator: Chantelle Russell, 541-346-1364

Intramural Sports Administrator: Amanda Deml (541) 346-4009