



THE GREEN MOUNTAIN CROSSFIT VERMONT VERMONSTER CHALLENGE BERLIN, VT



6TH ANNUAL VERMONSTER TEAM CHALLENGE!

VERMONT'S PREMIER CROSSFIT
COMPETITION, PITTING COED GROUPS
OF FOUR ATHLETES IN OPEN,
MASTERS & SCALED DIVISIONS
AGAINST ONE ANOTHER AT GREEN
MOUNTAIN CROSSFIT'S UNIQUE
INDOOR AND OUTDOOR FACILITY.

OPEN DIVISION \$380

2 FEMALE/2 MALE ATHLETES
SATURDAY & SUNDAY

Athletes must have strong weightlifting
and gymnastics skills, but there will be
no minimum work requirements so
teams can make up for individual gaps
in movements or weight.
Registration fee per four-person team
includes six workouts for you and your
teammates, and four T-shirts if
registered before September 8th.

REC. DIVISION \$260

2 FEMALE/2 MALE ATHLETES
SATURDAY ONLY

Rec. Division is for beginner to
intermediate level CrossFitters or
experienced Boot Camp participants.
Athletes should have a solid grasp on
fundamental CrossFit movements.
Registration fee per four-person team
includes three workouts for you and
your teammates, and four T-shirts if
registered before September 8th 2016.

NEW THIS YEAR!

MASTERS DIVISION \$260

2 FEMALE/2 MALE ATHLETES
SUNDAY ONLY

The Masters Division is for Athletes
who have all the skills required for
competing in the open division but
would like the challenge of competing
against athletes of a similar vintage.
Includes at least three workouts for you
and your teammates, and four T-shirts
if registered before September 8th.

SEPTEMBER 23RD & 24TH FIND OUT WHO ARE VERMONT'S FITTEST 4?

Find us on
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Register at: www.greenmountaincrossfit.com/events