

7TH ANNUAL VERMONSTER TEAM CHALLENGE!



**SEPTEMBER
8TH & 9TH**

THE GREEN MOUNTAIN CROSSFIT

VERMONSTER



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

OPEN DIVISION \$380

2 FEMALE / 2 MALE ATHLETES

SATURDAY & SUNDAY

The Open Division is designed for intermediate to advanced level athletes who would consider themselves good candidates to compete in the CrossFit Open. If you have successfully completed a full season of Open workouts in the Rx division you will be at home in this category. There will be a minimum of 6 workouts that have no advanced gymnastics (HSPUs, Muscle-ups, Pistols) or prohibitive weights. Top teams will get a final workout where anything goes as far as movements and weights.

REC. DIVISION \$280

2 FEMALE / 2 MALE ATHLETES

SATURDAY ONLY

The Rec Division is for beginner to intermediate athletes who would feel at home doing the scaled version of the CrossFit Open. These are athletes who have good fundamental CrossFit skills but may not have more difficult movements like double-unders, squat snatches or unscaled pull-ups. All Scaled teams will get a minimum of 3 workouts for the day.

MASTERS DIVISION \$280

2 FEMALE / 2 MALE ATHLETES

SUNDAY ONLY

The Masters Division is designed for the 40+ intermediate to advanced level athletes who would consider themselves good candidates to compete in the CrossFit Open. If you have successfully completed a full season of Open workouts in the Rx division you will be at home in this category. There will be a minimum of 3 workouts that have no advanced gymnastics (HSPUs, Muscle-ups, Pistols) or prohibitive weights.

REGISTER AT: GREENMOUNTAINCROSSFIT.COM/EVENTS

All athletes registered before August 31, 2018 are guaranteed an event T-shirt.

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