

Challenge: "Fran"



21-15-9: Thrusters Pull ups

****THIS CHALLENGE IS OPEN TO ALL
Members****

The **CHALLENGE:** How **FAST** are you AND how much can you **IMPROVE** in 8 weeks?

Qualifying Day:	Monday, April 12 th - All Classes
Finals Day:	Monday, June 7 th
Entry Fee:	R60 (all goes for prize money)
Prize:	Win the pot!
Winner:	Prizes for both most improvement and fastest times!

Prelims: Monday, April 12th, all classes

Finals: Monday, June 7th

Men's Categories		Women's Categories	
Beginner	29kg thrusters, 2x jumping pullups	Beginner	5kg thrusters, 2x jumping pullups
Intermediate	-	Intermediate	15kg thrusters, 2x jumping pullups
Advanced	43kg thrusters, unassisted pullups	Advanced	29kg thrusters, unassisted pullups

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How the Challenge Works

1. **GET REGISTERED** - get your name on the list and pay the R60 entry (remember, all of it goes back in the “pot” for prize money).
2. **SET YOUR BASELINE** - Monday, April 12nd is the prelims. Set your baseline “Fran” time. This will be the time off of which we will calculate your improvement.
3. **TRAIN** - CrossFit for 8 weeks with the intention of improving your “Fran” time.
4. **SHOW UP for the FINALS** - Monday, June 7th. Go for your best “Fran” time!

** PRIZES will be awarded for:

- **Most improvement:** 1st, 2nd and 3rd place in women’s and men’s divisions.
- **Fastest times:** 1st, 2nd and 3rd place in women’s and men’s **advanced** divisions.

Rules:

- You must choose the category you are going to compete in and STAY in that category for the finals.
- Rankings for TIME:
 - There will be one master list ranking participants based on time.
 - Your TIME rank will be based on your performance within your category.
 - Categories will be listed in the order Advanced, Intermediate, Beginner. This means that all Advanced category finishers will be ranked above all the Intermediate category finishers, who will be ranked above all Beginner category finishers.
 - For example, if you compete in the intermediate category, the best ranking you can have is one below the lowest in the advanced category. So if there are 6 people in the advanced category, your ranking, if you are the fastest intermediate, is #7.
- Rankings for IMPROVEMENT:
 - There will be one master list ranking participants on percentage improvement.
 - This list is NOT categorized. Your category has no bearing on where you finish on this list.
 - For example, if you compete in the intermediate category, and you have the highest percentage of overall improvement, you would be ranked #1.