

CrossFit Lincoln's WOD Wars

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

Sponsored by:

DATES: Saturday, July 27, 2019 – Individual competition & Team competition

SITE: Crossfit Lincoln (720 Van Dorn, Suite A, Lincoln)

TIMES: Specific times and workouts for each event will be posted at CornhuskerStateGames.com and emailed out to participants the week of competition. Schedule is subject to change based on the number of participants and heats.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

SANCTION: This event is sanctioned by Crossfit Lincoln.

DRUG TESTING WILL BE CONDUCTED. All Crossfit Lincoln participants must sign the "Release from Liability and Consent to Drug Test" form at the time of check in. Information on banned substances may be obtained by calling the USOC Drug Testing Hotline at 1-800-233-0393.

JUDGES & VOLUNTEERS: There is a strong preference that all trainers at "CrossFit Level 1 (CF-L1) Certificate Holder" status or higher help judge or volunteer for the competition as opposed to competing in the Ultimate Throwdown weekend.

DISCLAIMER: Participation in this event is at your own risk. It is highly recommended that participants are not only familiar with CrossFit's exercise capacity, but have been doing CrossFit exercise (i.e. Olympic Lifting, Endurance, and Gymnastics or "Body Weight" exercises) for an extended period of time.

NOTE: Age determined as of July 27, 2019.



EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Individual Male</u>		<u>Individual Female</u>	
Youth 14-17 Years (Competitive)	1	Youth 14-17 Years (Competitive)	5
Open Division 18-34 Years (Competitive)	2	Open Division 18-35 Years (Competitive)	6
Masters 35-44 Years (Competitive)	3	Masters 35-44 Years (Competitive)	7
Masters 45 & Over (Competitive)	4	Masters 45 & Over (Competitive)	8
<u>Team Co-Ed Pairs</u>			
All-Ages Division (Non-Competitive)	9		

TEAM NOTE: Two-person team division for beginners.

COMPETITION FORMAT & RULES

Rules will be those of a modified "2019 CrossFit Games Rule Book".

Events will be conducted using metric measurements and US customary units (i.e. lifting).

Participation is open to all people of all ages.

All participants may wear appropriate workout gear (i.e. workout shorts, workout pants or capri's, t-shirt or tank).

Scalability will be applied for each non-competitive division. All events in the competitive divisions will be done prescribed.

Participants can register for competition on both days.

Events will be announced and explained prior to their execution. Thereafter, athletes will demonstrate each movement twice.

Sport Director reserves the right to combine and split divisions based on the number of entries.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

OPENING CEREMONIES | 8 P.M. | SEACREST FIELD

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

ATHLETE PACKETS & TEAM BOXES

PACKET SHIPPING AVAILABLE FOR YOUR CONVENIENCE: Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). For more packet pick up information go to http://cornhuskerstategames.com/athlete_packets.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Crossfit web page.

ENTRY FEE INCLUDES: Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee for individual registrations and a \$10 processing fee for team registrations. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact CrossFit Director Tanya Christie at 402-304-0507, tanya@crossfitlincoln.com or www.crossfitlincoln.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.