

THE OFFUTT AFB TACTICAL FITNESS GAMES

CROSSFIT COMPETITION

TacFit Games

Sunday, January 20th at the Offutt Field House

Sign-in: 8:15 a.m. • Competition Begins: 9:30 a.m.

Two Divisions

Teams of Four - Two male, two female (limit of 16 teams per division)

RX'd

Scaled

1 member should be able to:

Complete Muscle Ups
(kipping or strict)
Perform pistols

Complete Pull Ups
Complete Ring Dips

Entire team should be able to:

Swim 50M
Complete Toes to Bar
Be able to deadlift 250(m)/150(f)
Do Burpees
Do Box Jumps 24(m)/20(f)
Perform Kettle Bell Snatches 2 (m)/1.5(f)
Move 135 (m)/95(f) from ground to overhead
Successfully complete consecutive Double Unders

Swim 50M
Complete Toes to Bar
Be able to deadlift 200(m)/100(f)
Do Burpees
Do Walking Lunges
Do Box Jumps 24(m)/20(f)
Perform Kettle Bell Snatches 1.5(m)/1(f)
Move weighted bar from ground to overhead

Format includes swim, run & workout

Registration Fee: Early - \$60/team by 10 January or Late - \$100/team by 15 January

Checks payable to: Offutt Field House

Please send payment to: Mark Geairn 14105 S. 18th street Bellevue, NE 68123

Name: _____ Phone: _____

Address: _____ City: _____ State: _____

Email Address: _____

Team Name: _____ Captain: _____

1. _____ 2. _____

3. _____ 4. _____

