

# CREWFITT THROWDOWN

FUNDRAISER FOR THE 2023 MASTERS LEAGUE GAMES

**REGO: \$50 P/TEAM**



## CROSSFIT PAIRS COMPETITION (MF, FF, MM)



**Saturday 30th September 2023**

**CrossFit Capcoast**

**40 Jabiru Drive, Yeppoon**

COMMENCES 9.30AM—LATE AFTERNOON | SOFTDRINKS & LIGHT REFRESHMENTS AVAIL. FOR PURCHASE | STICK AROUND FOR A POST-COMP BEVERAGE (BYO) AND PIZZA

**PRIZES FOR BEST DRESSED 'FAMOUS DUO'**

FOR EVERY NON CROSSFITTER IN YOUR PARTNERSHIP, EARN YOURSELF EXTRA POINTS ON THE LEADERBOARD