



Presents

# “Survival of the Fittest”

Sunday 11 Dec 2011

Open & Advanced Categories:

Male & Female - 4 Events

Kids (Pre School, Primary, Pre-Teen/Teen) - 2 Events

Team (2 males, 2 females) - 2 Events

Registration: 0730 for 0800 Kick-off

Location: CrossFit Shoalhaven [1/33 Tom Thumb Ave South Nowra](#)

Entry Deadline: 20 Nov 11

Cost: Adults \$40; Kids \$20

Entry Requirements: Competitors must have CrossFit and/or Olympic Lifting experience, and be currently living in the Shoalhaven area.

Coffee van and food on site,

Jumping Castle and Spectator Challenges with prizes throughout the day!

For entry or more information please contact

[CrossFit Shoalhaven](#) or [CrossFit Jervis Bay](#)

Or visit [www.CrossFitShoalhaven.com](http://www.CrossFitShoalhaven.com)

**Spectators welcome and FREE!!!**