

# CFSS CROSSFIT SHOALHAVEN

Presents

## “Survival of the Fittest”

### PM Schedule of Events

#### 1300— Open & Advanced Event 3

For time:

50 CF Kettlebell Swings 16kg	25 Box Jump 24”
45 Push Press 20kg	20 Skin the Cats
40 Burpees	15 Medicine Ball Cleans 10kg
35 Sumo Deadlift High Pull 20kg	10 Forward Rolls
30 10/8ft Wall Ball 10/8kg	5 Rope Climbs 16ft

#### 1400— Kids Event 2

800/400m Run  
40/20 Burpees  
20/10 Kettlebell Deadlift 20/16Kg

#### 1400—Team Event 2 (2 male + 2 female)

For time:  
Sand Bag Bunker re-build  
(move bunker 50m and rebuild in quickest time)

#### 1500— Open & Advanced Event 4

1.5Km Row  
2.5km Run  
300 Double Unders (x3 Singles)

#### 1600— !!!PRESENTATIONS!!!

**Note:** Event timings may vary, all changes will be announced by the MC on the day. All Open events may be scaled down, but will not contribute to your overall score. Teen & Primary kids - 800m/40/20. Pre-school 400m/20/10.