



Cinco De Total

Date: May 5th, 2018

Location: CCSC/ CrossFit Emerald Isle

Rules: USAW Weightlifting/IWF Rules and Starting Strength Rules. Clothing- Shorts, Tights or spandex shorts. T-shirts or Tank Top. No Baggy Clothes. Shoes must be worn at all times. No straps, squat suits or multi-ply knee wraps allowed. Further questions please email us.

Meet Director: Josh Wells

Lifts: Snatch, Clean & Jerk, Squat, Press and Deadlift

Sponsors: CCSC/CFEI

Eligibility: All athletes

Entry Fee: \$95 on-line/ Early Bird \$75 before April 6th, 2018

Entry Deadline: April 20th, 2018 at the gym.

Awards: For 1st, 2nd and 3rd over all Men and Women according to Sinclair and Wilkes Formula.

Weigh In/Lifting: Doors Open at 7:30am Lifting at 9am. Weigh-in immediately. Notifications of schedule changes will be made by email.

T-shirt will only be ordered for on-time registrations!!!!

Cinco De Total Entry Form

Name: _____ Male/Female

Weight: _____ Birthdate: _____ T-shirt Size _____

Address: _____

Telephone: _____

Email: _____

In consideration of your accepting this entry, I hereby for myself, executors, and administration waive and release any and all rights and claims I may have against patrons of this meet, Crystal Coast Strength and Conditioning, and CrossFit Emerald Isle for any and all injuries that may be suffered by me in connection with my participation in this competition.

Signature: _____ Date: _____

_____ (parent must sign if a minor)

MAILED ENTRIES MUST BE POSTMARKED entries to:

Josh Wells

c/o CCSC/ CFEI

1065 Hwy 58

Cape Carteret, NC 28584

Info: Josh Wells at josh.wells94@gmail.com