



**When:** Saturday, April 30<sup>th</sup> starting at 8am  
**Where:** TBD (stay tuned)  
**Who:** You and 2 friends  
**Cost:** \$30 per team (includes lunch)

The SVEN CHALLENGE is a 3 Man (or Woman/COED) competition that will involve a blend of speed, strength, and teamwork. There will be two scheduled workouts for every team competing and a final WOD (workout of the day) for the top 4 teams. Join us for some SUN, FUN and WOD!

### Registration Form

Team Name _____	
Team Member #1 _____	Gender- M / F
E-Mail _____	Phone _____
Team Member #2 _____	Gender- M / F
E-Mail _____	Phone _____
Team Member #3 _____	Gender- M / F
E-Mail _____	Phone _____

You may return this completed form to me at **CrossFit Waxahachie** or via email at [Chris@CrossFitWaxahachie.com](mailto:Chris@CrossFitWaxahachie.com)

All teams **MUST** be registered by **Thursday, April 28<sup>th</sup>** to participate. There will be **NO** event day registration.

**POWER SPEED STAMINA FOCUS WILLPOWER TEAMWORK STRENGTH**