



**\$100  
PER TEAM\***

# X-FIT TOURNAMENT

**SATURDAY, SEPTEMBER 21, 2024**

**IRCSO BACK PARKING LOT/GYM/FIELD  
4055 41ST AVENUE, VERO BEACH, FL**

**WWW.IRCSHERIFF.ORG**



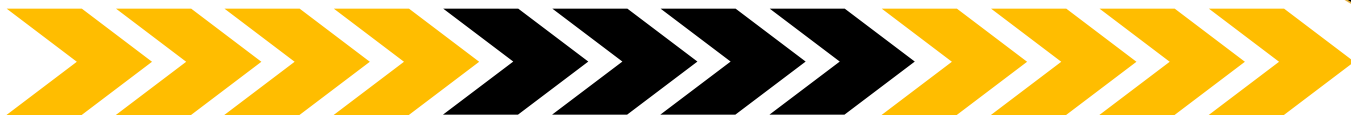
## **FOOD TRUCKS AND MUSIC**

Awards for competing athletes  
T-Shirts available for sale  
**(\$25/each)**

**AGES 18 & UP ONLY.**  
\*Same sex teams only.

X-FIT TOURNAMENT:

# THINGS TO KNOW



## MOVEMENT STANDARDS

- Male Rx Division / Male Scaled Division.
- Female Rx Division / Female Scaled Division.

### RX DIVISION

- Barbell/Lifting working weights
- Thruster #95 Male / 65# Female
- Deadlift 55# Both Male / Female
- Sandbag 100# Male / 75# Female

### SCALED DIVISION

- Barbell/Lifting working weights
- Thruster #45 Male / 35# Female
- Deadlift 55# Both Male / Female
- Sandbag 75# Male / 50# Female

### Movement/Gymnastics Standard

- Toes to Bar
- Pull-Ups

### Movement/Gymnastics Standard

- Ring Rows

## RULES

- Registration: \$100 per team which includes a competition shirt. Teams consist of two (2) same-sex competitors.
- Registration deadline is **Monday, August 26, 2024.**
- All registered athletes must arrive at IRCSSO by 7:30am.
- The tournament consists of four (4) total events.
- The first event begins at 9:00am.
- All applications and/or payments (if not paid online) must be emailed to Grace Rollando at [grace.rollando@ircsheriff.org](mailto:grace.rollando@ircsheriff.org) or turned in at the front IRCSSO lobby.

**PLEASE NOTE:** Sign-up sheet and waiver are required to complete your registration.

**QUESTIONS OR CONCERNS?** Contact Grace Rollando at [grace.rollando@ircsheriff.org](mailto:grace.rollando@ircsheriff.org) / (772) 978-6229.