



\$100
PER TEAM*

X-FIT TOURNAMENT

SATURDAY, SEPTEMBER 28, 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. Teams consist of two (2) same-sex competitors.
- Registration deadline is **Monday, September 2, 2024.**
- All registered athletes must arrive at IRCSO 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 or turned in at the front IRCSO 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 / (772) 978-6229.