## **Oroville CrossFit**

## Presents

## O'Town Partner Showdown Saturday, April 25, 2015 2050 4<sup>th</sup> Street, Oroville, CA 95965 (530) 518-5000

Greetings O'Town Partner Showdown Competitors!

The attached <u>EVENT SCHEDULE</u> will outline the approximate scheduled for the day. Please print the Event Schedule for your reference throughout the day.

Please print out, fill-out, and bring the attached <u>WAIVER</u> to expedite the Registration & Check-In process.

Gate will open at 7:00 am and Registration & Check-In will be open END AT 8:30 am.

Athletes will need to sign up for their Floater WOD timeslot after check-ins. The Floater times will be between 9:00 am - 11:00 and Noon - 2:30 pm.

We will be working hard to stay on schedule, so please don't be late! The scheduled times are approximate and may slightly vary; please pay close attention throughout the day to enable us to stay on schedule and for the event to run smoothly. Prior to each of your scheduled WOD's, please gather at the Athlete Check-In Area not less than 10 minutes prior to your scheduled Heat Time.

Limited parking will be available on-site on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis for ATHLETES ONLY, and these vehicles must remain on-site all day to prevent disruption. Additional parking is available on the street (curbside) or in an open field across the street.

There will be designated athlete areas where you are welcome to setup pop-up tents, chairs, etc.

Each athlete will receive a free event shirt. Please visit the Fine Design booth during the day to imprint and pick-up your shirt.

FYI – For the Chipper WOD #3, the quantity of single-unders with the jump rope has increase from 100 to 200.

Coffee Diem will be serving breakfast and coffee will be available until 11 am.

Outlaw BBQ will be cooking and serving throughout the day. Please take advantage of some awesome local BBQ!

Directions - From the North:

Follow Highway 70 Southbound to Oroville. Exit Nelson Avenue. Continue straight off the off ramp onto 4<sup>th</sup> Street. Oroville XF is approx. ¼ mile down on the left.

Directions – From the South:

 Follow Highway 70 Northbound to Oroville. Exit Grand Avenue. Turn left onto Grand Avenue over the freeway. Take the 1<sup>st</sup> right onto 4<sup>th</sup> Street. Oroville XF is approx. ¼ mile down on the right.

Oroville CrossFit would like to thank all of the businesses and sponsors that are participating and/or donating prizes:

- FitAid
- WOD Repair
- Vitargo
- Progenex
- Precision Welding
- Coffee Diem
- Fine Design
- Lululemon
- Coco Bakery
- Arbonne
- Rock Tape
- Outlaw BBQ
- DJ Big B
- Express Yourself Salon