

2017 Shop With A Cop CrossFit Fundraiser

CrossFit KIVNON



Donation Minimum Per Person: \$30.00

(Donation Includes a SWAC T-Shirt and Goodie Bag for first 224 people. \$20 flat rate donation after 224 people with no shirt.)

Event Date: July 22, 2017

Sign-up End Date: July 17, 2017

Sign Up Contact: The P.O.C at Your Command (\$30 Due at Event)

WOD: Helen and Grace combo

Time: WOD Begins 0800 Hours

Location: 8333 Case St, La Mesa, CA 91942

Age Groups:

Men: 21-30 @0800 hrs, 31-40 @0900 hrs, 41-50 @1000 hrs 51-60 @1100 hrs

Women: 21-30 @0800 hrs, 31-40 @0900 hrs, 41-50 @1000 hrs 51-60 @1100 hrs

