



# “TR GETS FIT”

## Strength and Fitness Competition

### Water Festival Main Stage (Behind Fire Department )

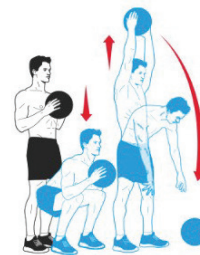
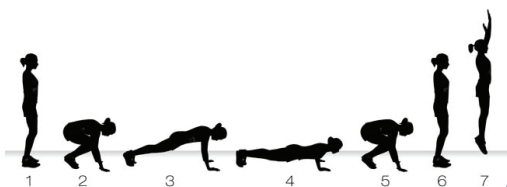
# FRIDAY JUNE 15TH • 6 P.M.

*Teams of 4 – All team members must be age 16 or older*

Four people working together to show who’s the fittest in TR, each event will be scored by the total reps completed by each team member. Grab some friends and get ready to show why you deserve the top spot. Each event will be 1-5 minutes total; some events working together and some events working individually to earn points for your team.

### Competition includes:

- Sand Bag Stacking
- Burpees
- Slam Ball



**Medals for the Top Team**

**Cost: \$20 per Team**

**Check in: 5:00-5:30 p.m.**

**Pre-Registration Required:**

[trchamber.com](http://trchamber.com) or [Facebook.com/ThreeRiversWaterFestival](https://www.facebook.com/ThreeRiversWaterFestival)

Team Name \_\_\_\_\_

Team name and team attire encouraged but not required (family appropriate please).

Team Member \_\_\_\_\_ Team Member \_\_\_\_\_

Team Member \_\_\_\_\_ Team Member \_\_\_\_\_

I have read and agree to the Assumption of Risk Waiver and Liability Waiver \_\_\_\_\_

Payment Received \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_