



Everything you need to know about the CrossFit Open 2018 at TJ's Gyms

TJ's Gym vs. Gym vs. Gym Friendly and FUN Competition:

We will have one team from each of our three locations. We will run the workouts on Saturdays in class each week, supervised by two coaches at each class.

Each Friday by noon, the team captain of each gym (Charles Hodges - SR, Ed Alvarado - CM, Luke Maher - MV) will designate via an email to Allison@tjsgym.com the team's athlete to compete for that week.. Each week, a gym will earn the weekly win based on which of those three athletes performs best. Comparisons across categories (scaled, age-group, etc.) will be based on percentiles for an athlete's performance within his/her given category, which will allow us to compare apples to oranges. If all three athletes are in the same category, it will simply come down to who performs best on the workout. After all five weeks, the gym with the best performance OVERALL, including EVERY ATHLETE'S performance EVERY week, will be declared the winner. Prizes for weekly winners and spirit awards will include gift cards from Territory foods.

All athletes participating in the gym-gym-gym competition (basically everyone who registers for the open) will need to be judged. Judges do not have to have taken the CrossFit Judge course, except in cases when the athlete is wanting to be considered for CrossFit Regionals qualification. If you cannot make it to class on a Saturday, our coaches are available to judge for \$20 (cash to the coach, directly). You can also have a friend judge you at a different time, as long as there is a coach present who is a certified judge.

Sign-ups for workout times and judging times will be posted each week via a Google Doc we will provide to everyone. If you do a workout, you will be expected to judge a workout, as well.

REGISTRATION DIRECTIONS:

1. Go to games.crossfit.com
2. Sign in or create a profile
3. Scroll down below the first picture and hit SIGNUP
4. Verify your info.
5. Answer the "Where do you Workout" question. Enter CrossFit San Rafael, CrossFit Corte Madera, or CrossFit Mill Valley. There will be no "TJ's Gym" in the name.
6. Agree to all the terms and hit continue
7. Sign the waiver.
8. Hit Finish
9. Load payment details and hit PAY. The \$20 goes directly to CrossFit.
10. Once we create a "team" for each location, you will be asked to join the team or will just be added automatically. The team names will be "TJ's Gym San Rafael," "TJ's Gym Corte Madera," and "TJ's Gym Mill Valley."*

*To determine which team you should choose, please read this excerpt from the official Open rulebook:

Athletes competing for a team must train primarily at that team's gym (whether a CrossFit affiliate or not) for the duration of the CrossFit Games season. The team members' training days and workouts should take place at the team gym starting on January 1 or earlier. Team athletes must train at the designated team location for a minimum of three (3) days a week. The minimum requirement must be met for the duration of the CrossFit Games season. Team members are required to continue training with their team until the team is eliminated from competition or until the start of the Games. (See Section 1.13 - Team Eligibility Requirements - Tracking Weekly Workouts for more detailed information on tracking workouts.)