Event Guidelines

To ensure a smooth and enjoyable experience for everyone:

1. **Equipment is for participating athletes only**—not coaches, friends, children, etc.
2. **No dogs are allowed inside the gym.** Service animals are welcome.
3. **Know your heat times and be ready.** We will start heats **on time**, with or without you.
4. **Most importantly—have fun!** Cheer loudly, support one another, and please be respectful. This is a community event, not the CrossFit Games.