

PRESENTS

Southern Columbus CrossFit

www.southerncolumbuscrossfit.com

SWEATING FOR SCHOLARSHIPS

24 Hour WOD-A-THON OCTOBER 12, 2013

When:

12:00pm Saturday, October 12, 2013 -

12:00pm - Sunday, October 13, 2013

All are encouraged to attend. However, some workouts will be limited to just SCCF Members.

Where:

Southern Columbus CrossFit
3341 Centerpoint Dr, Unit B
Grove City, OH 43123

Benefit:

Grove City Youth Sports Scholarship Program
This program sponsors youth 18 years and younger from financially-limited families in youth sports programs by offering fee reductions to those meeting the eligibility guidelines.

Event Details:

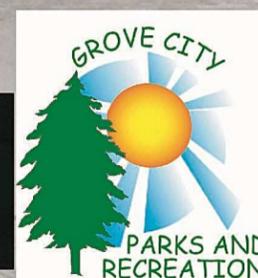
Athletes will complete one workout every hour on the hour for 24 hours. Workouts will be a variety of movements, skills and drills, including weightlifting, gymnastics, and metabolic conditioning. All workouts will be to CrossFit standards. Workouts will be of varying lengths.



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