

CrossFit
LOWLANDS
THROWDOWN

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Q U A L I F I E R C H E C K L I S T

MUST HAVE

✓	Get the official Crossfit Lowlands Throwdown Qualifier Checklist
	Inform your athletes in time about the timetable, heats and important details of the competition
	Put together a dedicated judges team
	Put together a dedicated equipment team
	Make 2 people responsible for scoring
	Make a timetable (at least 1,5 - 2 hours rest between workouts)
	Make a Heat schedule
	Schedule a Judges briefing
	Schedule a Athlete briefing
	Inform everyone involved at least 3 days before
	Make sure you run a tight competition so the athletes know what to expect
	Make a dedicated field of play where spectators can't come during the workout
	Make a dedicated warmup area

NICE TO HAVE

	Have a photographer make pictures
	Arrange prizes for the winners of the box
	Arrange food and beverages
	Put together a playlist for every workout
	Organize a BBQ or dinner at the end of the day