



## **2020 COASTAL QUALIFIER TEAM CHALLENGE**

Along with being the gateway to Fittest of the Coast, the Coastal Qualifier will also host the inaugural Team Challenge.

### **HOW WILL IT WORK?**

Full info is below, but in short, your gym will become your team and you will battle all the other gyms in your region!

The format of the Team Challenge will make sure that **EVERY** athlete at your gym plays a role in helping your team. Even if someone doesn't think they can qualify for Fittest of the Coast, they still can play a HUGE role in helping your team secure valuable points.

We will be releasing a weekly leaderboard for the Team Challenge and also giving away more than \$2,000 worth of prizes to winning teams. We'll be awarding the top team in each of our three regions and also the top overall gym! How will your gym finish?

### **FORMAT**

- A team will consist of members of their own gym who register to be part of the Coastal Qualifier
- All athletes from that gym will make up ONE team
- During the registration process, athletes will select their gym and that will be how FOTC will determine your team
- You DO NOT need to be a CrossFit Affiliate to participate in the Team Challenge or Coastal Qualifier
- Do not have a gym? Workout from your home? No worries! There will be a "GarageGym" selection and all garage gym athletes will make up one team

## **SCORING**

- Registering for Coastal Qualifier - **5 Points** (One Time Score)
- Completing Weekly Workout - **10 Points**
- Weekly Workout Score - **1st - 40 Points, 40th - 1 Point**
- Social Media Bonus - **20 Points** (One Time Score)
  - (During the Coastal Qualifier, an athlete must post at least five times on Facebook and/or Instagram and tag @FittestOfTheCoast and the gym of the athlete. Athletes will have to screenshot the posts and email all 5 posts within the same email by Tuesday, November 4 at 9pm to qualify for bonus. Send email to: [fittestofthecoast@gmail.com](mailto:fittestofthecoast@gmail.com) and use the title: Team Challenge Bonus Points (Athlete Name/Athlete Gym). For example: Team Challenge Bonus Points John Smith/CrossFit America). Athletes should send only one email to show posts.

## **PRIZES/LEADERBOARD**

- An updated Team Challenge leaderboard will be released each Wednesday night by 9pm during the Coastal Qualifier
- Awards will be given to the top team in each region: Myrtle Beach, Charleston & Hilton Head. An overall Team Challenge will be named as well
- Each region's Team Challenge champion receives an equipment package in excess of \$250 in value
- The overall Team Challenge winner receives an equipment package in excess of \$1,500 in value