

WELCOME TO THE 2019 CGO SEASON!

The CrossFit Games Open is an online worldwide fitness throwdown where a workout/event is released each Thursday for five weeks.

HOW TO PARTICIPATE

Show up. Work out!

We love community engagement and this year we're kicking off the first Open of 2019 with a new format.

Rather than segmenting the gym into groups, all of FCF will hit CGO 2019 together as a unified team. Each week has opportunities to accumulate points and unlock upgrades and prizes for a wrap-up party at the end of the Open.

To encourage and support each other during the 5 weeks, each weekend will have a theme.

We'll follow the same schedule we've had since 2016 which is...

	Event Released	Practice Friday	Event Saturday	Scores Due
Week 1	Thursday 2/21	2/22	2/23	2/25 at 5pm
Week 2	Thursday 2/28	3/1	3/2	3/4 at 5pm
Week 3	Thursday 3/7	3/8	3/9	3/11 at 5pm
Week 4	Thursday 3/14	3/15	3/16	3/18 at 5pm
Week 5	Thursday 3/21	3/22	3/23	3/25 at 5pm
Wrap-Up Party! Saturday 3/23 immediately after the event				

PARTICIPATION DETAILS

- Those who officially register at games.CrossFit.com will be featured on HQ's leaderboard and will get first dibs on heat selection.
- Each **Thursday**, the workout will be announced at 5pm PST on CrossFit.com.
- **Friday's classes** will feature the CGO workout. This is the time to do the workout if you can't make Saturday's event. It's also an opportunity to practice run-throughs.
- **Heats for Saturday** will be available for RSVP by Friday afternoon on ZenPlanner.
- For the **Saturday events**, we'll have a group warmup/strategy session at 8am, overview and Q&A at 9am, then the first heat at 9:30am. We'll go until everyone is done.
- **Makeups** can be made during Sunday CompEx at 11am or Mondays in the AM with Andrew or in the PM with Dave.

THEME WEEKS

After the event is announced each week, FCF will announce the theme for the weekend! Themes could be:

- **80's**: Neon colors, headbands/sweatbands, legwarmers, cut-off sweaters, alternatively you could try to WOD in some jorts. Get a perm!
- **Twinning**: You and someone(s) else wear the same outfits- must be head to toe!
- **Americana**: Red, White, and Blue. Stars & Stripes. Wear apparel, shoes, socks, etc. [Just don't wear the actual flag.](#)
- **Beach Day**: Hawaiian shirts, leis, fanny packs, sunglasses, beach hats, towels, that funny thing where you have some sun block on your nose, and of course, bad tans.
- **All Black Everything**: You live in Seattle, you get it.
- **Seattle Sports**: Apparel and jerseys from the Seahawks, the Mariners, the Sonics, the Storm, Sounders FC, Reign FC, the Huskies, the Redhawks, the Thunderbirds, the Seawolves, the Majestics, etc... or wear any colorway that rep the Emerald City sports!
- **Pride**: Wear any version of FCF Pride apparel, rainbow-themed, or do what you want to represent and show solidarity with our LGBTQ+ family and friends.

EARN POINTS

To earn the points, you must fill out an official FCF scorecard.

LEVEL 1: 10 POINTS EACH
Participation - Perform the workout on any day other than Saturday and fill out a <i>judged score card</i>
Snacks - Bring a pre/intra/post-workout snack to share!
Pride - Wear any official FCF apparel during your Open workout
LEVEL 2: 30 POINTS EACH
Throw Down - Perform the workout at the weekly Saturday event. Can be earned every week.
Judgement - Judge a workout for a fellow athlete. Judges Certificate not necessary. Earn as many as possible!
Social - Post a relevant CGO picture/video to social media! Tag @foundationcrossfit #HYFRsquad . Earn once/week!
Theme - Participate in the THEME OF THE WEEK! An FCF staff member must approve.
LEVEL 3: 100 POINTS EACH
Judges Course - Become a better CrossFitter and complete the online judges course. Email the PDF to info@foundationcrossfit.com! <i>Deadline: Monday 3/25</i>
Registration - Officially register for the CrossFit Games Open on http://games.crossfit.com/
Podium - Earn one of the three top spots (women's Rx, men's Rx, women's Scaled, men's Scaled) per week.

UNLOCKABLE ACHIEVEMENTS

Regardless of overall total score, **there will be a party** after CGO19.5 at FCF (3/23). Everyone will get to enjoy some food and drinks, and this is also when the accumulated points will unlock party upgrades!

We're still in the process of setting the point benchmarks, but here are some possible UNLOCKABLES:

- ★ The gym social catered with all the fresh, hot food you can possibly eat (yes, that was a challenge)
- ★ NEW LOGO APPAREL: Shirts, zip hoodies, crewnecks, and more!
- ★ Guided mobility vids on [our YouTube channel](#) – you can follow post-workout, or at home (eat it, ROMwod!)
- ★ New stickers and koozies for everyone (because fcuk yeah)
- ★ 25% discount off of accessories and apparel purchases (for shirts and gear)
- ★ An ice cold keg at the 3/23 party (no keg stands though). Also: rosé, bubbly water, and Zevia.
- ★ Free CGO customization for their shirts (this is just the beginning!)

WHO GETS TO PARTAKE IN THE CELEBRATION?

The entire FCF family, duh! We'll have something for everyone who RSVPs since we're going hard in the Open for the team. Like we've mentioned before we'll have food on hand and some other fun things ready for your enjoyment. We will probably go with a combination of Chipotle/NW Fit Meals/Whole Foods/Costco for the event. We'll also have some non-alcoholic and alcoholic refreshments.

Look for updates in the gym and on the blog each week to see what achievements are unlocked.

VERY IMPORTANT PERSONS

Those who go above and beyond with individual scoring *will be rewarded individually*. You deserve some cool, exclusive sh!t and you'll get it when you arrive at the Wrap-Up Party. If you can't make it we'll have it ready for pickup in the gym office.

Maybe things like Special Edition FCF Apparel; Rogue Fitness strength wraps; RPM jump ropes; Bear Komplex grips, knee sleeves, and hip circles; GHOST supplements, a Broadcast Coffee gift card, Scrappy Bitters beverages, a 2POOD or Rogue Fitness weightlifting belt, a day pass to The Riveter, a day pass to Banya 5, a Monorail Espresso gift card, a Bai Tong gift card, a pair of movie tickets, Mariners tickets, etc.

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We're excited to see what you'll accomplish and how much tighter the gym will be after end of the five weeks.



Signup for the 2019 CrossFit Games Open:

<http://games.crossfit.com/>

Become a certified Judge for 2019:

<https://oc.crossfit.com/course?id=21>

Stay up to date with Foundation CrossFit:

<http://foundationcrossfit.com/blog>