

The Endzone Annual Intramural is our way to bring the community together during the Open and put a fun spin on the 5 weeks. It makes for a fun Open because it runs right along with the CrossFit Open.

How do I sign-up and when is the deadline to sign-up and pay?

How to join in on the fun: [Sign-up](#) and pay \$20

- [Sign-up on the Google Form](#) and then give the \$20 to any coach.

Deadline to sign-up: Monday, September 30th

- Everyone will be placed on a team and there will be team leaders. This year we are asking people from the community that are interested in being team leaders to let us know in the sign-up form.

When will teams be announced?

Announcement of teams: the weekend of October 5th.

Teams will be announced on social media and a printed copy will go up at the gym.

What to expect during the intramural:

- Friday Night Lights is when we all come together to do the work out and earn points for that week (workout is run in heats, you will need to sign-up for a heat time). The evening starts at 5pm and the first heat starts at 5:30pm.
- Ways to earn points:
 - Come in and complete the workout. Doesn't matter your score, just coming in and doing the workout=participation points for your team.
 - Friday Night Lights theme=this is where most of the points will be up for grabs (a few themes from the past):
 - Best Team Name
 - Trivia Night
 - Casino Night
 - St. Patty's Day Dress-Up/Game Night
 - Themes for 2019 will be announced when teams are announced.
- A few other ways to earn points: best photo from the intramural, guess the workout before the Thursday 5p announcement from CFHQ. Other ways to earn points will be explained closer to the event.

What if I have questions during the Open/EZ Intramural and how do I sign-up for a heat time for Friday Night Lights?

- During the Open, check your email! Monday or Tuesday of each week during the intramural an email will go out that has info for that week's Friday Night Lights. It will answer most of your questions!
 - Includes: How to sign-up for a heat time, the theme for the week and how to earn points, and additional reminders.
- We will also keep people informed on social media as well - feel free to ask questions in the group page. Others may have the same question!

What happens at the end of the Open?

At the end of the 5 weeks, we will have a celebration party of completing the Open. In the past we've done potlucks.

- Winning team of the intramural is announced at the potluck

We'll need volunteers

- We will be asking for volunteers to help judge during Friday Night Lights.
 - We'll have a sign-up sheet available soon with more details

Additional Things We'll Bring Back for 2018 from 2017

- Food trucks for 2 of the 5 weeks to feed us during the evening on Friday
- Raffle prizes given away during Friday Night Lights - must be present to win. We had some awesome giveaways last year from some local businesses such as:
 - Kinders
 - Sprouts
 - Coffee Bean & Tea Leaf/Peet's
 - Athleta
 - Changes Salon and Day Spa
 - Trader Joe's
 - Costco