

Front Range CrossFit 2014 Schedule

Month	M	Tu	W	Th	F	Sa	Su	Event	CrossFit
Jan	30	31	1	2	3	4	5	(31-1) New Year's Eve/Day	
1	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
Feb	27	28	29	30	31	1	2	(31-2) WL Junior Nationals, Aurora, CO / (1) Row Race Day	
2	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16	(15-16) State Weightlifting Meet in CO Springs	
	17	18	19	20	21	22	23		
March	24	25	26	27	28	1	2		CF Open 1
3	3	4	5	6	7	8	9		CF Open 2
	10	11	12	13	14	15	16	(15) FRCF Nutrition Lecture 2-4:30 pm	CF Open 3
	17	18	19	20	21	22	23	(18) The Body Fat Test at FRCF 4-7 pm	CF Open 4
	24	25	26	27	28	29	30	(27) JumpNRope at FRCF 6 pm, (29) FRCF Kid's Oly Class Meet	CF Open 5
April	31	1	2	3	4	5	6	(5) FRCF KB Workshop, (4-6) WL Master's Nationals in Shreveport	
4	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20	(20) Easter Sunday / (15-22) Passover	
	21	22	23	24	25	26	27		
May	28	29	30	1	2	3	4		
5	5	6	7	8	9	10	11	(10-11) Flatiron's Weightlifting Meet, (11) Mother's Day	CF Regional 1
	12	13	14	15	16	17	18		CF Regional 2
	19	20	21	22	23	24	25		CF Regional 3
June	26	27	28	29	30	31	1	(26) Memorial Day	CF Regional 4 S. West
6	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15	(15) Father's Day / (12-15) Youth WL Nationals FLA	
	16	17	18	19	20	21	22	(20-22) WL Pan Am Masters Toronto Can / (21-22) FRCF Summer CF Camp	
	23	24	25	26	27	28	29		
July	30	1	2	3	4	5	6	(4) Independence Day	
7	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20	(17-20) WL National Championships SLC, UT	
	21	22	23	24	25	26	27	(26-27) Rocky Mtn State Games CF and Oly Meet	CF World Games
Aug	28	29	30	31	1	2	3		
8	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24	(23-24) FRCF CO Open	
	25	26	27	28	29	30	31	(30-6) WL World Masters Copenhagen DEN	
Sept	1	2	3	4	5	6	7	(6-7) Roger DeGarmo Memorial WL Meet	
9	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21	(20-21) FRCF Master's Championship	
	22	23	24	25	26	27	28		
Oct	29	30	1	2	3	4	5		
10	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19	(18-19) FRCF Weightlifting Meet	
	20	21	22	23	24	25	26		
Nov	27	28	29	30	31	1	2	(31) Halloween / (31-2) American Master's WL Meet Savannah GA	
11	3	4	5	6	7	8	9	MBS Turkey Challenge	
	10	11	12	13	14	15	16	(11) Veteran's Day	
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30	(27) Thanksgiving Day	
Dec	1	2	3	4	5	6	7	????? American Open WL Meet	
12	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21	(17-24) Channukah	
	22	23	24	25	26	27	28	(25) Christmas Day	
	29	30	31	1	2	3	4	(1) New Year's Day	