

UPCOMING



EVEN

JULY 26, 2003

**Washington State Kettlebell
Sport Championship**

where: Sand Point Naval Air Station, Building 2
time: weigh in at 9:00am
register: contact either nick@crossfitnorth.com or
dave@crossfitnorth.com
more info: go to crossfitnorth.com

JULY 2

Kettlebell & Strength

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Pavel Ts

where: Sand Point Naval Air Station, Building 2
time: 9:00am to 5:00pm
register: contact either nick@crossfitnorth.com or
dave@crossfitnorth.com
more info: go to crossfitnorth.com

CrossFitNorth.com