



PRESENTED BY



ATHLETE PACKET

LEADERBOARD



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WELCOME LETTER

Welcome to Fresh Coast 2024!

We are proud to host the Fresh Coast Games as part of the Fresh Coast Fitness Festival at Pere Marquette Beach. The City of Muskegon has granted us permission to use hundreds of feet of beach to throw the biggest fitness party in Michigan! 630 Athletes will be making the trip to enjoy sun, sand and burpees with us and we couldn't be more excited! This packet contains lots of valuable information so please be sure to browse it completely.

This year's 2024 event is slated for two days:

Saturday, July 13

Sunday, July 14

Location:

Pere Marquette Park

3510 Channel Dr, Muskegon, MI 49441

Contact:

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REGISTRATION

- Registration starts at 7 am. Please arrive early enough before your heat starts to ensure this is taken care of in a timely fashion. If your team is not prepared, we will start without you.
- Early Registration will be available Friday night from 4-7:00PM at:
Muskegon CrossFit
975 W. Broadway Ave.
Muskegon MI 49441
- **ALL 3 ATHLETES SHOULD BE PRESENT** to check in as we will be numbering the athletes this year for the run. If not all three athletes can be present at registration, please stop by to get your numbers applied morning of.
- You will need to wear your athlete wrist band which will be given to you, to allow entry and exit to the event
- Make sure you have paid for your parking - they will ticket you.
- Please refer to event map for the location of athlete registration. It is near the "main gate", and will be a large 20x20 white tent.
- Athletes competing on Sunday can perform their team check-in/packet pickup on Friday or Saturday where they will receive their athlete wristbands good for both days.

BRIEFING

ATHLETE BRIEFING

1. There will not be a large overall athlete briefing, as we will take care of questions and review movements in the athlete corral. If you have questions ahead of time, please e-mail, message, or DM them to FreshCoast and we will try our best to put out a document or facebook post answering all questions for each WOD.
2. Teams are required to meet at the 'Athlete Corral' area 15 MINUTES prior to their heat start time. Here we will give last minute instructions as well as field any questions regarding standards or things of that nature.
3. Please keep questions for your judge to a minimum as those things should be covered at the athlete corral briefing. This will allow for quicker transitions between heats.
4. Please **DO NOT ARGUE WITH OUR VOLUNTEER JUDGES.** They have been briefed, they know the standards and will hold you to them. They are taking their own personal time to help deliver you a great outdoor competition experience. We will have a head judge walking around during the event - if you think there is an issue with the judging, please call over the head judge who can then make an adjustment call if needed. Best way to do this is to have a non working partner raise their hand and get the head judges attention. They will be scanning the field and should see you quickly.

SATURDAY (RX) SCHEDULE OF EVENTS

7AM - REGISTRATION OPENS

7:40 AM - ATHLETE WELCOME + NATIONAL ANTHEM

8:00 AM - WOD 1 BEGINS

MENS HEATS - 8:00 / 8:30

WOMENS HEATS - 9:00 / 9:30

10:30AM - WOD 2+3 BEGINS

MENS HEATS - 10:30 / 10:55 / 11:20 / 11:45

WOMENS HEATS - 12:15 / 12:40 / 1:05

1:40PM - WOD 4 BEGINS

MENS HEATS - 1:40 / 2:05 / 2:30 / 2:55

WOMENS HEATS - 3:25 / 3:50 / 4:15

4:45 PM - AWARDS CEREMONY

SUNDAY (INT) SCHEDULE OF EVENTS

7AM - REGISTRATION OPENS

7:40 AM - ATHLETE WELCOME + NATIONAL ANTHEM

8:00AM - WOD 1 BEGINS

MENS HEATS - 8:00 / 8:30

WOMENS HEATS - 9:00 / 9:30

10:30AM - WOD 2+3 BEGINS

MENS HEATS - 10:30 / 10:55 / 11:20

WOMENS HEATS - 11:50 / 12:15 / 12:40 / 1:05

1:40PM - WOD 4 BEGINS

MENS HEATS - 1:40 / 2:05 / 2:30

WOMENS HEATS - 3:00 / 3:25 / 3:50 / 4:15

4:45PM - AWARDS CEREMONY

RX+INT WOD 1 - THE BEACH REDUX



THE BEACH REDUX WOD 1 RX/INT

FOR TIME: *25 MINUTE TIME CAP

BROUGHT TO YOU BY:



50 SA DB THRUSTERS *SYNCHRO USING 3 DIFFERENT DB WEIGHTS (SWAP AS YOU WISH)

30 BURPEES ONTO RESCUE RAFT

500M TEAM RESCUE RAFT SWIM

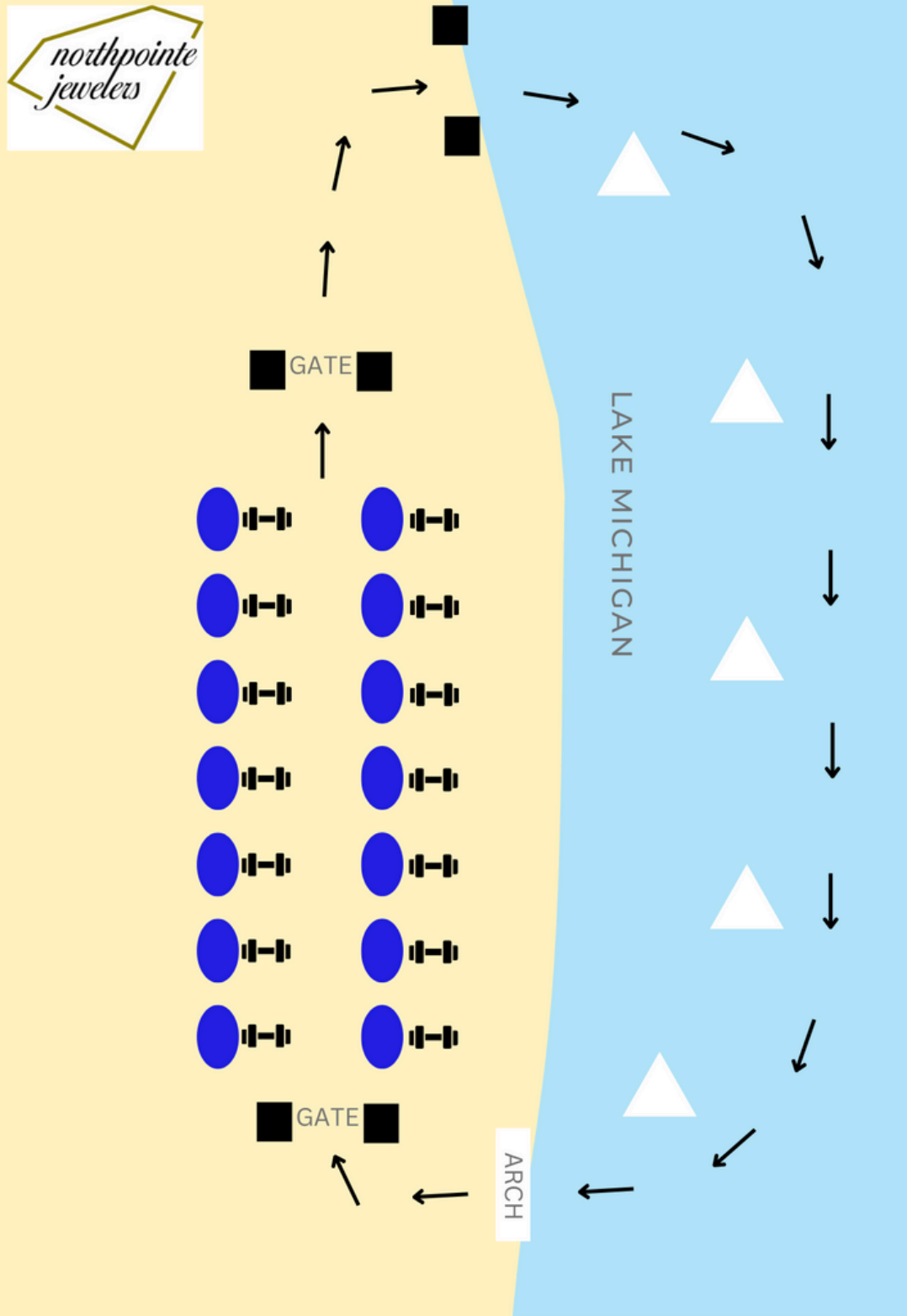
30 BURPEES ONTO RESCUE RAFT

50 SA DB THRUSTERS

*TEAMS MUST COMPLETE THE SWIM TOGETHER AND BE IN CONTACT WITH THE RAFT AT ALL TIMES WHILE IN THE WATER

*MENS DB WEIGHTS: 50/35/25
*WOMENS DB WEIGHTS: 35/25/15

WOD 1 LAYOUT





EXPLANATION + MOVEMENT STANDARDS

ATHLETES WILL BEGIN STANDING SHOULDER TO SHOULDER OVER THEIR DUMBBELLS. ONCE THE STARTING BELL GOES OFF, ATHLETES WILL BEGIN WORKING THROUGH 50 SYNCHRONIZED SINGLE ARM DB THRUSTERS. ALL THREE DUMBBELLS ARE WEIGHTED DIFFERENTLY. TEAMMATES CAN CHANGE WHICH ATHLETE IS LIFTING WHICH DB. ATHLETES MAY CHANGE WHICH ARE IS BEING USED AT ANY TIME. ATHLETES MAY USE WHICHEVER ARM THEY WISH AND DO NOT NEED TO MATCH THEIR TEAMMATES (EX: ONE ATHLETE MAY USE THEIR LEFT ARM WHILE THE OTHER TWO USE THEIR RIGHT ARM). ONCE ALL 50 THRUSTERS ARE COMPLETED THE TEAM MOVES ON TO START WORKING THROUGH 30 SYNCHRO BURPEES ONTO THE RESCUE RAFT. ALL 3 ATHLETES WILL BE SHOULDER TO SHOULDER FACING THE LONG SIDE OF THE RESCUE RAFT AS IT LAYS ON THE GROUND. **THE BURPEES MUST BE PERFORMED AS STEP-UP AND NO JUMPING WILL BE PERMITTED. THIS WILL KEEP THE ATHLETES SAFE FROM THE BOARD SLIDING, ROCKING, BOUNCING ETC.. AND PROTECTS THE BOARD FROM DAMAGE. IT ALSO ALLOWS OUR JUDGES TO BE MORE CONSISTENT IN JUDGING THE MOVEMENT. ONCE BURPEES ARE COMPLETE, THE TEAM WILL PICK UP THE RESCUE RAFT AND RUN DOWN THE BEACH TOWARDS THE WATER ENTRANCE BUOYS. TEAMS MAY CARRY THE RAFT AS THEY WISH, ONE ATHLTE, TWO ATHLETES OR ALL THREE CAN CARRY THE RAFT. ATHLETES MUST ENTER THE WATER TOGETHER. ONCE A TEAM PASSES THE BUOYS (GATES), ALL THREE ATHLETES MUST BE IN CONTACT WITH THE RESCUE RAFT UNTIL THEY PASS THROUGH THE LARGE WHITE FRESH COAST ARCH AT THE END OF THE SWIM COURSE. ONCE ON LAND, THE TEAM WILL CARRY THEIR RAFT BACK TO WHERE THEY STARTED (EACH STARTING POSITION WILL BE LABELED).



THE TEAM WILL THEN CONTINUE WORKING THROUGH THE REMAINING 30 SYNCHRO BURPEES ONTO RESCUE RAFT AND 50 SYNCHRO SINGLE ARM DB THRUSTERS. THE TEAMS SCORE WILL BE TAKEN AT THE COMPLETION OF THE 50TH SYNCHRO DB THRUSTER.

***TIME CAP: THE TIME CAP FOR THIS WORKOUT IS SET FOR 25 MINUTES. YOUR SCORE WILL BE THE NUMBER OF REPS COMPLETED AT THE TIME CAP. IF TEAMS ARE STILL IN THE WATER THEY WILL ALL RECEIVE THE SAME SCORE.**

***RESCUE RAFT USE: TEAMS MAY NAVIGATE THROUGH THE WATER WITH THE RAFT HOWEVER THEY SEE FIT AS LONG AS ALL THREE TEAMMATES REMAIN IN CONTACT WITH THE RAFT. ATHLETES MAY RIDE ON THE RAFT AS OTHER TEAMMATES PUSH/PULL THE RAFT. WE WILL BE GOING JUST DEEP ENOUGH SO THAT ATHLETES ARE UNABLE TO TOUCH. THE DISTANCE AND DEPTH ARE ALL DEPENDENT ON WEATHER/WATER CONDITIONS AND WILL BE DETERMINED ON THE DAY OF TH EVENT. WE WILL HAVE LIFEGUARDS IN THE WATER TO PROVIDE ASSISTANCE IF NEEDED.**

***WE EXPECT GOOD BEHAVIOR FROM ALL ATHLETES WHEN IN THE WATER. THE WORKOUT WAS DESIGNED TO CREATE SOME SEPARATION TO REDUCE CONGESTION IN THE WATER. PLEASE RESPECT YOUR FELLOW ATHLETES IN THE WATER AND REFRAIN FROM MAKING ANY CONTACT WITH OTHER TEAMS. WE AIM AT HOSTING A FRIENDLY AND FUN EVENT AND EXPECT ALOT OF OUR PARTICIPANTS TO UPHOLD THAT MINDSET. THANK YOU!**



Synchro single arm dumbbell thruster

Dumbbells start on the ground. With a single arm of choice, pull the dumbbell from the ground into a front rack position with head of dumbbell touching the shoulder. With the dumbbell in front rack, you will squat to below parallel (hip crease must clearly pass below the top of the knees in the bottom position). Athletes will then stand to full extension and press the dumbbell to full lockout overhead. Hips, knees, and elbow must all be locked out with clear extension and in line. If the arm is out in front or outside the shoulder, a no rep will be called. The rep is granted when all three athletes reach the top of the movement locked out, before repeating. A full squat clean is allowed to start the repetitions. At no point can the empty hand touch the body. You may alternate arms as you please or not at all. To alternate, the dumbbell must either be transitioned at the ground or at the shoulder. Cannot transition overhead to ensure fully locked out reps. Athletes may switch weights at any point. All athletes do not have to use the same arm for it to be considered synchro.

Burpee to rescue raft

All three athletes start standing on same side of the raft (shoulder to shoulder). Athletes will place hands on the ground, step or jump feet back to plank position and lower chest to ground. Hips and full chest must touch the ground at the bottom position. (Cannot leave knee up in figure 4 position or keep part of chest up off ground). Athletes will then return to the top position by lifting chest off ground and either stepping or jumping feet back to hands. Athletes will then STEP UP onto the raft. Rep will be granted when all three athletes reach standing position on top of raft, hips/knees locked out in unison. This means if you are faster than your teammates, you must wait in fully locked out standing position on top of raft until the other two have also reached this position. Must show control at the top, full foot on rescue raft. If you jump on the raft, a no rep will be given. This is to prevent damage to the rafts, as well as keep reps clean and clearly discernible.

Beach Run w/ Raft

Raft can be carried any way necessary by any number of athletes to get it to the swim/water entrance

Rescue Raft Swim

All three athletes must remain in contact with the raft once they enter the water. This can include placing athlete(s) on top of the raft if felt to be the correct strategy for your team.

RX WOD 2/3 - BLUFFTON BLISS



BLUFFTON BLISS

WOD 2 RX

FOR TIME:

25 SNATCH 135/85

20 SNATCH 165/105

15 SNATCH 185/125

10 SNATCH 205/135

5 SNATCH 225/155

***EVERY 3 MINUTES (STARTING AT 00:00):
2 ATHLETES MUST PERFORM 15
SYNCHRO T2B**

BROUGHT TO YOU BY:



- *NO BARBELL LIFTS MAY BE ATTEMPTED UNTIL THE 15 T2B ARE COMPLETED, THE ROW MAY CONTINUE THROUGHOUT (WOD 3)
- *ANY OF THE THREE ATHLETES ARE ELIGIBLE TO WORK ON THE T2B
- *TEAMS MAY SWAP OUT THE PERSON ROWING AS THEY WISH
- *ALL 5 ROUNDS OF T2B MUST BE PERFORMED REGARDLESS OF WHEN WOD 2 IS COMPLETED



BLUFFTON BLISS

WOD 3 RX

ON A 15 MINUTE RUNNING CLOCK

MAX CALORIE ROW

BROUGHT TO YOU BY:



- *WOD 3 RUNS CONCURRENT WITH WOD 2
- *ATHLETES MAY ALTERNATE WHO IS ROWING AND WHO IS WORKING ON WOD 2 AS THEY WISH
- *TIEBREAK FOR WOD 3 IS THE FINISHING TIME/SCORE ON WOD 2
- *TIEBREAK FOR WOD 2 IS THE SCORE ON WOD 3

INT WOD 2/3 - BLUFFTON BLISS



BLUFFTON BLISS

WOD 2 INT

FOR TIME:

25 SNATCH 95/65

20 SNATCH 115/75

15 SNATCH 135/85

10 SNATCH 155/95

5 SNATCH 185/105

*EVERY 3 MINUTES (STARTING AT 00:00):
15 T2B REPS MUST BE COMPLETED

BROUGHT TO YOU BY:



- *NO BARBELL LIFTS MAY BE ATTEMPTED UNTIL THE 15 T2B ARE COMPLETED, THE ROW MAY CONTINUE THROUGHOUT (WOD 3)
- *ANY OF THE THREE ATHLETES ARE ELIGIBLE TO WORK ON THE T2B
- *TEAMS MAY SWAP OUT THE PERSON ROWING AS THEY WISH
- *ALL 5 ROUNDS OF T2B MUST BE PERFORMED REGARDLESS OF WHEN WOD 2 IS COMPLETED



BLUFFTON BLISS

WOD 3 INT

ON A 15 MINUTE RUNNING CLOCK

MAX CALORIE ROW

BROUGHT TO YOU BY:



- *WOD 3 RUNS CONCURRENT WITH WOD 2
- *ATHLETES MAY ALTERNATE WHO IS ROWING AND WHO IS WORKING ON WOD 2 AS THEY WISH
- *TIEBREAK FOR WOD 3 IS THE FINISHING TIME/SCORE ON WOD 2
- *TIEBREAK FOR WOD 2 IS THE SCORE ON WOD 3



Workouts 2 and 3 are completed simultaneously on a 15 minute running clock. WOD 2 is For Time and WOD 3 is Max Calories. At the beginning of WOD 2 and 3, all three athletes will start at their starting pylon behind the rig. At the call of 3,2,1 Go, athletes may proceed to the rower and Pull-Up Bar. WOD 2 begins with 15 Synchro T2B completed by 2 of the 3 athletes. Athletes must complete 15 Synchro T2B at: 00:00, 03:00, 06:00, 09:00 and 12:00. During the T2B, reps of the Barbell Snatch may not be completed but the row may continue to be worked on by the third athlete. Once the first 15 Synchro T2B are complete, athletes may start working on the Snatch ladder. The bar will be set to the first weight at the start of the workout but after that, athletes are in charge of changing weights and securing the plates with the provided clips. *Any lifts performed without clips will not count. Teams may swap who is working on the row at any point during the 15 minute running clock. Every 3 minutes, teams must send 2 athletes back to complete 15 synchro T2B. *BOTH TEAMMATES MUST TOUCH THEIR STARTING PYLON BEFORE STARTING THE SYNCHRO T2B EACH ROUND. This flow continues until all reps of the Snatch are completed. Once the final bar is lifted 5 times successfully, the score for WOD 2 is set. At this point, all three athletes are available to work on the row. If a team finishes the snatch ladder prior to the 9:00 or 12:00 minute marks, they must still complete the 15 Synchro T2B during the 3:00 allotted time period for the row to be valid. (This provides 'equal damage' to all teams during the row and on the day). At the 15 minute mark, athletes must stop rowing and the total calories accumulated is their score for WOD 3. The tiebreak for WOD 2 will be how many calories their team completes. The tiebreak for WOD 3 will be their time or score from WOD 2.

Snatch

- For the snatch, the athlete must bring the bar from the ground to the overhead position in one smooth motion.

At the top, the arms, hips and knees must be fully locked out with the bar directly over

the middle of the athlete's body and the feet in line under the body. No part of the body

other than the feet may touch the ground during the execution of the lift. A muscle snatch,

power snatch, squat snatch or split snatch may be used. Athletes may not perform any version of a hang snatch.

2 person Synchro T2B

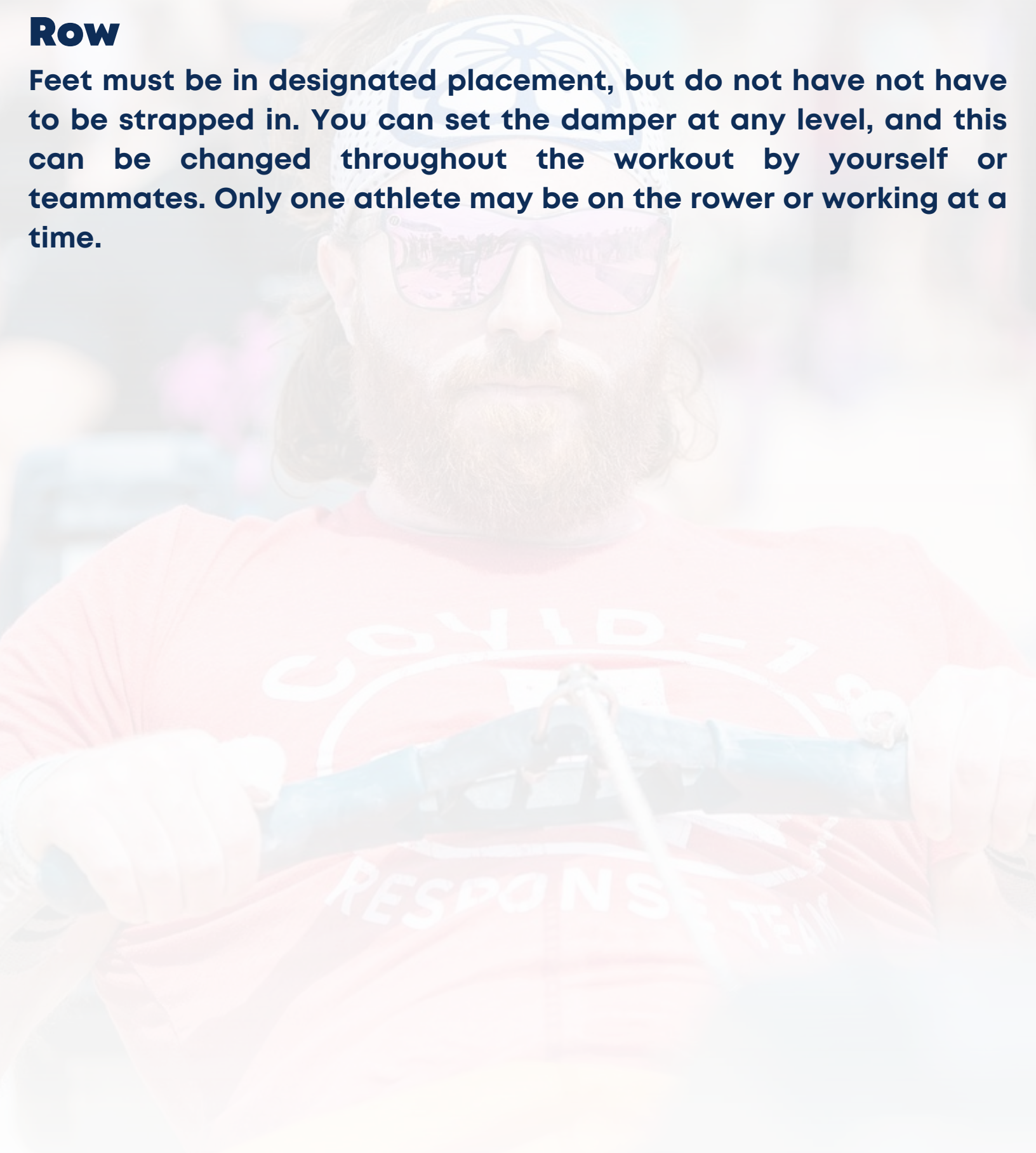
2 athletes will start hanging from the pull up bar. Both athletes must go from a full hang to having the toes touch the pull-up bar between their hands. if you touch your toes to your hands instead of the bar, it is a no rep. Both feet must touch the bar together in unison with your partner. If they are not synchronized, it is a no rep.

The arms and hips must be fully extended at the bottom with the heels passing behind the upright post of the rig before completing the rep.

*for intermediate, all standards apply, except that these are not in synchro with a partner. The team must complete 15 T2B total every 3 minutes.

Row

Feet must be in designated placement, but do not have to be strapped in. You can set the damper at any level, and this can be changed throughout the workout by yourself or teammates. Only one athlete may be on the rower or working at a time.



RX+INT WOD 4 - USS LST-393



USS LST-393

WOD 4 RX

FOR TIME: *15 MINUTE TIME CAP

BROUGHT TO YOU BY:



- 45 SYNCHRO HANG CLEAN
- 90 CHEST TO BAR PULL-UPS
- 45 SYNCHRO FRONT SQUATS
- 30 RING MUSCLE-UPS
- 9 SHUTTLE RUNS *3 SHUTTLE RUNS EACH PARTNER

BARBELL DETAILS: EACH TEAM WILL BE USING ONE OF EACH: MENS BAR, WOMENS BAR, STUBBY AXLE BAR
MENS WEIGHTS: MENS BAR: 135 / WOMENS BAR: 115 / STUBBY AXLE BAR: 90
WOMENS WEIGHTS: WOMENS BAR: 95 / MENS BAR: 75 / STUBBY AXLE BAR: 60



USS LST-393

WOD 4 INT

FOR TIME: *15 MINUTE TIME CAP

BROUGHT TO YOU BY:



- 45 SYNCHRO HANG CLEAN
- 60 CHIN OVER BAR PULL-UPS
- 45 SYNCHRO FRONT SQUATS
- 60 CHIN OVER BAR PULL-UPS
- 9 SHUTTLE RUNS *3 SHUTTLE RUNS EACH PARTNER

BARBELL DETAILS: EACH TEAM WILL BE USING ONE OF EACH: MENS BAR, WOMENS BAR, STUBBY AXLE BAR
MENS WEIGHTS: MENS BAR: 115 / WOMENS BAR: 95 / STUBBY AXLE BAR: 70
WOMENS WEIGHTS: WOMENS BAR: 75 / MENS BAR: 65 / STUBBY AXLE BAR: 50



The workout begins with all three athletes standing at their starting pylon situated behind the rig. At the call of 3,2,1 Go, athletes proceed out to their barbells. The two barbells will be placed on the 8X8ft Platform and the axle bar will be situated in the stand just off the platform. Athletes may face whichever direction they desire during the barbell movements. Many may opt to have two athletes facing the third to assist in communication and synchronization. Athletes are allowed to switch which bar they are using until they complete the 45 Synchro Hang Cleans. Once the Hang Cleans are complete, ALL THREE ATHLETES will make their way back to the starting pylon. Once all three athletes are touching or pass beyond the pylon, the first athlete may move back towards the Pull-Up Bar and begin working on C2B Pull-Ups. When an athlete finishes their set, they must move back to the starting pylon and tag it in order to release the next athlete so that they can continue accumulating Pull-Ups. Once the final Pull-Up is complete, that athlete must once again tag the pylon to release his/her teammates so that they can move to the bars and begin Synchro Front Squats. Again, athletes may switch which athlete is lifting which bar until all 45 reps are complete. Athletes must all tag the pylon before the first athlete begins working on Ring Muscle-Ups. The same pylon tagging, and teammate release format continues here. Once the final Ring Muscle-Up is completed, that athlete must tag the pylon to release their first shuttle run athlete. The athlete runs from the starting pylon out to the adjacent pylon situated near the lifting platform. The athlete must run around the second pylon and return to and tag the starting pylon to release the next athlete. This flow continues until all three athletes have each completed a 3 shuttle runs. Their score is the time shown when the final athlete touches the starting pylon for his/her third shuttle run (the teams ninth shuttle run). *** The main takeaway here is that before any new activity or before an athlete can switch during the gymnastic movements, the pylon must be tagged. When in doubt, TAG THE PYLON! :)

Barbell/Axle Bar Hang Cleans

all three athletes must deadlift the bar up from the ground, to a full standing position to initiate the hang clean. The hang position will be considered anywhere from above the knee to the hip. From the hang position, the athletes will then pull the bar up to their shoulders into the front rack position (this can be received as a power or squat). The rep is completed when all three athletes reach full lockout at the top with bar in the front rack, knees and hips locked out in unison with their 2 other partners. ***ELBOWS MUST BE IN FRONT OF THE BARBELL AT TOP OF REP** If one athlete desends the bar before the other athletes have reached the top position, the 2 athletes can wait for their partner to repeat the hang clean to complete the synchro portion of the movement, awarding them the rep - all three athletes do not have to repeat that rep.

Chest To Bar Pull-ups

This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met.

The arms must be fully extended at the bottom and feet must start behind the bar.

At the top, the chest must clearly come into contact with the bar. The standard pull-up is the same but with the chin clearly passing the plane of the pull-up bar.

Barbell/Axle Bar Front Squats

The Front Squat starts with the barbell in the front rack for all three athletes. They will then descend downward into a squat with hip crease clearly passing below the top of the knees in the bottom position for all three athletes. The Synchro portion of the front squat is when all three athletes reach the top, fully extended with hips and knees locked out while still in the front rack position. you may not begin the next rep until all three athletes complete the movement.

Ring Muscle Up

The athlete must begin with or pass through a hang below the rings, with arms fully extended and feet off the ground.

Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.

No portion of the foot may rise above the lowest part of the rings during the kip.

The athlete must pass through some portion of a dip before locking out over the rings.

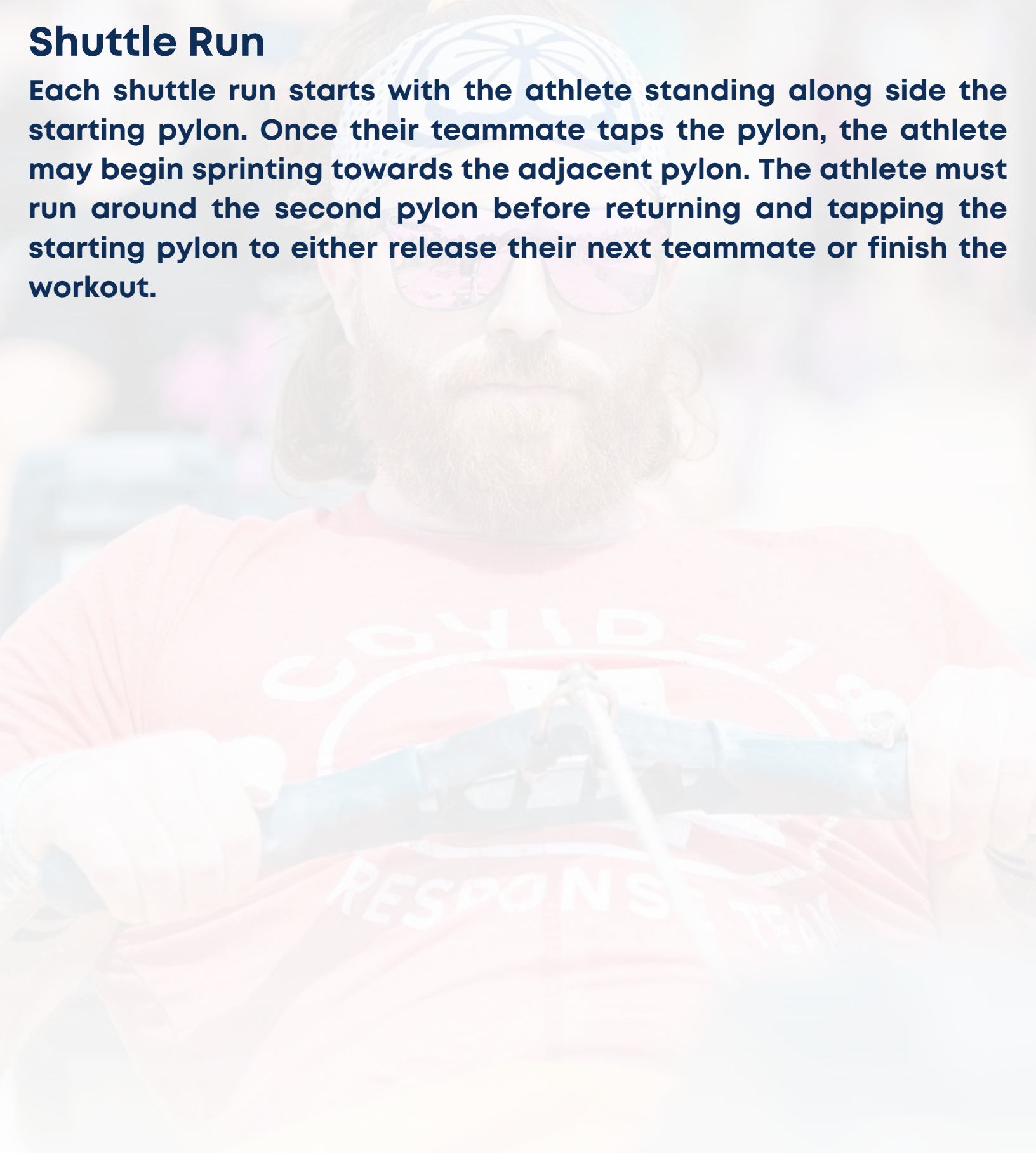
The rep is credited when:

The athlete's arms are fully locked out in the support position above the rings; and the athlete's shoulders are over or slightly in front of the rings.

Only the hands, and no other part of the arm, may touch the rings during the rep. (No crawling over the rings)

Shuttle Run

Each shuttle run starts with the athlete standing along side the starting pylon. Once their teammate taps the pylon, the athlete may begin sprinting towards the adjacent pylon. The athlete must run around the second pylon before returning and tapping the starting pylon to either release their next teammate or finish the workout.



MENS RX - HEAT 1

LANE	TEAM	LANE	TEAM
1	CFF 2.0	16	BAD ASS DADS
2	ASLEEP AT THE WHEEL	17	MASTERS OF THE UNIVERSE
3	AIN'T YOUR BEACH	18	CORN, BEEF, & GRANITE
4	LITTLE BUFF BOYS	19	BAR FONDERS
5	SMOOTH OPERATOR'S	20	UNBOTHERED.
6	INDY DAWGS	21	REVERSE OREGON
7	LIFT HUNT REPEAT	22	DRUNCHIES
8	CROSSFIT BANG BANG	23	DIHUNCHEZ
9	IRON BUNS BRENT AND THE DELICATE COMPLEXIONS	24	REP RASCALS
10	OH(10) BOYS!	25	STRONGER THAN LEE
11	11AM'ERS SSCF	26	NORTH ALL STARS
12	BLOOD SWEAT AND BEERS	27	JUNKYARD DAWGS
13	MAYHEM OR DIE	28	LINCOLN HAWK
14	FTF SHORTSTACKS	29	BLOOD SWEAT & BEERS
15	WHAT'S RICH DOING?	30	CROSSFIT FENTON BONK BOYS

MENS RX - HEAT 2

LANE	TEAM	LANE	TEAM
1	THIS IS THE WHEY	16	SWOLE SWIFTIES
2	THE DADDY HUSBANDS	17	WINDBREAKERS
3	RHADOLISCOUS	18	FTF REPLACEMENTS
4	WALL BALLS DEEP	19	DUSTY DADS
5	PD3 FOUNDATION	20	PIT CREW
6	I'M INJURED	21	AFFOREST CROSSFIT
7	FLEXY AND WE KNOW IT	22	RUSSELL'S KNIGHTS IN SHINING ARMOR
8	STAY STRONG	23	UNIDENTIFIED SEX MACHINES
9	CROSSFIT MAVEN	24	FFB
10	FUELING GOOD	25	MCCF GOLD
11	SIGN UP FOR MAYHEM AFFILIATE	26	PORTER STEEL YOUR HEARTS
12	CROSSFIT ANGOLA	27	SSCF
13	CROSSFIT FENTON	28	TEAM HIGH CAL
14	CFA COBRAS	29	THICK BOYZ
15	SHORT KINGS	30	WE USED TO TRAIN TOGETHER

WOMENS RX - HEAT 1

LANE	TEAM	LANE	TEAM
1	40 IS THE NEW 20	16	BADASS BRUNETTES
2	BIG NORTH BARBELL	17	BFFR
3	F-BOMB MOMS	18	CHEMICAL CITY
4	FLEO TRIO	19	CROSSFIT BOLSTER
5	GARAGE GYM ATHLETES	20	EMIL(IE)YS AND LAUREN
6	GTM: GYM. TAN. MASTERS.	21	TRIPLE NON-THREAT
7	HELLO SUNSHINE!	22	SASSY SAND SISTERS
8	LADYBROS	23	
9	RAT PACK	24	
10	RX OR BUST	25	
11	THE RATS	26	
12	8 MILE STRONG	27	
13	ALLY AND THE CHIPMUNKS	28	
14	BABES ON THE BLOCK	29	
15	BAD BEACHES	30	

WOMENS RX - HEAT 2

LANE	TEAM	LANE	TEAM
1	THE TRAVELING TRIO	16	COASTAL COMMANDOS
2	SUN SAND AND SQUATS	17	CROSSFIT BIG RAPIDS
3	RETURN OF THE GOAT FARM	18	SHORELINE SHREDDERS
4	NICE RAK	19	I THOUGHT THIS WAS A 14ER
5	MOTHER THRUSTERS	20	MRS MUSCLES
6	FULLYTAPPED DAT ASS	21	PRETTY AND TUFF, KINDA BUFF
7	MID-MICHIGAN MASH UP!	22	ROOKIES AND A VET
8	BLONDE-TOURAGE	23	THE DAWGZ
9	CROSSFIT FROSTBITE	24	
10	C.L.T.	25	
11	STRONGER THAN A 90S TREND	26	
12	DOUBLE THUMBS UP	27	
13	BIG GORLS	28	
14	BUSTED BISCUITS	29	
15	VANKALREN LADIES	30	

MENS INT - HEAT 1

LANE	TEAM	LANE	TEAM
1	3 AMIGOS	16	BRAZILIAN WAX
2	SAM STORM	17	CANAL CARTEL
3	BEACH OFF BROZ	18	CF2 CREW
4	BENT NOT BROKEN	19	DOWN WITH THE THICCNES
5	CROSSFIT FENTON 148	20	HIGH VOLTAGE
6	CROSSFIT LEGATUS	21	ZOO ANIMALS
7	DAD WORK PAYS OFF	22	TWO MEN AND A BABY
8	HIGH FIVE FITNESS	23	
9	HOLD MY BEER	24	
10	RAPTORS	25	
11	SANDY BOTTOM BOYS	26	
12	TROPHY HUSBANDS	27	
13	AH BLUES BROS	28	
14	BIKINI BOTTOM SYMPHONY ORCHESTRA	29	
15	BLOCKHEADS	30	

MENS INT - HEAT 2

LANE	TEAM	LANE	TEAM
1	TRIPLE RIVER BROS	16	CROSSFIT FENTON REVENGERS
2	POSEIDONS SEAMEN	17	TEAM TBD
3	OH MY QUAD!	18	CHALK-A-LOT
4	NERD HERD	19	HAKUNA MASQUATA
5	HUNKS & CHUNKS	20	LESS ADVANCED
6	FTF BROS	21	NOT FAST JUST FURIOUS
7	JERKINGFORLOAD	22	ORGIES DON'T START THEMSELVES
8	AGGRESSIVELY AVERAGE	23	STRONG POINT ATHLETICS
9	LAB RATS	24	
10	CARRIED BY KARL	25	
11	FATBOI FITNESS	26	
12	TEAM BDE	27	
13	LUNCHBOX	28	
14	EXCEPTIONALLY AVERAGE	29	
15	NORTHSIDE TRAINING SYSTEMS	30	

WOMENS INT - HEAT 1

LANE	TEAM	LANE	TEAM
1	2 BLONDES AND A BEACH	16	GIRLS JUST WANT TO HAVE FUN
2	BLUE UNICORNS	17	IN MY FRESH COAST ERA
3	BUNS AND GUNS	18	LESSFIT
4	HOT MESS EXPRESS	19	LAKESWELL LADIES
5	INSTAGRAM VS. REALITY	20	LIFT IT BABY ONE MORE TIME
6	LATE TO THE PARTY	21	B.A.M
7	MASTERS OF THE BEACH	22	TWO GIRLS AND A DOCTOR
8	SANDY AND STRONG	23	THRUST ISSUES
9	SANDY SNATCHES	24	THIC AS THIGHS
10	SNAP CRACKLE POP	25	NOT FAST, JUST FURIOUS
11	SNOWBELT SAVAGES	26	MNM
12	ABS AND SCABS	27	MEDIOCRE MUSCLES
13	ALMOST MASTERS MERMAIDS	28	TEAM NITRO
14	BUFF BEACHES	29	THICC AS THIEVES
15	CFLE	30	FADE

WOMENS INT - HEAT 2

LANE	TEAM	LANE	TEAM
1	SO FRESH & SO CLEAN CLEAN	16	FIERCE 3
2	QUEEN B'S	17	QUAD DAMN
3	ME AND MY BAD BEACHES	18	SHORT STACKED & JACKED
4	FFG	19	QUEEN B'S
5	DROP IT LIKE A SQUAT	20	ALL PAIN, NO GAIN
6	COACHWOMEN	21	SEND HELP
7	BASIC BEACHES	22	THICKFIT
8	BAEWATCH	23	BARELY AVERAGE
9	MOM JEANS AND POWER CLEANS	24	BOOTY AND THE BEAST
10	FTF GIRLS	25	DAMSELS IN DIS TEST
11	MERMAID MUSCLE	26	FAFCO FRESHI
12	STICK TIGHT CREW	27	HIT IT THRICCE
13	SUNNY BUNNIES	28	PIT GIRL MATH
14	TWO COUGARS AND A CUB	29	ROGUE RIVER RUNNING ON EMPTY
15	JAY COUNTY BARBELL CLUB	30	SWOLE SISTERS

MAP



VENUE AMENITIES

We strive to make Fresh Coast bigger and badder every year! Review the following so that you know your way around and look like a veteran Fresh Coaster instead of that newb who sets up their tent next to the bathrooms ;)

EVENT HEADQUARTERS

-A large tent (20X20) will be set up on site as our Event HQ.

First Aid / Medical

Scoring

Lost & Found

Hydration Station

A water fill station will be available to all athletes/spectators located near the changing tents.

Team Camping Area

-We encourage teams to bring their own pop-up canopy tents to help keep cool and out of the sun

BEACH RULE: No dogs allowed on this public beach. While we love your furry friends, they are not allowed on the premises.

-Garbage Cans will be placed throughout the event and we ask that you help us keep our beautiful beach clean by tossing any trash you make into the cans :)

Activity Area

We plan to have some fun beach activities to keep athletes and/or your kids busy between workouts!

FOOD TRUCKS

We are so excited to have food trucks on site this year!

Located near the entrance of the event, we will have a food truck and a Coffee Trailer to keep you well feed and highly caffeinated!



BIG TUCK'S FOOD TRUCK

bigtucksfoodtruck@gmail.com | 231-798-5143
@bigtucksfoodtruck



HITCH HIKER COFFEE

www.hitchhikercoffeetrailer.com | 231-233-5510
@hitchhikercoffee



TROPICAL TRADITIONS ACAI BOWL

3brothersllc23@gmail.com
@tropical_traditions2023

BATHROOMS AREAS

WE WILL HAVE PORT-O-JOHNS ON SITE WITH HAND WASHING STATIONS, THANKS TO OUR WONDERFUL FRIENDS FROM GREAT LAKES SEWER AND SEPTIC.



THERE ARE ALSO PUBLIC BATHROOMS A QUICK WALK AWAY OUTSIDE OF THE EVENT GROUNDS. THEY ARE LOCATED AT THE BUILDING NEAR THE CHILDREN'S PLAYGROUD

CHANGING AREAS

THERE WILL BE CHANGING CABANAS AND A CHANGING TENT ON SITE FOR ATHLETES TO CONVENIENTLY AND DISCREETLY CHANGE CLOTHES AS NEEDED. WE WILL BE OUTFITTING THESE WITH A FEW CONVENIENCE ITEMS SUCH AS SPF, WET WIPES, AND OTHER NECESSITIES.

FCG STORE

CHECK OUT THE FCG STORE AND GRAB YOURSELF SOME FCG BRANDED SWAG!!

CASH OR CREDIT IS WELCOME

COMMEMORATIVE EVENT BEACH TOWELS \$25.00

THUMB TAPE 2 FOR \$5

SAND SOCKS \$12

ROPE CLIMB SHIN GUARDS \$12 EACH OR 2 FOR \$20

EVENT SHIRTS \$25.00

RECOVERY DRINKS \$3.00 (O2, FITAID, KILLCLIFF)

WATER BOTTLES \$1.50

PARKING

PARKING IS LOCATED ALL ALONG THE BEACHFRONT AND IN FRONT OF THE DECK RESTAURANT. THE CITY PARKING FEE IS \$10 FOR THE DAY, OR 20\$ FOR A SEASON PASS - SO PLEASE CARPOOL IF ABLE, OR CONSIDER THE YEAR PASS IF YOU WILL BE ATTENDING 2 DAYS OR THINK YOU WILL BE BACK TO VISIT OUR BEAUTIFUL BEACH MORE THAN ONCE!

RV PARKING: RV'S ARE ONLY ALLOWED TO PARK ON THE CURVE NEAR MARGARET DRAKE PARK OR THEY CAN PARK IN THE COAST GUARD LOT BY PULLING TO SPOT. -DIRECT MESSAGE FROM MUSKEGON PD

SPECTATOR ENTRANCE FEE

WE WARMLY WELCOME ANY AND ALL SPECTATORS TO COME CHEER ON THEIR FRIENDS AND FAMILY. ADMISSION FEE FOR ALL ADULT SPECTATORS (17 & UP). \$10 - DAY PASS OR \$15 - 2 DAY PASS

INSIDE THERE WILL BE A WATER FILL STATION FOR ALL TO USE.

THIS YEAR WE HAVE EXPANDED ON OUR ACTIVITIES AREA WHERE THERE WILL BE BAGS (CORN HOLE), SPIKE BALL, AXE THROWING (PLASTIC) AND MORE AVAILABLE TO USE.

UPON ENTERING AT THE MAIN GATE ALL SPECTATORS WILL BE GIVEN A WRISTBAND TO ALLOW EXIT AND RE-ENTRY.

ATHLETES WILL BE GIVEN A DIFFERENT COLORED WRISTBAND AT REGISTRATION.

ADMISSION CAN BE PAID FOR WITH CASH AT THE MAIN GATE OR ONLINE.

PURCHASES SPECTATOR PASSES AT THE FOLLOWING LINK

PURCHASE PASSES



***If you are an athlete competing on Sunday but plan to spectate on Saturday, pick up your athlete wristband at the registration table.**

WARM-UP AREA

Thank you HYBRIDAF for sponsoring the warm-up area!

Platforms and a rig will be available so please share time on it with others. You will find a few sets of X-Over Extreme Bands (By FITCORD) attached to the warm-up rig to help you prepare for the workouts



#HYBRIDAF
ALWAYS OPEN GYM NETWORK

GYM VIP AREA

THE TWO GYMS THAT REGISTERED THE MOST TEAMS ON EACH DAY RESPECTIVELY WILL ENJOY A PRIME SPOT ON THE BEACH OUTFITTED WITH TWO CANOPY TENTS, TWO HAMMOCKS AND ADIRONDACK CHAIRS FOR LOUNGING, AND A COOLER FULL OF ICE COLD RECOVERY DRINKS.

SATURDAY



SUNDAY



THANK YOU GYM FORCE FOR SPONSORING THIS GREAT FEATURE





EVENT PHOTOGRAPHY

WE ARE PROUD TO BRING @FLSPORTSGUY TO FRESH COAST GAMES AGAIN THIS YEAR TO CAPTURE YOUR TEAM'S EFFORTS ON THE BEACH. MICHAEL IS A PROFESSIONAL EVENT PHOTOGRAPHER WHO SHOOTS FOR CROSSFIT GAMES, WODPALOOZA AND SEMI-FINAL EVENTS. BE SURE TO FOLLOW HIM ON INSTAGRAM AND YOU JUST MIGHT SEE YOURSELF FEATURED ON HIS GRAM :)



[HTTPS://WWW.FLSPORTSGUY.COM](https://www.flsportsguy.com)

EVENT VIDEOGRAPHY

WE ARE AGAIN EXCITED TO BRING BACK A. BESON MEDIA WHO HAS SHOT ALL OF OUR WOD PREVIEWS, PROMO MATERIAL, AND WILL BE MAKING YOU ALL LOOK AMAZING IN THE POST EVENT HIGHLIGHT VIDEOS. PLEASE FOLLOW AND SUPPORT @AARONBESONMEDIA AND GIVE HIM A HIGH FIVE ON THE BEACH FOR ALL THE AWESOME WORK HE HAS DONE.

HAVE AN EVENT? HE WOULD LOVE TO HELP YOU LEVEL UP YOUR MEDIA!



[HTTPS://WWW.AARONBESONMEDIA.COM/](https://www.aaronbesonmedia.com/)

HEALTHY COMPETITION

WE TRAIN TO STAY FIT AND HEALTHY! WE COMPETE TO MAKE MEMORIES WITH FRIENDS! OUR GOAL IS TO DO EVERYTHING WE CAN TO MAKE OUR EVENT MEMORABLE AND MORE IMPORTANTLY SAFE FOR EVERYONE WHO ATTENDS. THE FOLLOWING ARE PROTOCOLS AND ACTIONS THAT WE HAVE TAKEN TO ENSURE OUR ATHLETES, SPECTATORS AND VOLUNTEERS REMAIN SAFE DURING FRESH COAST GAMES 2023.

COMPETITION FLOOR:

- AVAILABLE TO ATHLETES WILL BE A CADDY STOCKED WITH: DISINFECTANT SPRAY, CLOTHS, HAND SANITIZER**
- ATHLETES ARE WELCOME TO WIPE DOWN EQUIPMENT PRIOR TO THEIR HEAT IF THEY SO CHOOSE**
 - THERE WILL BE BARRIERS BETWEEN THE COMPETITION FLOOR AND SPECTATORS**
- TEAMS WILL BE REQUIRED TO CHECK-IN TO THE TEAM CORRALS 10 MINUTES PRIOR TO THEIR HEAT (THIS WILL KEEP THE COMPETITION FLOOR MUCH MORE ORGANIZED AND MINIMIZE TRAFFIC)**

FESTIVAL GROUNDS:

- THE COMPETITION WILL BE FENCED IN THIS YEAR TO ENSURE LESS FOOT TRAFFIC FROM THE GENERAL PUBLIC, AS WELL AS PREVENTING THE PUBLIC FROM USING THE RESTROOMS REDUCING LINES AND WASTE.**
 - HAND WASHING STATIONS WILL BE PROVIDED NEAR THE PORT-O-JONS**
- WE HAVE PLENTY OF BEACH FOR YOU TO SPREAD OUT ON WHEN CHOOSING A SPOT FOR YOUR POP-UP TENT AND BASE CAMP, PLEASE BE RESPECTFUL OF EACH OTHERS SPACE AND NEEDS**
- WE ENCOURAGE YOU TO APPROACH OUR HEADQUARTERS WITH ANY CONCERNS THAT ARE NOT ADDRESSED OR ARISE THE DAY OF COMPETITION**

FIRST AID:

- WE WILL HAVE A FIRST AID AVAILABLE AT OUR HQ TENT FOR ANY ISSUES THAT MAY ARISE. WE ARE LIMITED IN WHAT WE CAN TREAT AS WE ARE OFF SITE, SO PLEASE BE UNDERSTANDING IF WE FEEL THE NEED TO CALL FOR EXTRA HELP IF A MORE SERIOUS SITUATION PRESENTS ITSELF.**

AN AED WILL BE ON SITE AT HQ.

THANK YOU
SPONSORS





**APEX
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**GREAT LAKES
SEWER & SEPTIC**
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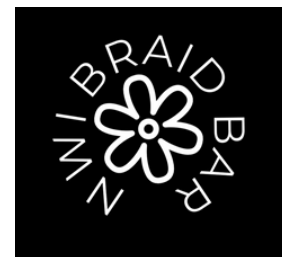


LMCU
YOUR LOCAL MORTGAGE EXPERT
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YETI



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