

FIREFIGHTER THROWDOWN[®]

OPERATIONS BY CROSSFIT SOCAL

Do you have what it takes to be one of 100 firefighters chosen to compete in the most intense firefighter fitness event ever?

Firefighter Throwdown, at Firehouse World,
San Diego Convention Center, February 18-19, 2014.
Fill out the online qualifier before November 30, 2013.

www.firefighterthrowdownUSA.com

If you're the toughest firefighter out there, prove it!

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COAST**



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