



2024 Pit Teen Throwdown

WHAT:

The Pit Teen Throwdown is a CrossFit® competition designed to give teenage athletes an exclusive opportunity to test their skill, strength and stamina against their peers. The PTT will run concurrently with the Pit Collegiate Throwdown (60 athletes ages 18-22) and adjacent to the 2024 Teenage CrossFit Games®.

WHEN/WHERE:

In-person Competition: Aug. 27-30, 2024

- Athlete registration Tuesday, Aug. 27
- Full day of CrossFit® competition Wednesday, Aug. 28 at [Wings Event Center](#)
- Full day of CrossFit® CrossFit® competition Thursday, Aug. 29 at Wings
- Finale event Friday, Aug. 30 at [The Pit Fitness Ranch](#)

WHO:

- 90 athletes ages 14-17

The PTT features VARSITY* and JUNIOR VARSITY** divisions designed to challenge teens with varying levels of expertise and experience. **Breakdowns are as follows:**

VARSITY 14-15 Boys	15	
VARSITY 14-15 Girls	15	
VARSITY 16-17 Boys	15	<i>Boys and Girls born on or between 07/15/2008 and 7/14/2010</i>
VARSITY 16-17 Girls	15	
JV 14-17 Girls	15	<i>Boys and Girls born on or between 07/15/2006 and 07/14/2008</i>
JV 14-17 Boys	15	
		<i>Boys and Girls born on or between 07/15/2006 and 07/14/2010</i>

***VARSITY** athletes are usually in the top 10-15% of CrossFit Open athletes in their divisions. These athletes are able to complete higher-level movements seen in CrossFit competitions - RMUs, HSW, etc. - and often have some experience competing. Note 2024 is NOT an invitational based on finishes in any of the CrossFit Games tests (the Open, Quarterfinals or Semifinals). Varsity athletes who register should be prepared to enter a high-level CrossFit® competition designed for the elite teen athlete.

****JUNIOR VARSITY** athletes are CrossFit® athletes who may have just begun competitive training, have less experience and expertise, or who are yet to master higher-level movements or weights. We have seen several “firsts” in the JV competition - like hitting new snatch PRs or getting a BMU in front of a crowd. The programming will be challenging, not impossible, for the JV athlete.

If you have questions about the athlete’s ability to compete, message competition@pitfitnessranch.com.

HOW:

Requirements to compete:

- Participation* in the 2024 CrossFit Open
- Participation* in the quarterfinals and semifinals IF qualified (Basically, the athlete should have gone as far as possible in the 2024 CrossFit Games process.)
- Age requirements
- Pay registration (\$295)

**Will consider athletes who signed up for The Open, QFs or SFs but were unable to complete all workouts d/t injury, etc.*

Registration:

- Registration will open at 0700 EST Monday, June 17, 2024, on StreamFit*
- First to register, first to compete
- Once divisions are filled, athletes may be on a waitlist.
- Spots will be backfilled via the waitlist for any withdrawals through July 28, 2359 EST

**Prior to June 17, The Pit reserves the right to allow a limited number of former athletes exclusive early access to registration.*

More about the Pit Teen Throwdown

- The PCT is a CrossFit® competition designed to give athletes the opportunity to test their skill, strength and stamina against their peers.
- The PTT will run concurrently with the Pit Collegiate Throwdown, which features 60 athletes ages 18-22. A total of 150 athletes will compete Wednesday through Friday in the PCT/PTT.
- 120 Teenage CrossFit Games® athletes will be registering for their championship event at Wings Stadium on Thursday afternoon at the end of that day’s PTT/PCT events.
- Pit Day Friday, Aug. 30 will feature:
 - PTT/PCT final event and podium/prizes
 - Teenage CrossFit Games® Opening Ceremonies
 - Pit Community Ruck

- Every PTT athlete will have a credential to spectate at the 2024 Teenage CrossFit Games Aug. 31-Sept. 1 back at Wings. (This credential may not be transferred to anyone else and is PCT/PTT athlete specific.) Note this is a spectator ticket and does not include access in Teenage CrossFit Games athlete-only areas. Security will be tightly enforced.
- Every PCT athlete will receive an entry into the Pit Community Ruck Friday, Aug. 30. (This entry may not be transferred to anyone else and is PCT/PTT athlete specific.)
- The PTT/PCT are complementary to the Teenage CrossFit Games and may feature different partners and experiences.
- Refund policy: Athletes who must withdraw from the competition will receive partial refunds per the following:
 - June 17-July 15 - 50% REFUND (\$147.50)
 - July 15-29 - 30% REFUND (\$88.50)
 - July 29-Aug. 12 - 10% REFUND (\$29.50)
 - After Aug. 12 - NO REFUND