

# Coquitlam Crunch Challenge

## Registration Fees

2024 Registration Fees	2024 Start Time	Super Early Bird Jan 1- March 31	Early Bird April 1- 28	Regular April 29-June 1
Make it or Break it	9:00 AM			
Individual		\$30	\$35	\$45
Team		\$120	\$140	\$180
*Max # 10 individuals				
8 Km Run	9:00 AM			
Individual		\$25	\$30	\$35
Team.		\$100	\$120	\$140
*Max # 10 individuals				
Stair Master	8:00 AM			
Individual		\$20	25	\$30
Team				
*Max # 10 individuals				
Recreational	10:00 AM			
Individual		\$20	\$25	\$30
Team				
*Max # 10 individuals				
Family				
*2 to 7 Family members		\$30	\$35	\$45
**Stair Master, 8km Run, Recreational: All age categories eligible				
**Make It or Break It : Ages 16+				