

2015 TRI-FITNESS WORLD CHALLENGE

SCHEDULE:

Thursday, May 21

- Thursday 7:00 AM (until 9:30 AM) – Early athlete weigh in (Tri-Fit Suite)
- Thursday 10:30 AM (also 1:00 PM)
– Obstacle Course & True Grit instruction (optional) – Hyatt parking lot
- Thursday 6:00 PM – Athlete Registration & athlete weigh in – (TBA)
- Thursday 7:00 – 7:30 PM – Athlete Meeting– Hyatt (TBA)

Friday, May 22

- Friday 9:30 AM – 11:30 AM – Shuttle Run & Bench Press – Hyatt Ballroom
- Friday 5:30 PM–Grace & Physique & Fitness Routines – Hyatt Ballroom

Saturday, May 23

- Saturday 9:30 AM – Obstacle Course, Box Jumps, True Grit Challenge - Hyatt Parking lot and ballroom
- Saturday 6:00 PM - Tri-Fitness Challenge Awards, Dinner, Hall of Fame Induction – Hyatt ballroom

** Schedule subject to change according to weather!

All athletes must stay on property due to possible changes; thank you!

\$30 Admission for weekend event for spectators

\$35 - Saturday Night (6 to 11 PM) Seated DINNER, AWARDS, HALL OF FAME INDUCTIONS, DANCE!!