

2020 TRI-FITNESS WORLD CHALLENGE XXIII

(Tentative) SCHEDULE:

Friday, Oct. 9

- Friday 7:00 AM (until 9:30 AM) – Early athlete weigh in/Registration– Tampa Marriott Westshore – TB – Mariott (1001 N. Westshore Blvd)
- Friday 11:00 AM – Obstacle Course instrution optional – 9701 Van St, Tampa
- Friday 1:00 PM (until 2:30) - 2nd Athlete weigh in and Registratiton – Tampa Marriott - TBA
- Friday 5:30 PM (until 7:00 PM) – Last Athlete Registration & athlete weigh in – Tampa Marriott - TBA
- Friday 7:00 PM – Athlete Meeting – Tampa Marriott

Saturday, Oct. 10

- Saturday 8:30 – 2:00 PM – Grace & Physique & Fitness Routines – Tampa Marriott Westshore (1001 N. Westshore Blvd)
- Saturday 4:00 PM–True Grit – Power House Gym – 3251 W. Hillsborough Ave, Tampa (adjacent parking area)

Sunday, Oct. 11

- Sunday 9:00 AM to 1:00 PM **athletes be there at 8:15 AM** - Obstacle Course, Box Jumps, Bench Press, Shuttle Run – Power House Gym – 3251 W. Hillsborough Ave (adjacent parking area).
- Sunday 6:00 PM - Tri-Fitness Challenge Awards & Hall of Fame Induction – Marriott 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

** CDC protocols will be followed throughout weekend

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