

2022 TRI-FITNESS WORLD CHALLENGE XXV

(Tentative) SCHEDULE:

Thursday, May 26

Thursday 7:00 to 10:00 AM – Early weigh in – Grand Hyatt – 2900 Bayport Dr., Tampa

Thursday 11:00 AM – Optional Obstacle Course Practice – 9701 Van St, Tampa

Thursday 5:30 PM – Weigh in and Registration – Grand Hyatt

Thursday 7:00 PM - Athlete Meeting – Grand Hyatt

Friday, May 27

Friday 8:00 AM (until 9:30 AM) – Late athletes weigh in - Registration– Grand Hyatt – 2900 Bayport Dr.

Friday 5:30 PM – Grace & Physique and Fitness Routines – Grand Hyatt ballroom

Saturday, May 28

Saturday 9:00 AM to 1:00 PM – Obstacle Course and Shuttle Run – Alonso High School Football Stadium - 8302 Montague St., Tampa – Obstacle Course on football field (artificial turf) and Shuttle Run on track (rubberize)

Saturday 3:00 PM – Box Jumps – Grand Hyatt ballroom

Saturday 4:30 PM – Bench Press – Grand Hyatt ballroom

Sunday, May 29

Sunday 9:30 AM - True Grit – Power House Gym – 3251 W. Hillsborough Ave., Tampa

Sunday 5:30 PM - Tri-Fitness Challenge Awards & Hall of Fame Induction – Grand Hyatt ballroom – please purchase dinner tickets online

**** Schedule subject to change according to weather! As weather is an act of God, outside events such as Obstacle Course and True Grit can be subject to change thus the times of the Skills might be changed**

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

\$30 Admission for weekend event for spectators

Grace & Physique tanning will be done by Jlynn at 9701 Van St (Al's home) and she will schedule times – Hair & makeup will be done backstage by Marie and her staff