

2023 TRI-FITNESS WORLD SCHEDULE XXVI

(Tentative) SCHEDULE:

Thursday, May 25

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 26

Friday 8:00 AM (until 9:30 AM) – Late athletes weigh in & Registration – Grand Hyatt

Friday 4:15 PM – Grace & Physique and Fitness Routines – Grand Hyatt ballroom

Saturday, May 27

Saturday 9:00 AM to 12:30 PM – Obstacle Course, Shuttle Run and True Grit - Plant High Football Stadium 2415 South Himes, Tampa

Sunday, May 28

Sunday 9:30 AM - Box Jumps and Bench Press – Grand Hyatt - ballroom

Sunday 5:00 PM – Tri-Fitness Challenge Awards – Hall of Fame Inductions – Dinner – 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 Skills might be changed.

All athletes must stay on property due to possible changes, thank you.

\$30 admission for weekend for spectators

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