

## 2024 TRI-FITNESS WORLD SCHEDULE XXVII

### (Tentative) SCHEDULE:

#### Friday, Nov. 8

Friday 7:00 to 10:00 AM – Early weigh in & Registration – Al Rosen’s home – gym – 9701 Van St, Tampa

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

Friday 5:00 PM – Weigh in and Registration – Al Rosen, 9701 Van St, Tampa

#### Saturday, Nov. 9

Saturday 8:00 AM (until 9:30 AM) – Last weigh in & registration - Al Rosen, 9701 Van St, Tampa

Saturday 5:30 PM – Grace & Physique, Fitness Routines, Box Jumps, Shuttle Run & HOF Induction – Gaither High School Auditorium (athletes report by 5:00 pm) – 16200 N. Dale Mabry Hwy.

#### Sunday, Nov. 10

Sunday – 9:30 AM - Bench Press – Plant HS track (back side of bleachers)

Sunday 10:30 AM – Obstacle Course & True Grit - Plant High Football Stadium 2415 South Himes, Tampa

Sunday – 12:30 PM – Awards – Plant HS cafeteria

**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 Bench & Awards might be changed.

\$30 admission for weekend for spectators

**Grace & Physique** tanning will be done by Jlynn at 9701 Van St (Al’s home) on Friday and she will schedule times. **Hair and makeup** will be done by Elizabeth at 9701 Van St on Saturday. Last client will finish by 4:30