

2025 TRI-FITNESS WORLD SCHEDULE XXVIII

(Tentative) SCHEDULE:

****Friday – either weigh in, tanning, obstacle courses practice or stopping by – athlete will be responsible to sign waiver and pick up their registration package which includes athlete number and shirt. There will be other shirts available for purchase. During the entire event, every athlete must wear a Tri-Fitness shirt.**

Thursday, Nov. 6

Thursday 8:00 to 10:00 AM – Early weigh in – 9701 Van St, Tampa

Friday, Nov. 7

Friday 8:00 AM (until 9:30 AM) – Weigh in – 9701 Van St, Tampa

Friday: throughout day – Tanning – 9701 Van St, Tampa

Friday 11:00 AM (until 12:30 pm) – optional Obstacle Course and True Grit practice

Saturday, Nov. 8

Saturday: early AM – Hair & Makeup at 9701 Van St & touch up tanning – 15 minutes to Jefferson HS

Saturday 9:00 AM – Grace & Physique, Fitness Routines, Box Jumps, Bench Press, Shuttle Run – Jefferson High School Auditorium (athletes report by 9 AM) – start time is 9:30 AM – 4401 Cypress St, Tampa

Saturday 6 PM to 8:30 PM– Obstacle Course & True Grit - Plant High Football Stadium 2415 South Himes, Tampa

*Saturday – 8:30 PM – Awards – Plant HS cafeteria

Sunday, Nov. 9

*Sunday 8:00 AM – only if major rain and we can't change things on Saturday

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. *** Weather can move things from Saturday evening to Saturday afternoon or Sunday morning

\$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 Elizabeth and staff at 9701 Van St