



FRIDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

OUTSIDE

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Masters
12:00 – 12:40 | Heavy & Fast

Women's Open Team III
12:50 – 2:25 | 40-30-20-10

Men's Open Team III
2:35 – 4:30 | 40-30-20-10

AsRx Individuals | Women then Men
4:50 – 5:30 | Strict & Heavy

PRO Women 5:40 – 6:05 | Strict & Heavy

PRO Men
6:15 – 6:40 | Strict & Heavy

PRO Women
7:10 – 8:01 | Carry & Climb

PRO Men
8:20 – 9:16 | Carry & Climb

Women's Open Team III
11:00 – 12:20 | Doubles & Squats

Men's Open Team III
12:30 – 2:07 | Doubles & Squats

AsRx Individuals | Women then Men
2:17 – 2:56 | Doubles & Squats

PRO Women 2:56 – 3:17 | Doubles & Squats

PRO Men
3:27 – 4:00 | Doubles & Squats

Masters
4:20 – 4:54 | Doubles & Squats

Community Team
5:15 – 5:54 | Synchro Double Time

Community Team
10:00 – 2:40 | Minnesota Triathlon

Women's Open Team III
2:50 – 6:10 | Minnesota Triathlon



SATURDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

OUTSIDE

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

Men's Open Team III
9:15 – 11:13 | Handstands & Nine Lives

Community Team
11:30 – 12:53 | Gymnasty Chipper

Women's Open Team III
1:10 – 2:48 | Handstands & Nine Lives

PRO Women
3:10 – 3:45 | Hang Ten

PRO Men
3:45 – 4:10 | Hang Ten

AsRx Individuals | Women then Men
4:20 – 5:05 | Hang Ten

Masters
5:15 – 5:55 | Hang Ten

PRO Women
6:15 – 6:59 | Individual FINAL

PRO Men
7:10 – 7:58 | Individual FINAL

FAN APPRECIATION NIGHT
8:00 – 8:30 | Meet & Greet

Community Team
9:00 – 9:27 | 1-Rep Max Clean

AsRx Individuals | Men then Women
9:52 – 10:32 | Speed Squat

Women's Open Team III
11:00 – 11:46 | 1-Rep Max Clean

Men's Open Team III
11:57 – 1:06 | 1-Rep Max Clean

PRO Women
1:20 – 1:40 | Speed Squat

PRO Men
1:50 – 2:10 | Speed Squat

Masters
2:15 – 2:55 | Speed Squat

Community Team
3:10 – 4:38 | Strict & Heavy/Heavy & Fast

Masters
6:50 – 9:20 | Minnesota Triathlon

PRO Women
9:20 – 11:00 | Minnesota Triathlon

PRO Men
11:00 – 12:40 | Minnesota Triathlon

AsRx Individuals | Women then Men
12:40 – 3:10 | Minnesota Triathlon

Men's Open Team III
3:10 – 7:20 | Minnesota Triathlon



SUNDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

OUTSIDE

8am	Women's Open Team III 8:00 - 9:20 Waterfall
9am	
10am	Men's Open Team III 9:30 - 11:07 Waterfall
11am	
12pm	PRO Team 11:20 - 12:19 Oly Meet
1pm	Masters 12:30 - 1:04 Stubby
2pm	PRO Team 1:15 - 1:46 Syncro Fran
3pm	Community Team 1:50 - 3:13 Double Trouble
4pm	AsRx Individuals Women then Men 3:30 - 4:09 Stubby
5pm	PRO Team 4:30 - 4:59 Team FINAL
6pm	

PRO Team 8:00 - 8:30 Sandbags & Doubles
AsRx Individuals Women then Men 8:45 - 9:25 Over the Hill
Masters 9:35 - 10:15 Over the Hill
Community Team 10:30 - 11:17 Up the Hill
Women's Open Team III 11:30 - 1:15 Over the Hill
Men's Open Team III 1:36 - 3:42 Over the Hill



OFF-SITE

AFTER PARTY! 8:00 - 1:00 The Pickled Loon Downtown St. Cloud
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EVENT MAP

