



**10.26.13**

**GENERAL SCHEDULE OF EVENTS**

**0600-0700:** Vendor and Event Set Up

**0700-07:45:** Arrival of teams and late check in for out of town teams

**0745-0800:** Explanation of "Individual Events"

**0800-0805:** Star Spangled Banner

**0805-0830:** Athlete Warm Up

**0830-1055: Workout #1: "The Ladders"**

**1055-1105:** Set up for Workout #2

**1105-1247: Workout #2: "Los Cuatros"**

**1247-1315:** Break and Set Up for Workout #3

**1320-1615: Workout #3: "Leg and Arm-a-Gettin"**

**1615-1630:** Final tabulation of scores

**1630-1655:** Presentation of awards

**1700- ???** BBQ Dinner