

# 2010 South East Regional Qualifier

## Friday Afternoon Heats



10:00 AM Venue Opens / Registration onsite opens  
10:00 AM Early Staff Meeting  
12:30 PM AM Brief Affiliate Teams and Masters Indoor Venue  
Events Q&A / How to Check in/out

### Masters Friday Event #1 1RM Thruster

South Court 10min time limit 15min rotation

Heat 1 1:00 PM 301,302,303,304,305,306,307,308,309,310,311,312  
Heat 2 1:15 PM 313,314,315,316,317,318,319,320,321,322,323  
end 1:30 PM

### Affiliate Teams Friday Event #1 Ground to Overhead Muscle-Ups Pull-ups

South Court 16min time limit 20min rotation

Heat 3 1:40 PM 401,402,403,404  
Heat 4 2:00 PM 405,406,407,408  
Heat 5 2:20 PM 409,410,411,412  
Heat 6 2:40 PM 413,414,415,416  
Heat 7 3:00 PM 417,418,419,420  
Heat 8 3:20 PM 421,422,423,424  
Heat 9 3:40 PM 425,426,427,428  
Heat 10 4:00 PM 429,430,431,432  
Heat 11 4:20 PM 433,434,435,436  
Heat 12 4:40 PM 437,438,439,440  
Heat 13 5:00 PM 441,442,443  
Heat 14 5:20 PM 444,445,446  
end 5:40 PM

### Masters Friday Event #2 Helenish

South Court 15min time limit 20min rotation

Heat 15 5:50 PM 301,302,303,304,305,306,307,308,309,310,311,312  
Heat 16 6:10 PM 313,314,315,316,317,318,319,320,321,322,323  
end 6:30 PM  
6:35 PM Mandatory Staff Meeting / Registration onsite closes

# 2010 South East Regional Qualifier

## Saturday Morning Heats



7:00 AM Venue Opens / Registration onsite opens  
 8:00 AM Opening Ceremonies  
 8:20 AM **AM Brief Individual Athletes Indoor Venue**  
**AM Events Q&A / How to Check in/out**

### Individual Saturday AM Event #1 Squat Clean

#### South Court 50sec rotations

<u>Heat 1</u>	9:00 AM	101,102,103,104,105,106
<u>Heat 2</u>	9:05 AM	107,108,109,110,111,112
<u>Heat 3</u>	9:10 AM	113,114,115,116,117,118
<u>Heat 4</u>	9:15 AM	119,120,121,122,123,124
<u>Heat 5</u>	9:20 AM	125,126,127,128,129,130
<u>Heat 6</u>	9:25 AM	131,132,133,134,135,136
<u>Heat 7</u>	9:30 AM	137,138,139,140,141,142
<u>Heat 8</u>	9:35 AM	143,144,145,146,147,148
<u>Heat 9</u>	9:40 AM	149,150,151,152,153,154
<u>Heat 10</u>	9:45 AM	155,156,157,158,159,160
<u>Heat 11</u>	9:50 AM	161,162,163,164
	end 10:05 AM	
	10:10 AM	Set up Change add Bar Weight Women to Mens
<u>Heat 12</u>	10:15 AM	201,202,203,204,205,206
<u>Heat 13</u>	10:20 AM	207,208,209,210,211,212
<u>Heat 14</u>	10:25 AM	213,214,215,216,217,218
<u>Heat 15</u>	10:30 AM	219,220,221,222,223,224
<u>Heat 16</u>	10:35 AM	225,226,227,228,229,230
<u>Heat 17</u>	10:40 AM	231,232,233,234,235,236
<u>Heat 18</u>	10:45 AM	237,238,239,240,241,242
<u>Heat 19</u>	10:50 AM	243,244,245,246,247,248
<u>Heat 20</u>	10:55 AM	249,250,251,252,253,254
<u>Heat 21</u>	11:00 AM	255,256,257,258,259,260
<u>Heat 22</u>	11:05 AM	261,262,263,264,265,266
<u>Heat 23</u>	11:10 AM	267,268,269,270,271,272
	end 11:25 AM	
<u>Lunch</u>		Break

# 2010 South East Regional Qualifier

## Saturday Mid-Day Heats



11:35 PM

Mid-Day Brief Indoor Venue  
Individual and Team Athletes

### Individual Saturday Mid Day Event #2 HSPU DU BJ Lunge Indoor Venue 15min rotation

<u>Heat 24</u>	12:00 PM	101,102,103,104,105,106,107,108,109,110,111,112
<u>Heat 25</u>	12:15 PM	113,114,115,116,117,118,119,120,121,122,123,124
<u>Heat 26</u>	12:30 PM	125,126,127,128,129,130,131,132,133,134,135,136
<u>Heat 27</u>	12:45 PM	137,138,139,140,141,142,143,144,145,146,147,148
<u>Heat 28</u>	1:00 PM	149,150,151,152,153,154,155,156
<u>Heat 29</u>	1:15 PM	157,158,159,160,161,162,163,164
	end 1:30 PM	Set up Change Sandbags Weight Women to Mens
<u>Heat 30</u>	1:45 PM	201,202,203,204,205,206,207,208,209,210,211,212
<u>Heat 31</u>	2:00 PM	213,214,215,216,217,218,219,220,221,222,223,224
<u>Heat 32</u>	2:15 PM	225,226,227,228,229,230,231,231,233,234,235,236
<u>Heat 33</u>	2:30 PM	237,238,239,240,241,242,243,244,245,246,247,248
<u>Heat 34</u>	2:45 PM	249,250,251,252,253,254,255,256,257,258,259,260
<u>Heat 35</u>	3:00 PM	261,262,263,264,265,266,267,268,269,270,271,272
	end 3:15 PM	

### Affiliate Team Saturday Mid Day Event #2 Tire Flip Burpee Field Venue 12min time limit 15min rotation

<u>Heat 24</u>	12:00 PM	401,402,403,404
<u>Heat 25</u>	12:15 PM	405,406,407,408
<u>Heat 26</u>	12:30 PM	409,410,411,412
<u>Heat 27</u>	12:45 PM	413,414,415,416
<u>Heat 28</u>	1:00 PM	417,418,419,420
<u>Heat 29</u>	1:15 PM	421,422,423,424
	end 1:30 PM	
<u>Heat 30</u>	1:45 PM	425,426,427,428
<u>Heat 31</u>	2:00 PM	429,430,431,432
<u>Heat 32</u>	2:15 PM	433,434,435,436
<u>Heat 33</u>	2:30 PM	437,438,439,440
<u>Heat 34</u>	2:45 PM	441,442,443
<u>Heat 35</u>	3:00 PM	444,445,446
	end 3:15 PM	

# 2010 South East Regional Qualifier Saturday Afternoon Heats



3:15 PM Afternoon Brief Indoor Venue  
Master Athletes

## Masters Saturday Afternoon Event #3 Chesty Cindy South Court 20min time limit 25min rotation

Heat 36 3:30 PM 301,302,303,304,305,306,307,308,309,310,311,312

Heat 37 3:55 PM 313,314,315,316,317,318,319,320,321,322,323

end 4:20 PM

4:00 PM Afternoon Brief Indoor Venue During 2nd Masters Event  
Individual Athletes

## Individual Saturday Afternoon Event #3 Muscle Ups KB Snatches South Court 10min time limit 15min rotation

Heat 38 4:30 PM 101,102,103,104,105,106,107,108,109,110,111,112

Heat 39 4:45 PM 113,114,115,116,117,118,119,120,121,122,123,124

Heat 40 5:00 PM 125,126,127,128,129,130,131,132,133,134,135,136

Heat 41 5:15 PM 137,138,139,140,141,142,143,144,145,146,147,148

Heat 42 5:30 PM 149,150,151,152,153,154,155,156

Heat 43 5:45 PM 157,158,159,160,161,162,163,164

Heat 44 6:00 PM 201,202,203,204,205,206,207,208,209,210,211,212

Heat 45 6:15 PM 213,214,215,216,217,218,219,220,221,222,223,224

Heat 46 6:30 PM 225,226,227,228,229,230,231,231,233,234,235,236

Heat 47 6:45 PM 237,238,239,240,241,242,243,244,245,246,247,248

Heat 48 7:00 PM 249,250,251,252,253,254,255,256,257,258,259,260

Heat 49 7:15 PM 261,262,263,264,265,266,267,268,269,270,271,272

end 7:25 PM

# 2010 South East Regional Qualifier Sunday Heats



8:00 AM

Sunday Brief Indoor Venue  
Affiliate Teams

## Affiliate Team Sunday Heats Team Row and FS PP DL Walk Run

### Indoor Venue

Team 5K Row

22min time limit 25min rotation

### South Court

Front Squat, Push Press, Deadlift, Farmers Walk Run

22min time limit 25min rotation

### Indoor

Heat 1 8:30 AM

Heat 2 8:55 AM

Heat 3 9:20 AM

Heat 4 9:45 AM

Heat 5 10:10 AM

### Finals

Heat 6 10:35 AM

### South Court

Heat 3 9:20 AM 41,42,43,44,45,46,47

Heat 4 9:45 AM 33,34,35,36,37,38,39,40

Heat 5 10:10 AM 25,26,27,28,29,30,31,32

Heat 6 10:35 AM 17,18,19,20,21,22,23,24

Heat 7 11:00 AM 9,10,11,12,13,14,15,16

### Finals

Heat 8 11:25 AM 1,2,3,4,5,6,7,8

end 11:50:00 AM

12:00 PM Affiliate Team Awards

Online Scoring from Friday thru Saturday will set Sundays Event Heat ordering

# 2010 South East Regional Qualifier Sunday Heats



10:00 AM Sunday Brief Indoor Venue  
Individual Female Athletes

Affiliate Team Sunday Heats Team Row and FS PP DL Walk Run

## Indoor Venue

Row Burpee Row  
22min time limit 25min rotation

## South Court

Squat Snatch, Push Press, C2B, Run  
22min time limit 25min rotation

Indoor		South Court	
<u>Heat 9</u>	11:50 AM	<u>Heat 11</u>	12:40 PM 52,53,54,55,56,57,58,59,60,61,62,63,64
<u>Heat 10</u>	12:15 AM	<u>Heat 12</u>	1:05 AM 39,40,41,42,43,44,45,46,47,48,49,50,51
<u>Heat 11</u>	12:40 PM	<u>Heat 13</u>	1:30 PM 26,27,28,29,30,31,32,33,34,35,36,37,38
<u>Heat 12</u>	1:05 AM	<u>Heat 14</u>	1:55 AM 13,14,15,16,17,18,19,20,21,22,23,24,25
<b>Finals</b>		<b>Finals</b>	
<u>Heat 13</u>	1:30 PM	<u>Heat 15</u>	2:20 PM 1,2,3,4,5,6,7,8,9,10,11,12 <u>end 2:45 PM</u>

Online Scoring from Friday thru Saturday will set Sundays Event Heat ordering

# 2010 South East Regional Qualifier Sunday Heats



1:00 PM Sunday Brief Indoor Venue  
Individual Male Athletes

Affiliate Team Sunday Heats Team Row and FS PP DL Walk Run

## Indoor Venue

Row Burpee Row  
22min time limit 25min rotation

## South Court

Squat Snatch, Push Press, C2B, Run  
22min time limit 25min rotation

Indoor		South Court	
<u>Heat 16</u>	2:45 AM	<u>Heat 18</u>	3:35 AM 61,62,63,64,65,66,67,68,69,70,71,72
<u>Heat 17</u>	3:10 PM	<u>Heat 19</u>	4:00 PM 49,50,51,52,53,54,55,56,57,58,59,60
<u>Heat 18</u>	3:35 AM	<u>Heat 20</u>	4:25 AM 37,38,39,40,41,42,43,44,45,46,47,48
<u>Heat 19</u>	4:00 PM	<u>Heat 21</u>	4:50 PM 25,26,27,28,29,30,31,32,33,34,35,36
<u>Heat 20</u>	4:25 AM	<u>Heat 22</u>	5:15 AM 13,14,15,16,17,18,19,20,21,22,23,24
<b>Finals</b>		<b>Finals</b>	
<u>Heat 21</u>	4:50 PM	<u>Heat 23</u>	5:40 PM 1,2,3,4,5,6,7,8,9,10,11,12
			<u>end 6:05</u>

6:30 PM Individual Adwards

Online Scoring from Friday thru Saturday will set Sundays Event Heat ordering