



2010 South Central Regional Qualifier
Hell's Half Acre - Fort Worth, TX

FRIDAY

2:00 - 6:00
Registration
3:00
Volunteers/Judges
Meeting
6:00
WOD Standards
Meeting
7:00
Social Gathering

SATURDAY

8:45
Welcome
9:00
Individual Event #1 begins
Snatch/OHS
10:35
Affiliate Event #1 begins
Deadlift and Double Under
11:45
Masters Event #1 begins
Double Under Helen
12:05
Lunch Break
1:15
Individual Event #2 begins
Weighted Half Cindy
3:00
Affiliate Event #2 begins
The 100's
5:00
Masters Event #2 begins
Max Thruster

SUNDAY

7:45
Welcome
8:00
Individual Event #3 begins
DU/DL/SB/Row
10:20
Affiliate Final Event begins
Row
11:35
Masters Final Event begins
C2B Cindy
11:55
Lunch Break
1:05
Individual Final Event begins
Final Event
3:45
Awards Ceremony

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