

Time	What	Where
13:15-13:45	Weigh-in	Fitness studio (downstairs)
13:45-14:00	Welcome	Fitness studio (downstairs)
<i>14:00-14:10</i>	<i>Move to first event</i>	
14:10-14:50	Round 1 Group 1 Weightlifting Group 2 Weightlifting	Weightlifting platform (fitness) Fitness studio
<i>14:50-15:00</i>	<i>Move to second event</i>	
15:00-15:40	Round 2 Group 1 Powerlifting Group 2 Powerlifting	Weightlifting platform (fitness) Fitness studio
<i>15:40-16:00</i>	<i>20 min break/move to third event</i>	
16:00-16:30	Round 3 Group 1 Break Group 2 Strongman	Fitness studio
16:30-17:00	Round 4 Group 1 Strongman Group 2 Break	Fitness studio
<i>17:00-17:20</i>	<i>20 min break/move to fifth (and last) event</i>	
17:20-17:50	Round 5 Group 1 & 2 Strength & Conditioning	Fitness studio
17:50-18:00	Prize ceremony	Fitness studio