	FRCF Master's Championship 2012 Time Line												
	FRIDAY												
	Set-up	**1:00 - 5:00 PM**											
	Check in	**5:00 - 8:00 PM**											
	SATURDAY												
	Opening Address	**8:00 - 8:15 AM**											
2 rounds of:	**Workout 1**	**10 min cut**	**5 min break**										
20 KB swings	**Women**	9:00 - 9:10	9:15 - 9:25	9:30 - 9:40	9:45 - 9:55	10:00 - 10:10	10:15 - 10:25	20 min					
25 box jumps		**Heat 1**	**Heat 2**	**Heat 3**	**Heat 4**	**Heat 5**	**Heat 6**	**Break**					
30 goblet squats		**60+ / 55 / 50**	**45**	**40**	**40**	**35**	**35**						
	Men	10:45 - 10:55	11:00 - 11:10	11:15 - 11:25	11:30 - 11:40	11:45 - 11:55	12:00 - 12:10	12:15 - 12:25	12:30 - 12:40	12:45 - 12:55	1:00 - 1:10	1:15 - 1:25	45 min
		Heat 1	**Heat 2**	**Heat 3**	**Heat 4**	**Heat 5**	**Heat 6**	**Heat 7**	**Heat 8**	**Heat 9**	**Heat 10**	**Heat 11**	**Break**
		60+	**55**	**50**	**45**	**45**	**40**	**40**	**40**	**35**	**35**	**35**	
Clean Ladder	**Workout 2**	**20 sec lift, 10 sec rotate**											
For Weight	**Open Women**	2:10 - 2:55	20 min										
Deadlift rep tie-breaker		**Heat 1**	**Break**										
	Open Men	3:15 - 4:30	30 min										
		Heat 1	**Break**										
Float: AMRAP	**Workout 3**	**4 min cut**											
stone over	**Women**	9:00 - 5:00											
shuttle run	**Men**	9:00 - 5:00											
	Announcements	**5:00 - 5:30**											