	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 7	**Heat 8**	**Heat 9**	**Heat 10**	**Heat 11**	**Heat 12**	**Heat 13**	**Heat 14**	**Heat 15**	**Heat 16**	**Heat 17**	**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**											
	SUNDAY												
Chipper: For Time	**Workout 4**	**9 min cut**	**3 min break**										
15 power snatches	**Open Women**	9:00 - 9:09	9:12 - 9:21	9:24 - 9:33	9:36 - 9:45	9:48 - 9:57	10:00 - 10:09	15 min					
300 m row		**Heat 1**	**Heat 2**	**Heat 3**	**Heat 4**	**Heat 5**	**Heat 6**	**Break**					
15 power snatches		**60+ / 55 / 50**	**45**	**40**	**40**	**35**	**35**						
300 m row													
15 power snatches	**Men**	10:24 - 10:33	10:36 - 10:45	10:48 - 10:57	11:00 - 11:09	11:12 - 11:21	11:24 - 11:33	11:36 - 11:45	11:48 - 11:57	12:00 - 12:09	12:12 - 12:21	49 min	
		Heat 7	**Heat 8**	**Heat 9**	**Heat 10**	**Heat 11**	**Heat 12**	**Heat 13**	**Heat 14**	**Heat 15**	**Heat 16**	**Break**	
		60+ / 55	**50**	**45**	**45**	**40**	**40**	**40**	**35**	**35**	**35**		
Chipper: For Time	**Workout 5**	**7 min cut**	**3 min break**										
30 back squats	**Open Women**	1:10 - 1:17	1:20 - 1:27	1:30 - 1:37	1:40 - 1:47	1:50 - 1:57	2:00 - 2:07	13 min					
30 pullups, chin over		**Heat 1**	**Heat 2**	**Heat 3**	**Heat 4**	**Heat 5**	**Heat 6**	**Break**					
30 ball slams, 20#		**60+ / 55 / 50**	**45**	**40**	**40**	**35**	**35**						
	Men	2:20 - 2:27	2:30 - 2:37	2:40 - 2:47	2:50 - 2:57	3:00 - 3:07	3:10 - 3:17	3:20 - 3:27	3:30 - 3:37	3:40 - 3:47	3:50 - 3:57	33 min	
		Heat 7	**Heat 8**	**Heat 9**	**Heat 10**	**Heat 11**	**Heat 12**	**Heat 13**	**Heat 14**	**Heat 15**	**Heat 16**	**Break**	
		60+ / 55	**50**	**45**	**45**	**40**	**40**	**40**	**35**	**35**	**35**		
	Awards	**4:30 - 5:00**											
	Break Down	**5:00 - 8:00**											