

SacTown Throwdown 2014 Itinerary

Morning Check-In Schedule

4:30AM First Volunteers Arrive and Check-In

For full volunteer check-in schedule, please refer to

<http://crossfiteastsac.com/sacthrowdown/volunteers/>

4:30AM Beast Metals Arrives to begin set-up of Structure

5:30AM Volunteers Setting Up Events

5:30AM – Vendor Check-ins

7:00-8:00AM Team Check-ins

8:00AM Doors open for spectators

Schedule of Events

8:30AM Opening Ceremonies

9:30-11:15AM Qualifying Round 1

Novice – Super Training Strength Event

Masters – Byer's Gymnastics Event and Short Metcon

Open – Sprint Effort and CF Anywhere Endurance Event

11:15-11:45AM Intermission 1

11:45-1:30PM Qualifying Round 2

Novice – Sprint Effort and CF Anywhere Endurance Event

Masters – Super Training Strength Event

Open – Byer's Gymnastics Event and Short Metcon

1:30-2:00PM Intermission 2

2:00-3:45PM Qualifying Round 3

Novice – Byer's Gymnastics Event and Short Metcon

Masters – Sprint Effort and CF Anywhere Endurance Event

Open – Super Training Strength Event

3:45-4:15PM Intermission 3 (set up final event)

4:15-4:45PM Novice Finals

5:00-5:30PM Masters Finals

5:45-6:15PM Open Finals

6:20-6:35PM Awards Ceremonies

Any help loading equipment back to CF East Sac, Byer's Elk Grove, and CF Anywhere Folsom and Roseville by spectators heading those directions will be greatly appreciated.