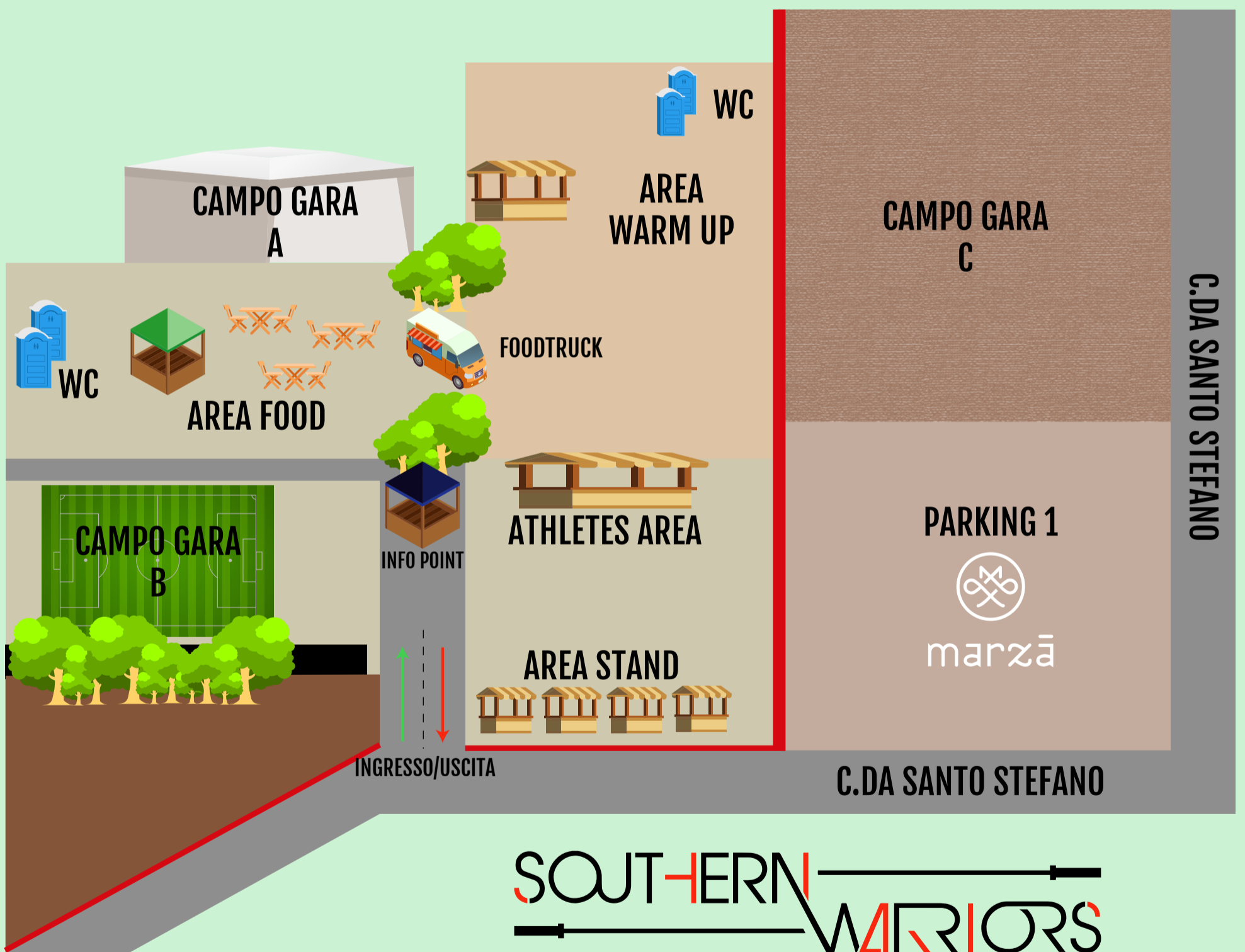


SOUTHERN  
WARRIORS

**ATHLETE**  
**INFO**

# LOCATION MAP



SOUTHERN  
WARRIORS

LOCATION

WARRIORS HQ



MESH  
THE DIFFERENT PLACE

C.DA S. STEFANO N.C.

# ATHLETES SCHEDULE

**3<sup>rd</sup> SEPTEMBER**

**CHECK IN**

**FROM 6 TO 8 PM**

**4<sup>th</sup> SEPTEMBER**

**LATE CHECK IN**

**FROM 5:30 TO 6:30 AM**

**COMPETITION: DAY 1**

**START 6:30 AM**

**FINISH 7:30 PM**

**5<sup>th</sup> SEPTEMBER**

**COMPETITION: DAY 2**

**START 7:30 AM**

**FINISH 7:30 PM**

# ATHLETES EVENTS

EVENT	EXPERIENCE	REGULAR	ELITE	TEAM
1	DEVIL SWIM	DEVIL SWIM	DEVIL SWIM	DEVIL SWIM
2	STRENGTH SALVO	STRENGTH SALVO	STRENGTH SALVO	STRENGTH SALVO
3	CRUSHED LEGS	BIG GYM	THE RING	THREE BAR
4	PULL	BREAK LEGS	UPSIDE DOWN	UPSIDE DOWN
5	MUSCLE CHEST	MUSCLE CHEST	MUSCLE CHEST	ONE HUNDRED FIFTY
6	/	/	IRISH WALL	IRISH WALL



# EVENT 1

## 4<sup>th</sup> SEPTEMBER

ATHLETE NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
200-229	1	ELITE SEN M	6:27 AM	6:52 AM	7:00 AM	8:00 AM
258-267, 230-239, 240-247	2	ELITE SEN W, M35M, M40M	6:37 AM	7:02 AM	7:10 AM	8:10 AM
268-270, 271-274, 248-257	3	ELITE M35-40W, M45-50W, M45-50M	6:47 AM	7:12 AM	7:20 AM	8:20 AM
310-316	4	TEAM M/F	6:57 AM	7:22 AM	7:30 AM	8:30 AM
300-309	5	TEAM M/M	7:07 AM	7:32 AM	7:40 AM	8:40 AM
317-321	6	TEAM F/F	7:17 AM	7:42 AM	7:50 AM	8:50 AM
1-20, 21-30	7	EXP MAN, EXP WOMAN	7:27 AM	7:52 AM	8:00 AM	9:00 AM
100-129	8	REG SEN MAN	7:37 AM	8:02 AM	8:10 AM	9:10 AM
130-137, 166-175, 138-146	9	REG SEN M, REG SEN W, REG M35M	7:47 AM	8:12 AM	8:20 AM	9:20 AM
147-158, 159-165	10	REG M40M, REG M45M	7:57 AM	8:22 AM	8:30 AM	9:30 AM

**START CALA DIAVOLO – FINISH FIELD C**

## EVENT 2

### 4<sup>th</sup> SEPTEMBER

ATHLETES NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
200-209	1	ELITE SEN M	10:27 AM	10:52 AM	11:00 AM	11:08 AM
210-219	2	ELITE SEN M	10:43 AM	11:08 AM	11:16 AM	11:24 AM
220-229	3	ELITE SEN M	10:59 AM	11:24 AM	11:32 AM	11:40 AM
230-239	4	ELITE M35M	11:15 AM	11:40 AM	11:48 AM	11:56 AM
240-247	5	ELITE M40M	11:31 AM	11:56 AM	12:04 PM	12:12 PM
248-257	6	ELITE M45-50M	11:47 AM	12:12 PM	12:20 PM	12:28 PM
268-270, 271-274	7	ELITE M35-50W	12:03 AM	12:28 PM	12:36 PM	12:44 PM
258-267	8	ELITE SEN W	12:19 AM	12:44 PM	12:52 PM	1:00 PM
317-321	9	TEAM F/F	12:35 AM	1:00 PM	1:08 PM	1:16 PM
310-316	10	TEAM M/F	12:51 AM	1:16 PM	1:24 PM	1:32 PM
300-309	11	TEAM M/M	1:07 PM	1:32 PM	1:40 PM	1:48 PM
1-7	12	EXP M	1:27 PM	1:52 PM	2:00 PM	2:08 PM
8-14	13	EXP M	1:41 PM	2:06 PM	2:14 PM	2:22 PM
15-20	14	EXP M	1:55 PM	2:20 PM	2:28 PM	2:36 PM
159-165	15	REG M45M	2:09 PM	2:34 PM	2:42 PM	2:50 PM
152-158	16	REG M40M	2:23 PM	2:48 PM	2:56 PM	3:04 PM
138-144	17	REG M35M	2:37 PM	3:02 PM	3:10 PM	3:18 PM
145-146, 100-105	18	REG M35M + REG SEN M	2:51 PM	3:16 PM	3:24 PM	3:32 PM
106-113	19	REG SEN M	3:05 PM	3:30 PM	3:38 PM	3:46 PM
114-121	20	REG SEN M	3:19 PM	3:44 PM	3:52 PM	4:00 PM
122-129	21	REG SEN M	3:33 PM	3:58 PM	4:06 PM	4:14 PM
130-137	22	REG SEN M	3:47 PM	4:12 PM	4:20 PM	4:28 PM
21-25	23	EXP W	4:05 PM	4:30 PM	4:38 PM	4:46 PM
26-30	24	EXP W	4:19 PM	4:44 PM	4:52 PM	5:00 PM
166-170	25	REG SEN W	4:37 PM	5:02 PM	5:10 PM	5:18 PM
171-175	26	REG SEN W	4:51 PM	5:16 PM	5:24 PM	5:32 PM

# FIELD B

# SOUTHERN WARRIORS

## EVENT 3

### 4<sup>th</sup> SEPTEMBER

ATHLETES NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
1-7	1	EXP MAN	10:27 AM	10:52 AM	11:00 AM	11:10 AM
8-14	2	EXP MAN	10:43 AM	11:08 AM	11:16 AM	11:26 AM
15-20	3	EXP MAN	10:59 AM	11:24 AM	11:32 AM	11:42 AM
159-165	4	REG M45M	11:15 AM	11:40 AM	11:48 AM	11:58 AM
152-158	5	REG M40M	11:31 AM	11:56 AM	12:04 PM	12:14 PM
138-144	6	REG M35M	11:47 AM	12:12 PM	12:20 PM	12:30 PM
145-146, 100-105	7	REG M35M + REG SEN M	12:03 AM	12:28 PM	12:36 PM	12:46 PM
106-113	8	REG SEN M	12:19 AM	12:44 PM	12:52 PM	1:02 PM
114-121	9	REG SEN M	12:35 AM	1:00 PM	1:08 PM	1:18 PM
122-129	10	REG SEN M	12:51 AM	1:16 PM	1:24 PM	1:34 PM
130-137	11	REG SEN M	1:07 PM	1:32 PM	1:40 PM	1:50 PM
21-25	12	EXP W	1:23 PM	1:48 PM	1:56 PM	2:06 PM
26-30	13	EXP W	1:39 PM	2:04 PM	2:12 PM	2:22 PM
166-170	14	REG SEN W	1:55 PM	2:20 PM	2:28 PM	2:38 PM
171-175	15	REG SEN W	2:11 PM	2:36 PM	2:44 PM	2:54 PM
200-209	16	ELITE SEN M	2:27 PM	2:52 PM	3:00 PM	3:14 PM
210-219	17	ELITE SEN M	2:47 PM	3:12 PM	3:20 PM	3:34 PM
220-229	18	ELITE SEN M	3:07 PM	3:32 PM	3:40 PM	3:54 PM
230-239	19	ELITE M35M	3:27 PM	3:52 PM	4:00 PM	4:14 PM
240-247	20	ELITE M40M	3:47 PM	4:12 PM	4:20 PM	4:34 PM
248-257	21	ELITE M45-50M	4:07 PM	4:32 PM	4:40 PM	4:54 PM
268-270, 271-274	22	ELITE M35-50W	4:27 PM	4:52 PM	5:00 PM	5:14 PM
258-267	23	ELITE SEN W	4:47 PM	5:12 PM	5:20 PM	5:34 PM
317-321	24	TEAM F/F	5:13 PM	5:38 PM	5:46 PM	6:00 PM
310-316	25	TEAM M/F	5:33 PM	5:58 PM	6:06 PM	6:20 PM
300-309	26	TEAM M/M	5:53 PM	6:18 PM	6:26 PM	6:40 PM

# FIELD A

## EVENT 4

### 5<sup>th</sup> SEPTEMBER

ATHLETES NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
200-209	1	ELITE SEN M	7:57 AM	8:22 AM	8:30 AM	8:42 AM
210-219	2	ELITE SEN M	8:15 AM	8:40 AM	8:48 AM	9:00 AM
220-229	3	ELITE SEN M	8:33 AM	8:58 AM	9:06 AM	9:18 AM
230-239	4	ELITE M35M	8:51 AM	9:16 AM	9:24 AM	9:36 AM
240-247	5	ELITE M40M	9:09 AM	9:34 AM	9:42 AM	9:54 AM
248-257	6	ELITE M45-50M	9:27 AM	9:52 AM	10:00 AM	10:12 AM
268-270, 271-274	7	ELITE M35-50W	9:45 AM	10:10 AM	10:18 AM	10:30 AM
258-267	8	ELITE SEN W	10:03 AM	10:28 AM	10:36 AM	10:48 AM
310-316	9	TEAM M/F	10:25 AM	10:50 AM	10:58 AM	11:10 AM
300-309	10	TEAM M/M	10:43 AM	11:08 AM	11:16 AM	11:28 AM
317-321	11	TEAM F/F	11:05 AM	11:30 AM	11:38 AM	11:50 AM
159-165	12	REG M45M	11:23 AM	11:48 AM	11:56 AM	12:08 PM
152-158	13	REG M40M	11:41 AM	12:06 PM	12:14 PM	12:26 PM
138-144	14	REG M35M	11:59 AM	12:24 PM	12:32 PM	12:44 PM
145-146, 100-105	15	REG M35M + REG SEN M	12:17 PM	12:42 PM	12:50 PM	1:02 PM
106-113	16	REG SEN M	12:35 PM	1:00 PM	1:08 PM	1:20 PM
114-121	17	REG SEN M	12:53 PM	1:18 PM	1:26 PM	1:38 PM
122-129	18	REG SEN M	1:11 PM	1:36 PM	1:44 PM	1:56 PM
130-137	19	REG SEN M	1:29 PM	1:54 PM	2:02 PM	2:14 PM
166-170	20	REG SEN W	1:47 PM	2:12 PM	2:20 PM	2:32 PM
171-175	21	REG SEN W	2:05 PM	2:30 PM	2:38 PM	2:50 PM
21-25	22	EXP W	2:35 PM	3:00 PM	3:08 PM	3:20 PM
26-30	23	EXP W	2:53 PM	3:18 PM	3:26 PM	3:38 PM
1-7	24	EXP M	3:11 PM	3:36 PM	3:44 PM	3:56 PM
8-14	25	EXP M	3:29 PM	3:54 PM	4:02 PM	4:14 PM
15-20	26	EXP M	3:47 PM	4:12 PM	4:20 PM	4:32 PM

# FIELD B



## EVENT 5

### 5<sup>th</sup> SEPTEMBER

ATHLETES NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
159-165	1	REG M45M	7:57 AM	8:22 AM	8:30 AM	8:37 AM
152-158	2	REG M40M	8:10 AM	8:35 AM	8:43 AM	8:50 AM
138-144	3	REG M35M	8:23 AM	8:48 AM	8:56 AM	9:03 AM
145-146, 100-105	4	REG M35M + REG SEN M	8:36 AM	9:01 AM	9:09 AM	9:16 AM
106-113	5	REG SEN M	8:49 AM	9:14 AM	9:22 AM	9:29 AM
114-121	6	REG SEN M	9:02 AM	9:27 AM	9:35 AM	9:42 AM
122-129	7	REG SEN M	9:15 AM	9:40 AM	9:48 AM	9:55 AM
130-137	8	REG SEN M	9:28 AM	9:53 AM	10:01 AM	10:08 AM
1-7	9	EXP M	9:41 AM	10:06 AM	10:14 AM	10:21 AM
8-14	10	EXP M	9:54 AM	10:19 AM	10:27 AM	10:34 AM
15-20	11	EXP M	10:07 AM	10:32 AM	10:40 AM	10:47 AM
166-170	12	REG SEN W	10:24 AM	10:49 AM	10:57 AM	11:04 AM
171-175	13	REG SEN W	10:37 AM	11:02 AM	11:10 AM	11:17 AM
21-25	14	EXP W	10:50 AM	11:15 AM	11:23 AM	11:30 AM
26-30	15	EXP W	11:03 AM	11:28 AM	11:36 AM	11:43 AM
200-209	16	ELITE SEN M	11:20 AM	11:45 AM	11:53 AM	12:06 PM
210-219	17	ELITE SEN M	11:39 AM	12:04 PM	12:12 PM	12:25 PM
220-229	18	ELITE SEN M	11:58 AM	12:23 PM	12:31 PM	12:44 PM
230-239	19	ELITE M35M	12:17 PM	12:42 PM	12:50 PM	1:03 PM
240-247	20	ELITE M40M	12:36 PM	1:01 PM	1:09 PM	1:22 PM
248-257	21	ELITE M45-50M	12:55 PM	1:20 PM	1:28 PM	1:41 PM
268-270, 271-274	22	ELITE M35-50W	1:14 PM	1:39 PM	1:47 PM	2:00 PM
258-267	23	ELITE SEN W	1:33 PM	1:58 PM	2:06 PM	2:19 PM
317-321	24	TEAM F/F	1:58 PM	2:23 PM	2:31 PM	2:46 PM
310-316	25	TEAM M/F	2:19 PM	2:44 PM	2:52 PM	3:07 PM
300-309	26	TEAM M/M	2:40 PM	3:05 PM	3:13 PM	3:28 PM

# FIELD A



# EVENT 6

## 5<sup>th</sup> SEPTEMBER

ATHLETES NUMBER	HEAT	AGE GROUP	WARM UP	PRESTAGING	START	END
200-209	1	ELITE SEN M	3:15 PM	3:40 PM	3:48 PM	3:54 PM
210-219	2	ELITE SEN M	3:25 PM	3:50 PM	3:58 PM	4:04 PM
220-229	3	ELITE SEN M	3:35 PM	4:00 PM	4:08 PM	4:14 PM
230-239	4	ELITE M35M	3:45 PM	4:10 PM	4:18 PM	4:24 PM
240-247	5	ELITE M40M	3:55 PM	4:20 PM	4:28 PM	4:34 PM
248-257	6	ELITE M45-50M	4:05 PM	4:30 PM	4:38 PM	4:44 PM
268-270, 271-274	7	ELITE M35-50W	4:15 PM	4:40 PM	4:48 PM	4:54 PM
258-267	8	ELITE SEN W	4:25 PM	4:50 PM	4:58 PM	5:04 PM
317-321	9	TEAM F/F	4:35 PM	5:00 PM	5:08 PM	5:21 PM
310-316	10	TEAM M/F	4:52 PM	5:17 PM	5:25 PM	5:38 PM
300-309	11	TEAM M/M	5:09 PM	5:34 PM	5:42 PM	5:55 PM

# FIELD C