

EVENT	Thursday 9/24	Friday 9/25	Saturday 9/26	Sunday 9/27
Registration at your event	Registration at your event	Registration at your event	Registration at your event	Registration at your event
5K Family/Walk/Run	Preregistration 5p Race time- 6:30pm			
Grappling/Submission		9:00am Finals 7:00pm		
Flag Football			8:30am	
Fittest Hero Alive		7:00am		
Track & Field			9:00am	
Bench Press				1:00pm
Triathlon			9:00am	
Basketball 3x3			9:00am	Championship Rounds 9:00a
4 Man Golf Scramble		9:00am		
CrossFit			Qualifications 7:00am	
9-Ball/Pool		5:00pm		
Social night will be at the host hotel The Broadview. Participants of the games get in free. All others must purchase a Ticket online (see registration) \$20			7:00pm	