



SOUTHEAST FLORIDA USNSCC FLAGSHIP COMPETITION 2010



SCHEDULE OF EVENTS



TEAMS	SPRUANCE DIVISION	AMERICAN VETERANS DIVISION	BOCA DELRAY DIVISION	ENTERPRISE DIVISION
0730-0800	CHECK-IN	CHECK-IN	CHECK-IN	CHECK-IN
0815-0830	OPENING CEREMONY	OPENING CEREMONY	OPENING CEREMONY	OPENING CEREMONY
0830-0900	INSPECTION	INSPECTION	INSPECTION	INSPECTION
0900-0930	PT EVENT: MILE RUN	PT EVENT: MILE RUN	PT EVENT: MILE RUN	PT EVENT: MILE RUN
0930-0950	COLOR GUARD	ARMED EXHIBITION	UNRMED EXHIBITION	REGULATION DRILL
0950-1010	REGULATION DRILL	COLOR GUARD	ARMED EXHIBITION	UNRMED EXHIBITION
1010-1030	UNARMED EXHIBITION	REGULATION DRILL	COLOR GUARD	ARMED EXHIBITION
1030-1050	ARMED EXHIBITION	UNARMED EXHIBITION	REGULATION DRILL	COLOR GUARD
1050-1130	KNOCKOUT DRILL	KNOCKOUT DRILL	KNOCKOUT DRILL	KNOCKOUT DRILL
1130-1230	LUNCH	LUNCH	LUNCH	LUNCH
1230-1300	MARKSMAN	KNOT TYING	LINE HEAVING	STRETCHER RACE
1300-1330	FIRE FIGHTING	MARKSMAN	KNOT TYING	LINE HEAVING
1330-1400	STRETCHER RACE	FIRE FIGHTING	MARKSMAN	KNOT TYING
1400-1430	LINE HEAVING	STRETCHER RACE	FIRE FIGHTING	MARKSMAN
1430-1500	KNOT TYING	LINE HEAVING	STRETCHER RACE	FIRE FIGHTING
1500-1530	PT EVENTS: PUSH-UPS, PULL-UPS, SIT-UPS	PT EVENTS: PUSH-UPS, PULL-UPS, SIT-UPS	PT EVENTS: PUSH-UPS, PULL-UPS, SIT-UPS	PT EVENTS: PUSH-UPS, PULL-UPS, SIT-UPS
1530-1600	FIELD DAY	FIELD DAY	FIELD DAY	FIELD DAY
1600-1630	AWARDS	AWARDS	AWARDS	AWARDS
1630-1700	DINNER	DINNER	DINNER	DINNER