Team Aretas

Run of show

A run of show maps out the entire day, minute by minute: when the crew arrives, each heat starts and is called, the loads change, and the awards begin. Give a copy to everyone with a job so nobody has to ask what happens next.

This one is built for the example every Team Aretas resource uses: **120 athletes, 8 lanes, one day**. Copy it and change the times to your own.

By Steven Batchelor · Last updated 20 October 2026 · 5 min read

The short answer

- **Each heat has two times:** when it starts and when athletes need to enter the holding pen. The holding pen time is before the heat start time.
- **Mark every change of loads.** With six categories, each workout changes loads five times, and those are the changeovers that run late.
- **Put the breaks in the resets.** Judges get 20 minutes at 12:00 and 16:20, and nowhere else unless a second crew takes over.

The worked example

The throwdown from the playbook: three workouts, 15 heats each, one category per heat, easiest first. A **slot** is the time cap plus a 4-minute changeover:

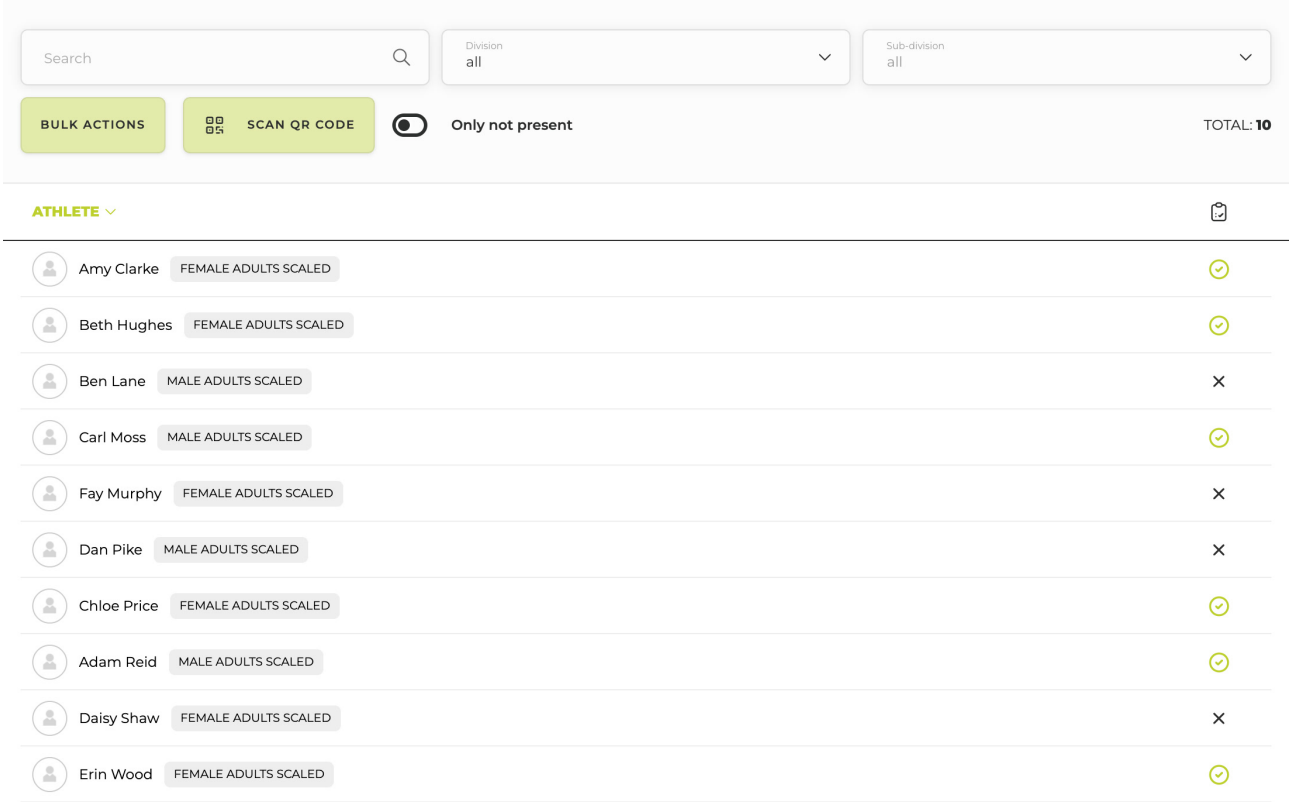
Workout	Slot	First heat	Last heat finishes
Workout 1	14 min	08:30	12:00
Workout 2	16 min	12:20	16:20
Workout 3	12 min	16:40	19:40

Before the doors open

The crew's morning, from arrival to the first heat:

Time	What happens	Who
06:30	Crew arrive; lanes numbered; kit out for the Scaled women	Floor crew
07:15	Clock, music and score desk tested	MC and score desk
07:30	Judges arrive	Head judge
07:45	First aid on site	First aid
08:00	Doors open, check-in opens	Check-in
08:00	Judges' briefing, 20 minutes	Head judge
08:20	Heat 1 to the holding pen; athletes' briefing	Marshal and MC
08:30	Workout 1, heat 1	Everyone

Check-in runs all morning, because the Rx men are not on until 11:18. Ask each category to arrive an hour before its first heat, and the Scaled women as the doors open. Here is check-in at around 08:30, with the Scaled athletes ticked off as they arrive:



Workout 1

Fourteen-minute slots, from 08:30 to 12:00:

Heat	Starts	Category	In the holding pen
1	08:30	Scaled women	08:20
2	08:44	Scaled women	08:30
3	08:58	Scaled women	08:44
4	09:12	Scaled men, new loads	08:58
5	09:26	Scaled men	09:12
6	09:40	Scaled men	09:26
7	09:54	Masters women, new loads	09:40
8	10:08	Masters men, new loads	09:54
9	10:22	Masters men	10:08
10	10:36	Rx women, new loads	10:22
11	10:50	Rx women	10:36
12	11:04	Rx women	10:50
13	11:18	Rx men, new loads	11:04
14	11:32	Rx men	11:18
15	11:46	Rx men	11:32

Reset: 12:00 to 12:20

The floor changes over to workout 2 and the pull-up rig is checked. It is also the judges' first break.

Workout 2

Sixteen-minute slots, from 12:20 to 16:20:

Heat	Starts	Category	In the holding pen
1	12:20	Scaled women	12:00
2	12:36	Scaled women	12:20
3	12:52	Scaled women	12:36
4	13:08	Scaled men, new loads	12:52
5	13:24	Scaled men	13:08
6	13:40	Scaled men	13:24
7	13:56	Masters women, new loads	13:40
8	14:12	Masters men, new loads	13:56
9	14:28	Masters men	14:12
10	14:44	Rx women, new loads	14:28
11	15:00	Rx women	14:44
12	15:16	Rx women	15:00
13	15:32	Rx men, new loads	15:16
14	15:48	Rx men	15:32
15	16:04	Rx men	15:48

Reset: 16:20 to 16:40

Barbells out and loaded for the heaviest lift, and the judges' second break.

Workout 3

Twelve-minute slots, from 16:40 to 19:40:

Heat	Starts	Category	In the holding pen
1	16:40	Scaled women	16:20
2	16:52	Scaled women	16:40
3	17:04	Scaled women	16:52
4	17:16	Scaled men, new loads	17:04
5	17:28	Scaled men	17:16
6	17:40	Scaled men	17:28
7	17:52	Masters women, new loads	17:40
8	18:04	Masters men, new loads	17:52
9	18:16	Masters men	18:04
10	18:28	Rx women, new loads	18:16
11	18:40	Rx women	18:28
12	18:52	Rx women	18:40
13	19:04	Rx men, new loads	18:52
14	19:16	Rx men	19:04
15	19:28	Rx men	19:16

After the last heat

The end of the day, from the last heat to an empty venue:

Time	What happens	Who
19:40	Last heat finishes	Everyone
19:40	Final scores checked and signed off	Head judge and score desk
20:15	Awards	MC
20:45	Pack down starts	Floor crew
22:00	Venue clear	Organiser

When the day slips

Every heat waits for the one before it, so a minute lost on each heat is 15 minutes by the end of a workout. Three rules keep that in hand:

- **Take it back in the reset, not the changeover.** A changeover cut short is the one where loads go wrong. A reset can lose 5 minutes and nobody notices.
- **Never start a heat early.** Athletes plan their warm-up around the printed time.
- **Tell athletes once you are 10 minutes behind.** The MC says it, and the holding pen times move with it.

Common mistakes

- **One time per heat.** Without a holding pen time, the marshal is chasing athletes and every heat starts late.
- **No load changes marked.** The floor crew learns about the switch to Rx men when the Rx men walk on.
- **Judges with no break.** Eleven hours of no-rep calls with no break shows in the scores of the last heats.
- **Awards before the scores are signed off.** A podium that changes after the photos is worse than a 20-minute wait.

Run it on Team Aretas

Team Aretas lays out the heats with their times, and athletes see their heat time once you publish the heats. On the day, check-in ticks athletes off as they arrive, judges enter scores on Submit Scores, and the leaderboard ranks each heat as it finishes.

- How Team Aretas runs competition day
- How Team Aretas lays out heats and waves
- Running a functional fitness throwdown on Team Aretas