



2016 Arnold Schedule
All Events & Registration Held in the
Greater Columbus Convention Center

Schedule subject to change, please visit web site for current updates <http://www.teamtokeyhill.com/Arnold>

Thursday 3/3/16

- 8:00am - 5:00pm Set up Convention Center

Friday 3/4/16

- 3:00pm - 8:00pm Registration Room C-120
- 3:00pm - 4:00pm Yuri Petunov - Kettlebell / Juggling
- 4:00pm - 7:00pm USA Boxing Registration / Coaches Meeting
- 5:00pm - 8:00pm Weigh Ins
- 6:00pm - 7:00pm Kevin Cullen - Kata Workshop - Kururunfa
- 6:00pm - 7:00pm Yuri Petunov - Kettlebell Workshop - Stand Up
- 7:00pm - 9:00pm Chen Youze - Chen Taiji Push Hands

Saturday 3/7/15

- 7:00am USA Boxing Weigh In & Physicals Room C-121
- 7:00am - 10:00am Registration Room C-120
- 10:00am Opening Ceremonies
- 10:00am 1st Call All Divisions - Breaking, Capoeira, Chinese Martial Arts, Karate Traditional, Kettlebell, Kickboxing, Sanshou, Specially Challenged, Sambo, USA Tae Kwon Do / Olympic Style, Team Martial Arts, Creative Forms, Padded Weapons, Grappling / Jiu-Jitsu No-Gi (Following completion of Sambo/Sombo)
- 10:00am USA Boxing

Sunday 3/8/15

- 7:00am USA Boxing Weigh In & Physicals Room C-121
- 7:00am - 10:00am Registration Room C-120
- 10:00am Opening Ceremonies
- 10:00am 1st Call All Divisions - Grappling / Jiu Jitsu Gi, Karate Open, Kali, Muay Thai, Point MMA, Judo
- 10:00am USA Boxing