

2016 SALA CHAMPIONSHIPS

July 13 - 14, 2016

Tides Hotel, Folly Beach, SC

SCHEDULE OF EVENTS

Wednesday, July 13, 2016

Tides - High 2:58am, Low 9:12am, High 3:54pm, Low 9:59pm

| | | | |
|----------------|---|-----------------------|-------------------|
| | | | |
| 9:00 AM | Registration Opens | All Competitors | |
| | All competitors must check in before competing | | |
| | Registration for any competitors not preregistered | | |
| | | | |
| Noon | Captain's Meeting | Mandatory | Team Captain only |
| | | | |
| | Landline Rescue Race | Prelims | Open Only |
| | Board Rescue | Prelims | Open Men |
| | Board Rescue | Prelims | Open Women |
| | Rescue Race | Prelims | Open Men |
| | Rescue Race | Prelims | Open Women |
| | Beach Relay | Prelims | Open Men |
| | Beach Relay | Prelims | Open Women |
| | Beach Relay | Finals | Open Men |
| | Beach Relay | Finals | Open Women |
| | Taplin Relay | Finals | Open Men |
| | Taplin Relay | Finals | Open Women |
| 5:00 - 7:00 pm | SALA Regional Meeting | Folly Beach City Hall | |

2016 SALA CHAMPIONSHIPS**July 13 - 14, 2016****Tides Hotel, Folly Beach, SC****SCHEDULE OF EVENTS****Thursday, July 14, 2016****Tides - High 3:49am, Low 10:00am, High 4:44pm, Low 10:52pm**

| | | | |
|--------------------|-----------------------------|----------------|-----------------|
| | | | |
| 8:00 AM | 2K Beach Run | Finals | Open Men |
| | 2K Beach Run | Finals | Open Women |
| | 2K Beach Run | Finals | Age Group Men |
| | 2K Beach Run | Finals | Age Group Women |
| | Surf Race | Finals | Open Men |
| | Surf Race | Finals | Open Women |
| | Surf Race | Finals | Age Group Men |
| | Surf Race | Finals | Age Group Women |
| | Landline Rescue Race | Finals | Open Only |
| | Board Race | Prelims | Open Men |
| | Board Race | Prelims | Open Women |
| | Run-Swim-Run | Finals | Open Men |
| | Run-Swim-Run | Finals | Open Women |
| | Run-Swim-Run | Finals | Age Group Men |
| | Run-Swim-Run | Finals | Age Group Women |
| | Board Rescue Race | Finals | Open Men |
| | Board Rescue Race | Finals | Open Women |
| Lunch Break | | | |

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Thursday, July 14, 2016

Tides - High 3:49am, Low 10:00am, High 4:44pm, Low 10:52pm

| | | | |
|--------------------|--|----------------|------------------------|
| After Lunch | Surfski Race | Finals | Open Men |
| | Surfski Race | Finals | Open Women |
| | Surfski Race | Finals | Age Group Men |
| | Surfski Race | Finals | Age Group Women |
| | Board Race | Finals | Open Men |
| | Board Race | Finals | Open Women |
| | Board Race | Finals | Age Group Men |
| | Board Race | Finals | Age Group Women |
| | Rescue Race | Finals | Open Men |
| | Rescue Race | Finals | Open Women |
| | International Ironman | Finals | Open Men |
| | International Woman | Finals | Open Women |
| | International Ironman | Finals | Age Group Men |
| | International Woman | Finals | Age Group Women |
| Break | | | |
| | Beach Flags | Prelims | Open Men |
| | Beach Flags | Prelims | Open Women |
| | Beach Flags | Finals | Age Group Men |
| | Beach Flags | Finals | Age Group Women |
| | Beach Flags | Finals | Open Men |
| | Beach Flags | Finals | Open Women |
| 7:00 PM | Awards Banquet - Folly Beach Fishing Pier | | |