

# 2017 SALA CHAMPIONSHIPS

July 12 - 13, 2017

Four Points Sheraton Hotel, Jacksonville Beach, FL

## SCHEDULE OF EVENTS

Wednesday, July 12, 2017

Tides - Low 4:56 am, High 11:01 am, Low 4:53 pm, High 11:18 pm

8:30 AM	Registration Opens	All Competitors	
	<b>All competitors must check in before competing</b>		
	<b>Registration for any competitors not preregistered</b>		
11:00 AM	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
	Ironguard (Run-Swim-Paddle)	Finals	Open Men
	Ironguard (Run-Swim-Paddle)	Finals	Open Women
	Ironguard (Run-Swim-Paddle)	Finals	Age Group Men
	Ironguard (Run-Swim-Paddle)	Finals	Age Group Women
	Taplin Relay	Finals	Open Men
	Taplin Relay	Finals	Open Women
5:00 - 7:00 pm	SALA Regional Meeting	LG Station - Training Room	

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**Thursday, July 13, 2017**

**Tides - Low 5:32 am, High 11:44 am, Low 5:37 pm, High 12:01 am**

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

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**Tides - Low 5:32 am, High 11:44 am, Low 5:37 pm, High 12:01 am**

<b>After Lunch</b>	<b>Surfski Race</b>	<b>Finals</b>	Open Men
	<b>Surfski Race</b>	<b>Finals</b>	Open Women
	<b>Surfski Race</b>	<b>Finals</b>	Age Group Men
	<b>Surfski Race</b>	<b>Finals</b>	Age Group Women
	<b>Board Race</b>	<b>Finals</b>	Open Men
	<b>Board Race</b>	<b>Finals</b>	Open Women
	<b>Board Race</b>	<b>Finals</b>	Age Group Men
	<b>Board Race</b>	<b>Finals</b>	Age Group Women
	<b>Rescue Race</b>	<b>Finals</b>	Open Men
	<b>Rescue Race</b>	<b>Finals</b>	Open Women
	<b>International Ironman</b>	<b>Finals</b>	Open Men
	<b>International Ironwoman</b>	<b>Finals</b>	Open Women
	<b>International Ironman</b>	<b>Finals</b>	Age Group Men
	<b>International Ironwoman</b>	<b>Finals</b>	Age Group Women
<b>Break</b>			
	<b>Beach Flags</b>	<b>Prelims</b>	Open Men
	<b>Beach Flags</b>	<b>Prelims</b>	Open Women
	<b>Beach Flags</b>	<b>Finals</b>	Age Group Men
	<b>Beach Flags</b>	<b>Finals</b>	Open Women
<b>7:00 PM</b>	<b>Awards Banquet - The Surfer Bar Upstairs (Tentative)</b>		