

2019 SALA CHAMPIONSHIPS
July 10 - 11, 2019
North Myrtle Beach, South Carolina
SCHEDULE OF EVENTS

Wednesday, July 10, 2019

Tides- Low 8:43 am, High- 3:08pm, Low-9:26pm

8:30 AM	Registration Opens	All Competitors	
	All preregistered competitors must check in before competing		
	Registration for any competitors not preregistered		
9:00 - 10:30 AM	M-Course Enduro Surf Race		
11:00 AM	Captain's Meeting	Mandatory	Team Captain only
12:00 PM	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
5:30 - 7:00 pm	SALA Regional Meeting		Ballroom A

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Thursday, July 11, 2019

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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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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 Ironwoman	Finals	Open Women
	International Ironman	Finals	Age Group Men
	International Ironwoman	Finals	Age Group Women
Break			
	Beach Flags	Prelims	Open Men
	Beach Flags	Prelims	Open Women
	Beach Flags	Finals	Age Group Men
	Beach Flags	Finals	Open Women

After Competition Awards Baquet 7pm- 11pm, Harold's on the Ocean, OD Resort