

2014 SALA CHAMPIONSHIPS
July 9 - 10, 2014
Ocean Drive Beach Resort, North Myrtle Beach, SC
SCHEDULE OF EVENTS

Wednesday, July 9, 2014

Tides - Low 4:27am, High 9:52am, Low 3:27pm, High 10:03pm

| | | | |
|-----------------------|---|-----------------------------------|-------------------|
| | | | |
| 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 | Comfort Inn - Neptune Room | |

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Thursday, July 10, 2014

Tides - Low 2:52 am, High 7:33 am, Low 2:51 pm, High 8:26 pm

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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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Thursday, July 10, 2014

Tides - Low 3:49 am, High 8:32 am, Low 3:48 pm, High 9:22 pm

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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 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 - Ocean Drive Beach Resort Tiki Bar | | |