

2023 SALA CHAMPIONSHIPS
July 12 - 13, 2023
Carolina Beach, North Carolina
SCHEDULE OF EVENTS

Wednesday, July 12, 2023

Tides- Low 09:50 am, High- 4:45pm

8:30 AM	Registration Opens	All Competitors	
	All preregistered competitors must check in before competing		
	Registration for any competitors not preregistered		
10:00:00 AM (ASAP After All Teams Have Registered)	Captain's Meeting	Mandatory	Team Captain only
ASAP After Captain's Meeting	Landline Rescue Race	Prelims	Open Men
	Landline Rescue Race	Prelims	Open Women
	Board Rescue Race	Prelims	Open Men
	Board Rescue Race	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
	90M Race	Prelims	Open Men
	90M Race	Prelims	Open Women
	90M Race	Finals	Open Men
	90M Race	Finals	Open Women
	Paddleboard Relay	Finals	Open Men
	Paddleboard Relay	Finals	Open Women
	Taplin Relay	Finals	Open Men
	Taplin Relay	Finals	Open Women
	Beach Flags	Prelims	Open Men
	Beach Flags	Prelims	Open Women
	Beach Flags	Finals	Age Group Men
	Beach Flags	Finals	Age Group Women

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Thursday, July 13, 2023

Tides - Low 10:43 am, High 5:39pm

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
	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
	Surfski Race	Finals	Open Men
	Surfski Race	Finals	Open Women
	Surfski Race	Finals	Age Group Men
	Surfski Race	Finals	Age Group Women

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	Board Race	Finals	Open Men
	Board Race	Finals	Open Women
	Board Race	Finals	Age Group Men
	Board Race	Finals	Age Group Women
Lunch Break			
After Lunch	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
	Board Rescue Race	Finals	Open Men
	Boaed Rescue Race	Finals	Open Women
	Landline Rescue Race	Finals	Open Men
	Landline Rescue Race	Finals	Open Women
Break			
	Beach Flags	Finals	Open Men
	Beach Flags	Finals	Open Women

After competition awards banquet 7pm-10pm @ Lazy Pirate Sports Grill