

# 2024 SALA CHAMPIONSHIPS

July 10 - 11, 2024

North Myrtle Beach, South Carolina

## SCHEDULE OF EVENTS

Wednesday, July 10, 2024

**Tides- High 11:33am, Low 5:17pm**

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

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**Thursday, July 11, 2024**

**Tides - High 12:21pm, Low- 6:02pm**

<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>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

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	<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>Lunch Break</b>			
<b>After Lunch</b>	<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>Board Rescue Race</b>	<b>Finals</b>	Open Men
	<b>Boaed Rescue Race</b>	<b>Finals</b>	Open Women
	<b>Landline Rescue Race</b>	<b>Finals</b>	Open Men
	<b>Landline Rescue Race</b>	<b>Finals</b>	Open Women
<b>Break</b>			
	<b>Beach Flags</b>	<b>Finals</b>	Open Men
	<b>Beach Flags</b>	<b>Finals</b>	Open Women

**After competition awards banquet 8pm-10pm @ HOTO's Bar and Restaurant Beach Bar**