

Schedule SL Jan 07

7:00am	Crew Course Load
7:45am	Coaches pick up bibs @ SPAC Shack base of I-5
8:15am	Athlete early lift load w/ racer bib
8:30am	1st Run Inspection Opens
9:30am	1st Run Begins Women followed by Men
12:00am	2nd Run Inspection Opens
1:00pm	2nd Run Begins Women followed by Men