

## Jan 09 GS Schedule

|         |   |
|---------|---|
| 7:00am  | Crew Course Load                              |
| 8:00am  | 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          |