

SCVAL #4 (March 20) @ Gunn 2.14 miles (Approved)

20 min between duals & 20 athletes per wave. 22 minutes assumed for slowest runner  
 Threw in a 34 min lunch break identified by times in RED

		#1 (VB)	#2 (FSB)	#3 (VG)	#4 (VG#2)	Wave#5	Wave#6	Wave#7	Wave#8	last fin	exit b4
Paly-LA-	Mtn View	9:00 AM	9:01 AM	9:02 AM	9:03 AM	9:05 AM	9:06 AM	9:07 AM	9:08 AM	9:30 AM	9:55 AM
Lyn-LG-	Homestead	9:55 AM	9:57 AM	9:59 AM	10:01 AM	10:03 AM	10:04 AM			10:26 AM	10:51 AM
M Vista-	Cup-Fre	10:51 AM	10:53 AM	10:55 AM	10:57 AM	10:59 AM				11:21 AM	11:46 AM
Gunn-Milp-	Wilcox-SC	11:46 AM	11:48 AM	11:50 AM	11:52 AM					12:14 PM	12:14 PM

All waves in Race #1 are 1 minute - BE PREPARED  
 Races are decided by strength of teams over the season.