## **CHECK-IN PROCEDURE**

(ALL 4 STATION MUST BE COMPLETED IN ORDER TO COMPETE and a Lanyard will be given to show completion of check-in. The Lanyard MUST be collected at race course enter in order to compete)



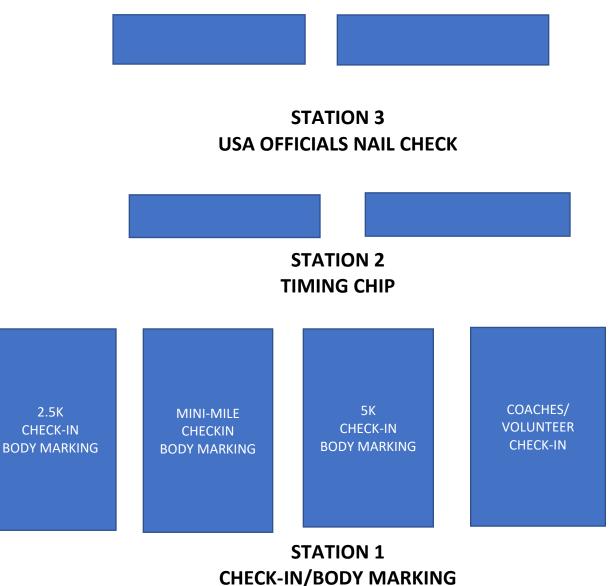
## STATION 4 T-SHIRT & SWIM CAP

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5K CHECK-IN begins at 5:30am and ENDS @ 6:30AM 2.5K/MINI CHECK-IN begins at 6:00am and ENDS @ 7:30AM