



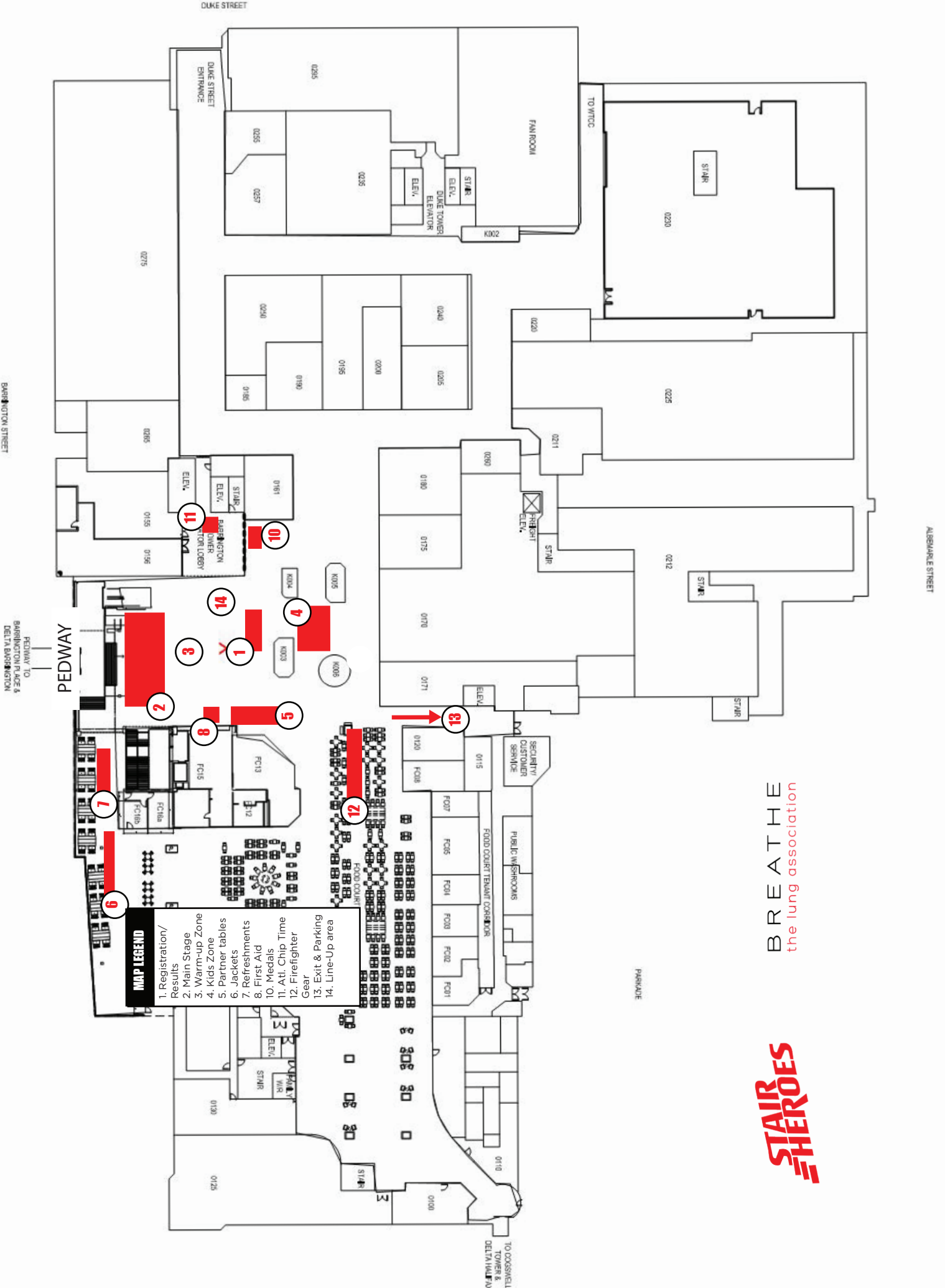
Schedule of Events

8:00 - 8:40	Registration (all individuals and teams MUST check in)
8:50	Councillors and MLAs Warm-up: 8:50 AM-8:55 AM
8:55	Councillors and MLAs wave starts
9:10	General public warm-up
9:15	General public wave starts
9:35	Police/ EHS warm-up
9:40	Police/ EHS wave starts
9:55	Gym warm-up
10:00	Gym wave starts
10:20	Firefighter warm-up
10:25	Firefighter wave starts
10:45	Firefighters Gear-up Challenge starts
11:00	Awards Presentation
11:30	Event ends

Event Rules

THE RULES

1. All climbers must wear their provided race Bib # pinned to the FRONT of their t-shirt.
2. No water bottles are permitted in the stairwell. Water stations will be available throughout.
3. No backpacks, child carriers, or fanny packs.
4. If you need assistance during the Climb, radio-equipped hallway monitors & medical personnel are there to help and are located on approximately every 5th floor.
5. Please pass other Climbers on the left. Say "PASSING" as you approach.
6. All Climbers must descend in the elevator. If you need to exit before the finish, please do not walk down the stairs instead ask for help from a volunteer to exit onto the floor and take the elevator to the main level.



- MAP LEGEND**
- 1. Registration/ Results
 - 2. Main Stage
 - 3. Warm-up Zone
 - 4. Kids Zone
 - 5. Partner tables
 - 6. Jackets
 - 7. Refreshments
 - 8. First Aid
 - 10. Medals
 - 11. Ath. Chip Time
 - 12. Firefighter Gear
 - 13. Exit & Parking
 - 14. Line-Up area

STAIR HEROES
 BREATHE
 the lung association