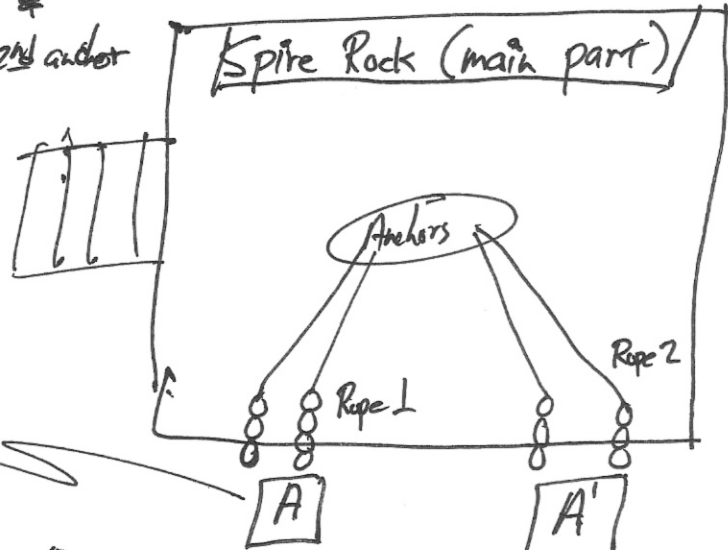


29 FEB 2020

# SPIRE ROCK TRAINING PLAN

- 0800 start
- Location: 14824 C St. South, Tacoma, WA 98444 (West end of the facility)  
Nearest major intersection is: Hwy 7/Military Road South
- Bring your Practical Factor sheet (I have Breana's from the PC last night.)
- Bring all your climbing gear & PAS + one more sling for 2nd anchor

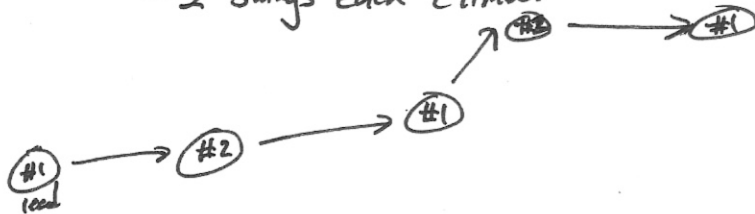


A & A'

- 1) Build Anchor
- 2) Rappel
- 3) Top rope climb to anchor
- 4) Clean & Rap
- 5) Repeat w/climber 2



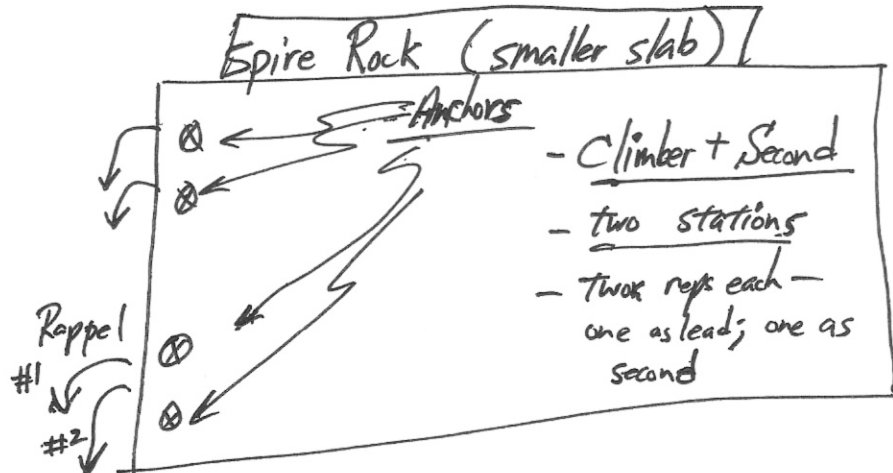
- Multipitch w/ swinging leads
- 2 swings each climber



## Teams

- 1) Jonathan + Nathan
- 2) Jordan + Breana
- 3) Steven + Gretchen
- 4) Breandan + Sean
- 5) Chris + Instructor

## [C] - Stacked extended rappel



- Climber + Second
- two stations
- two reps each - one as lead; one as second