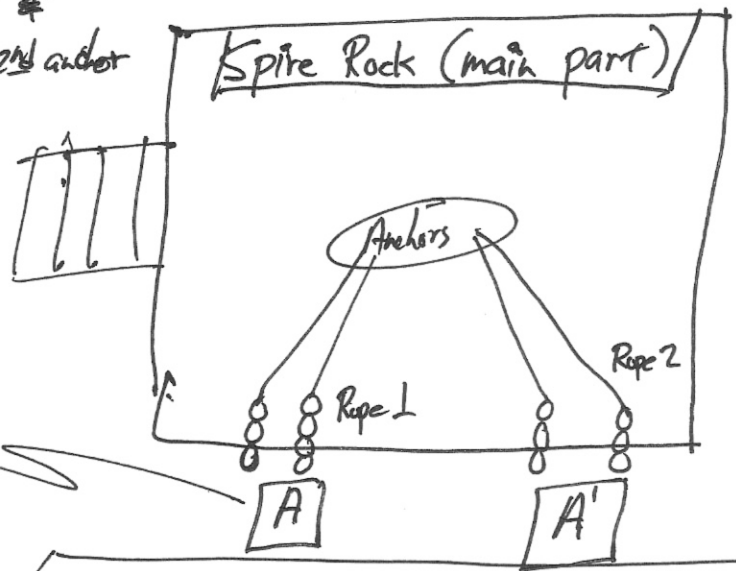


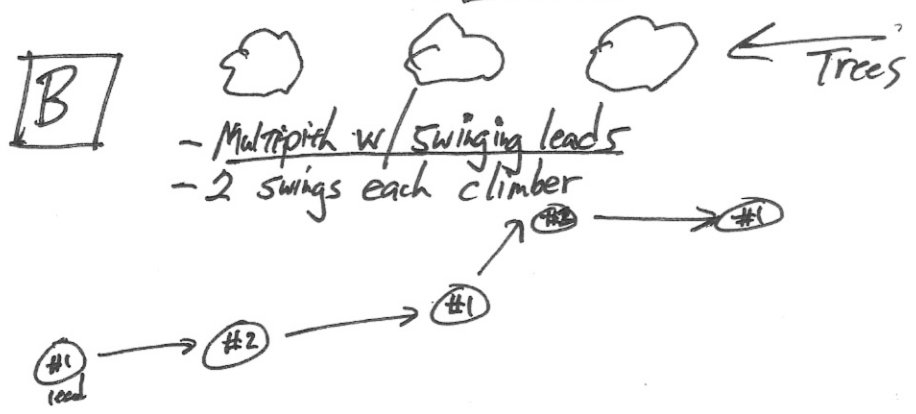
3 April 2021

# SPIRE ROCK TRAINING PLAN

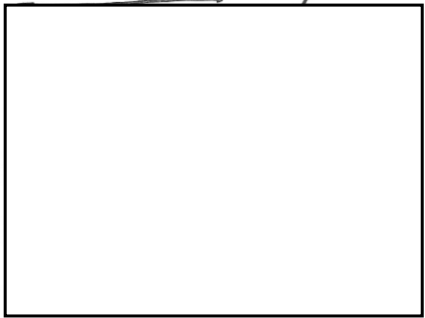
- 0800 start
- Location: 14824 C St. South, Tacoma, WA 98444 (West end of the facility)  
Nearest major intersection is: Hwy 7/Military Road South
- Bring your Practical Factor sheet
- Bring all your climbing gear ~~+~~  
PAS + one more sling for 2nd anchor



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



## Teams



## C - Stacked extended rappel

