

Weekend	Travel/Prep	Walnut Creek	Waukee	Wellmark	ALL Combined Long Course practices take place at Wellmark		
Saturday April 13		Combined Long Course	Combined Long Course	Combined Long Course	<b>Standard 5th practice schedules</b>		
Sunday April 14						<i>Day of Week</i>	<i>Time</i>
Saturday April 20		Combined Long Course	Combined Long Course	Combined Long Course	TT/TTP 5th		
Sunday April 21					Travel	Saturday	7:00 -9:30 AM
Saturday April 27		Combined Long Course	Combined Long Course	Combined Long course	Prep	Saturday	7:00 -9:30 AM
Sunday April 28							
Friday May 3		Standard Practice Site		Other Site Option	Walnut Creek 5th		
Saturday May 4				N/A	White	Friday	4:00-5:00 PM
Sunday May 5			Standard Practice Site	Other Site Option	Purple	Friday	4:00-5:30 PM
Saturday May 11	NO 5th Practice	NO 5th Practice	NO 5th Practice	NO 5th Practice	Blue/Bronze	Friday	4:00-6:00 PM
Sunday May 12							
Saturday May 18		Combined Long Course	Combined Long Course	Combined Long Course	Waukee 5th		
Sunday May 19					White	Sunday	2:45-3:45 PM
Saturday May 25		Combined Long Course	Combined Long Course	Combined Long Course	Purple	Sunday	2:15-3:45 PM
Sunday May 26					Blue/Bronze	Sunday	1:45-3:45 PM
Saturday June 1		13+ with TT/TTP NO 12U	13+ with TT/TTP NO 12U	13+ with TT/TTP NO 12U			
Sunday June 2					Wellmark 5th		
Saturday June 8	no 5th practice	No 5th Practice	No 5th Practice	No 5th Practice	White	Saturday	9:30-10:30 AM
Sunday June 9					Purple	Saturday	9:30-11:00 AM
Saturday June 15		Combined Long Course	Combined Long Course	Combined Long Course	Blue/Bronze	Saturday	9:30-11:30 AM
Sunday June 16							
Saturday June 22		Combined Long Course	Combined Long Course	Combined Long Course			
Sunday June 23							
Friday June 28		Standard Practice Site		Other Site Option			
Saturday June 29	no 5th practice						
Sunday June 30			Standard Practice Site	Other Site Option			
Saturday July 6	Sat AM	No 5th Practice	No 5th Practice	No 5th Practice			
Sunday July 7							
Saturday July 13	TBA	TBA	TBA	TBA			
Sunday July 14							
Saturday July 20							
Sunday July 21							
Saturday July 27							
Sunday July 28							
Saturday August 3							
Sunday August 4							
Saturday August 3							
Sunday August 4							
Saturday August 10							
Sunday August 11							