

Summer 2023 Season 5th Practice Schedule Practice Site Rosters

	Pool	Day	White	Purple	Blue/Bronze
Saturday, April 15	Wellmark	Saturday 4/15	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Saturday, April 22	Wellmark	Saturday 4/22	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Saturday, April 29	Wellmark	Saturday 4/29	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Weekend of May 5-7	Walnut Creek	Friday 5/5	4:00-5:00 PM	4:00-5:30 PM	4:00-6:00 PM
<i>Riptide Rental</i>	Waukee	Sunday 5/7	2:45-3:45 PM	2:15-3:45 PM	1:45-3:45 PM
	Wellmark	Sunday 5/7	12:00-1:00 PM	12:00-1:30 PM	12:00-2:00 PM
	Indianola	Saturday 5/8	10:15-11:15 AM	10:15-11:45 AM	10:15-12:15 PM
Weekend of May 12-14	Walnut Creek	Friday 5/12	4:00-5:00 PM	4:00-5:30 PM	4:00-6:00 PM
<i>May Long Course</i>	Waukee	Sunday 5/14	2:45-3:45 PM	2:15-3:45 PM	1:45-3:45 PM
	Wellmark	Chose alt site			
	Indianola	Saturday 5/13	10:15-11:15 AM	10:15-11:45 AM	10:15-12:15 PM
Saturday, May 20	Wellmark	Saturday 5/20	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Saturday, May 27	Wellmark	Saturday 5/27	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Saturday, June 3	Wellmark	Saturday 6/3	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Weekend of June 9-11	Walnut Creek	Friday 6/9	4:00-5:00 PM	4:00-5:30 PM	4:00-6:00 PM
<i>Trudy Hancock Meet</i>	Waukee	Sunday 6/11	2:45-3:45 PM	2:15-3:45 PM	1:45-3:45 PM
	Wellmark	Chose alt site			
	Indianola	Friday 6/9	7:15-8:15 AM	6:45-8:15 AM	6:15-8:15 AM
Saturday, June 17	Wellmark	Saturday	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Weekend of June 23-25	Walnut Creek	Friday 6/23	4:00-5:00 PM	4:00-5:30 PM	4:00-6:00 PM
<i>CIA Rental @ Wellmark</i>	Waukee	Sunday 6/25	2:45-3:45 PM	2:15-3:45 PM	1:45-3:45 PM
<i>Mason City travel meet</i>	Wellmark	Chose alt site			
	Indianola	Friday 6/23	7:15-8:15 AM	6:45-8:15 AM	6:15-8:15 AM
Saturday, July 1	Wellmark	Saturday 7/1	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Saturday, July 8	Wellmark	Saturday 7/8	9:30-10:30 AM	9:30-11:00 AM	9:30-11:30 AM
Weekend of July 14-16	Walnut Creek	Friday 7/14	4:00-5:00 PM	4:00-5:30 PM	4:00-6:00 PM
	Waukee	Sunday 7/16	2:45-3:45 PM	2:15-3:45 PM	1:45-3:45 PM
	Wellmark	Chose alt site			
	Indianola	Friday 7/14	7:15-8:15 AM	6:45-8:15 AM	6:15-8:15 AM

To assist in planning, please register for 5th practices by the day before the practice. Wellmark rosters should chose an alternate site for the dates that Wellmark facility is unavailable. Unless otherwise noted or cleared with coaching staff, please attend the 5th practice at your normal practice site.