

## ***Practice Schedule***

### **Long Distance Practice – Starting March 2**

Men – Monday/Wednesday at 5:45 pm

Women – Tuesday/Thursday at 5:45 pm

All – Saturday – 3/7, 3/14, 3/21 at 8 am

### **Regatta Practice – Starting Week of March 30**

Novice B - Tuesday/Thursday/Friday at 5:30 pm

Men – Monday/Wednesday at 5:30 pm

Women – Tuesday/Thursday at 5:30 pm

## ***2009 Race Schedule***

### **Long Distance Iron Series (club must race 3)**

Saturday - 4/11	Windward Kai	Magic Island
Saturday - 4/18	North Shore	Hale`iwa Beach Park
Saturday - 4/25	`Alapa Hoe	Ke`ehi Lagoon
Saturday - 5/2	Koa Kai	Magic Island
Saturday - 5/16	Kai Poha	Hale`iwa Beach Park

### **Regatta Series**

5/24	Kamehameha	Ke`ehi Lagoon
5/31	Manu O Ke Kai	Hale`iwa Beach Park
6/7	Windward Kai	Waimanalo Beach Park
<b>6/14</b>	<b>Lōkahi</b>	<b>Ke`ehi Lagoon</b>
6/21	`Alapa Hoe	Ke`ehi Lagoon
6/28	Na Keiki O Ka Mo`i	Mā`ili Beach
7/5	Koa Kai	Ke`ehi Lagoon
7/12	<i>Waikīkī Beach Boys</i>	<i>Waikīkī Beach</i>
Saturday - 7/18	Hui Wa`a Championships	Ke`ehi Lagoon
Saturday - 8/1	HCRA State Championships	Hilo Bay

### **Long Distance Series: change races**

8/9	Ka`ena Challenge	men/women	Sunset beach to Makaha
8/16	Duke Kahanamoku	men	Kailua Beach to Waikīkī
8/22	<i>Kailua Bay Ironman</i>	<i>men</i>	<i>Kailua Beach park</i>
8/23	Dad Center	women	Kailua Beach to OCC
9/5-6	<i>Queen Lili`uokalani</i>	<i>women/men</i>	<i>Kailua, Kona</i>
9/6	E Lau Hoe	women	Maunalua Bay to Nanakuli
9/13	Henry Ayau	men	Maunalua Bay to Nanakuli
9/27	Na Wahine O Ke Kai	women	Moloka`I to O`ahu
10/11	Moloka Hoe	men	Moloka`I to O`ahu