

## 2010 Practice Schedule

### Long Distance Practice – Starting March 1

Men – Monday/Wednesday at 5:45 pm

Women – Tuesday/Thursday at 5:45 pm

Novice B - TBA

### Regatta Practice – Starting Week of March 29

Men – Monday/Wednesday at 5:30 pm

Women – Tuesday/Thursday at 5:30 pm

Novice B - TBA

## 2010 Race Schedule (Preliminary)

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

Saturday - 3/27	Windward Kai	Magic Island
Saturday - 4/10	North Shore	Hale`iwa Beach Park
Saturday - 4/24	`Alapa Hoe	Ke`ehi Lagoon
Saturday - 5/1	Koa Kai	Magic Island
Saturday - 5/15	Kai Poha	Hale`iwa Beach Park

### Regatta Series

5/23	Kamehameha	Ke`ehi Lagoon
5/30	Manu O Ke Kai	Hale`iwa Beach Park
6/6	Windward Kai	Waimanalo Beach Park
<b>6/13</b>	<b>Lōkahi</b>	<b>Ke`ehi Lagoon</b>
6/20	`Alapa Hoe	Ke`ehi Lagoon
6/27	Na Keiki O Ka Mo`i	Mā`ili Beach
7/11	Koa Kai	Ke`ehi Lagoon
7/18	<i>Waikīkī Beach Boys</i>	<i>Waikīkī Beach</i>
Saturday - 7/24	Hui Wa`a Championships	Ke`ehi Lagoon
Saturday - 8/7	HCRA State Championships	Hilo Bay

### Long Distance Series: change races

8/8	Ka`ena Challenge	men/women	Sunset beach to Makaha
8/15	Duke Kahanamoku	men	Kailua Beach to Waikīkī
8/21	<i>Kailua Bay Ironman</i>	<i>men</i>	<i>Kailua Beach park</i>
8/22	Dad Center	women	Kailua Beach to OCC
9/5-6	<i>Queen Lili`uokalani</i>	<i>women/men</i>	<i>Kailua, Kona</i>
9/12	E Lau Hoe	women	Maunalua Bay to Nanakuli
9/19	Henry Ayau	men	Maunalua Bay to Nanakuli
9/26	Na Wahine O Ke Kai	women	Moloka`I to O`ahu
10/10	Moloka Hoe	men	Moloka`I to O`ahu