

## **2011 Practice Schedule**

### **Long Distance Practice – Starting Week of March 7**

Men – Monday/Wednesday at 5:45 pm

Women – Tuesday/Thursday at 5:45 pm

Novice B - Tuesday/Thursday at 5:45 pm

### **Regatta Practice – Starting Week of April 4**

Men – Monday/Wednesday at 5:30 pm

Women – Tuesday/Thursday at 5:30 pm

Novice B - Tuesday/Thursday at 5:30 pm

## **2011 Race Schedule (subject to change)**

### **Long Distance Iron Series (club must race 4)**

|                 |                  |                     |
|-----------------|------------------|---------------------|
| Sunday – 4/3    | Beach Boys       | Ke`ehi Lagoon       |
| Saturday – 4/9  | Windward Kai     | Ke`ehi Lagoon       |
| Saturday - 4/16 | Koa Kai          | Magic Island        |
| Saturday - 4/23 | `Alapa Hoe       | Ke`ehi Lagoon       |
| Saturday – 4/30 | Yacht Club/I Mua | Ke`ehi Lagoon       |
| Saturday – 5/7  | North Shore      | Hale`iwa Beach Park |
| Saturday - 5/14 | Ka Mo`i          | Nanakuli/Pokai Bay  |
| Saturday - 5/21 | Kai Poha         | Hale`iwa Beach Park |

### **Regatta Series**

|                 |                           |                      |
|-----------------|---------------------------|----------------------|
| 5/29            | Windward Kai              | Kailua Beach Park    |
| 6/5             | Manu O Ke Kai             | Hale`iwa Beach Park  |
| 6/12            | Kalihi Kai                | Ke`ehi Lagoon        |
| <b>6/19</b>     | <b>Lōkahi</b>             | <b>Ke`ehi Lagoon</b> |
| 6/26            | `Alapa Hoe                | Ke`ehi Lagoon        |
| 7/3             | Koa Kai                   | Ke`ehi Lagoon        |
| 7/10            | Na Keiki O Ka Mo`i        | Mā`ili Beach         |
| 7/17            | <i>Waikīkī Beach Boys</i> | <i>Waikīkī Beach</i> |
| Saturday - 7/23 | Hui Wa`a Championships    | Ke`ehi Lagoon        |
| Saturday - 8/6  | HCRA State Championships  | Maui                 |

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

|       |                     |           |                              |
|-------|---------------------|-----------|------------------------------|
| 8/7   | Ka`ena Challenge    | men/women | Sunset beach to Makaha       |
| 8/14  | Duke Kahanamoku     | men       | Kailua Beach to Waikīkī      |
| 8/20  | Kailua Bay Ironman  | men       | Kailua Beach park            |
| 8/21  | Dad Center          | women     | Kailua Beach to OCC          |
| 9/3-4 | Queen Lili`uokalani | women/men | Kailua, Kona                 |
| 9/10  | Big Boy Challenge   | men iron  | Kailua Beach to Maunalua Bay |
| 9/11  | E Lau Hoe           | women     | Maunalua Bay to Nanakuli     |
| 9/18  | Henry Ayau          | men       | Maunalua Bay to Nanakuli     |
| 9/25  | Na Wahine O Ke Kai  | women     | Moloka`i to O`ahu            |
| 10/9  | Moloka`i Hoe        | men       | Moloka`i to O`ahu            |