

# DASH – Winter Practice Schedule

<u>When</u>	<u>Where</u>	<u>Who</u>
<u>October</u>		
17 & 18	Davenport (West High School)	Silver & Gold
25	Cedar Falls (Holmes Jr. High)	Gold
<u>November</u>		
8	Loras Pool - Team Pictures, Intra-squad Meet, Parent Meeting	ALL
13 – 15	Des Moines (Johnston Summit Middle School)	Q+
21 & 22	Cedar Rapids (Kennedy High School)	Q-
<u>December</u>		
4 – 6	Cedar Falls (Holmes Jr. High)	ALL
12 & 13	Iowa City (Mercer Park Aquatic Center)	Q+
<u>January</u>		
8 – 10	Bettendorf (Bettendorf High School)	Q+
16 & 17	ALL STARS (Lawrence, KS)	Selected by ISI
17	DASH January Invite (Loras Pool)	9 – 12 Q-, ALL others
23 & 24	Iowa Winter Games (Loras Pool)	ALL
<u>February</u>		
5 – 7	DASH Valentines Classic (Loras Pool)	ALL
20 & 21	Iowa Swimming Regional Finals (Bettendorf)	Q-
26 – 28	Iowa Swimming 12 & Under State (Iowa City)	Q+
<u>March</u>		
5 – 7	Iowa Swimming 13 & 14 and Senior State (I.C.)	Q+
10 – 13	SPEEDO Sectionals (Minneapolis, MN)	Meet cut off times