



2023 Program Schedule*

(pending confirmation of invitational/SOWA dates)

Sunday	1/8	First Day/Practice
Sunday	1/15	Practice
Sunday	1/22	Practice
Sunday	1/29	Practice/Ski Hawks Invitational
Saturday	2/5	Regional Meet at Snoqualmie
Sunday	2/12	Week Off (No Practice)
Sunday	2/19	Practice
Sunday	2/26	Practice
Friday	3/3	State Meet at Mission Ridge
Saturday	3/4	State Meet at Mission Ridge
Sunday	3/5	State Meet at Mission Ridge

Daily Schedule/Routine*

7:30 a.m.	Bus loads at the Safeway parking lot in Eastgate (South Bellevue)
8:00 a.m.	Bus departs Safeway parking lot (South Bellevue) for Snoqualmie Pass
8:45 a.m.	Bus stops in North Bend (Safeway parking lot) alternative pickup location
9:00 a.m.	Bus arrives at Summit West (aka Summit at Snoqualmie)
9:00 a.m.	Participants and Coaches unload equipment and meet in lodge room
9:15 a.m.	Get geared up! (stretching, prep for the mountain)
9:20 a.m.	Coaches meeting and dispatch of Racecourse Team
9:30 a.m.	Everyone on the slopes (lessons, trials, practice)
11:45 a.m.	Break (lunch, hot chocolate, coffee, warm back up)
12:15 p.m.	Back to the slopes (lessons, trials, practice)
2:30 p.m.	Start to head in for the day and load bus
3:00 p.m.	Bus departs Snoqualmie Pass bound for North Bend and South Bellevue
3:30-4:00 p.m.	Bus arrives at the Safeway parking lot (Bellevue) for parent/guardian pickup

*Schedule may vary slightly/may be impacted by weather conditions and mountain conditions