							Å								
			Des Moines, I				ACTICE/COMPETITION SCHEDULE IA - (5-19-21)								
-	THURSDAY, MAY 20, 2021			FRIDAY, MAY 21, 2021				SATURDAY, MAY 22, 2021				SUNDAY, MAY 23, 2021			
					If it is not your test day,	you still MUS	T check in at a	thlete registration to get a wr	u will receive your wristband for istband for course access.						
				If you were previously sch	eduled to test on a day tha				e to the COVID Wellness Cer						
7:50 AM	PARK	STREET	PRESS CENTER VENUE	PARK Men's Adaptive Practice	STREET Men's Adaptive Practice	PRESS CENTER	VENUE			PRESS CENTER	VENUE	PARK	STREET 7:50-8:10 - COVID Cleaning	PRESS CENTER	VENUE
8:00 AM 8:10 AM 8:20 AM 8:30 AM			Press Center 8:00 AM - 9:15 PM	Practice: 12 Athletes, 40 Sec Runs Until Fall 7:40-8:40	Practice: 12 Athlates 7:40-8:40		-	Weather Contingency	Weather Contingency	Press Center 7:45 AM - 10:30 PM		8:20-8:40 - COVID Cleaning	Women's Adaptive Practice Practice: 8 Athletes, 40 Sec Runs Until Fall 8:10-9:10	-	
8:40 AM 8:50 AM 9:00 AM 9:10 AM	8:50-9:00 - Women's Qualifier Warm Up Women's Open Qualifier Heat 1		Venue Open	8:50-9:00 - Women's Semifinal Warm Up Women's Semifinal Heat 1	8:50-9:00 - Men's Qualifier Warm Up Men's Open Qualifier Heat 1	Press Center 8:30 AM - 10:30 PM			8:50-9:00 - Women's Semifinal Warn Up Women's Semifinal Heat 1		Venue Oren	Men's Adaptive Practice Practice: 13 Athletes, 40 Sec Runs Until Fall 8:40-10:10		Press Center 8:30 AM - 8:00 PM	Venue Open
9:20 AM 9:30 AM 9:40 AM 9:50 AM 10:00 AM	9:00-9:45 Competition: 2 Runs, 40 Sec, Full Time 9:45-9:55 - Women's Qualifier Warm Up		9:00 AM - 8:00 PM	9:00-9:55 Competition: 3 Runs, 40 Sec Until Fall	9:00-10:10 Competition: 2 Runs, 45 Sec, Full Time				9:00-9:55 Competition: 2 Runs, 45 Sec; Full Time		9:00 AM - 10:30 PM		Women's Adaptive Final Competition: 3 Runs, 40 Sec Full Time 9:15-10:00 Presented by Toyota 10:00-10:15 - Medal Ceremony		9:00 AM - 7:30 PM
10:00 AM 10:10 AM 10:20 AM 10:30 AM 10:40 AM	Women's Open Qualifier Heat 2 9:55-10:40 Competition: 2 Runs, 40 Sec, Full Time			9:55-10:05- Women's Semilinal Warm Up Women's Semifinal Heat 2 10:05-11:00 Compation: 3 Rus, 40 Sec. Until Fall	10:10-10:20 - Meri's Qualifier Warm Up Men's Open Qualifier Heat 2 10:20-11:30				9:55-10:05 - Women's Semifinal Women's Semifinal Heat 2 10:05-11:00 Competitor: 2 Rus, 45 Sec. Full Time			Men's Adaptive Final Competition: 3 Runs, 49 Sec Full Time 10:20-11:20	10:30-10:15 - Medial Ceremony 10:15-10:25 - COVID Cleaning Men's Adaptive Practice Practice: 13 Athlates, 40 Sec Pure Until Fall	-	
10:50 AM 11:00 AM 11:10 AM 11:20 AM	10:40-10:50 - Women's Qualifier Warm Up Women's Open Qualifier Heat 3 10:50-11:35			11:00-11:10 - Women's Semifinal Warm Up Women's Semifinal	Competition: 2 Runs, 45 Sec, Full Time		Venue Open 11:00 AM - 9:00 PM		11:05-11:15 - Women's Semifinal Warm Up Women's Semifinal			Presented by Toyota 11:20-11:35 - Medal Ceremony	10:35-11:35		
11:30 AM 11:40 AM 11:50 AM 12:00 PM	Competition: 2 Runs, 40 Sec, Full Time 11:35-11:45 - Women's Qualifier Warm Up Women's Open Qualifier	Men's Pre-Seeded Practice 11:55-12:55	-	Heat 3 11:10-12:05 Competition: 3 Runs, 40 Sec Until Fall	11:30-11:40 - Men's Qualifier Warm Up Men's Open Qualifier Heat 3 11:40-12:50	-		12:00-12:10 - Mer/s Semilinal Warm Up	Heat 3 11:15-12:10 Competition: 2 Runs, 45 Sec, Full Time			Women's Final Warm Up	Men's Adaptive Final Competition: 3 Runs, 49 Sec Full Time 11:40-12:50		
12:10 PM 12:20 PM 12:30 PM 12:40 PM	Heat 4 11:45-12:30 Competition: 2 Runs, 40 Sec, Full Time			Men's Pre-Seeded Practice 12:10-1:10	Competition: 2 Runs, 45 Sec, Full Time			Men's Semifinal Heat 1 12:10-1:05	Westher Contingency			Practice: 60 Min, 8 Athletes, 40 Sec Runs Until Fail	Presented by Toyota		
12:40 PM 12:50 PM 1:00 PM 1:10 PM 1:20 PM 1:30 PM	Men's Pre-Seeded Practice 12:35-1:35	12:55-1:05 - Women's Qualifier Warm Up Women's Open Qualifier Heat 1			12:50-1:00 - Mer/s Qualifier Warm Up Men's Open Qualifier Heat 4 1:00-2:10			Competition: 3 Runs, 40 Sec Until Fall 1:05-1:15 - Men's Semifinal Warm Up				12:00-12:10 - COVID Cleaning 12:10-1:10 - Women Final Warm Up Women's Final	12:50-1:05 - Medal Ceremony Women's Final Warm Up	-	
1:30 PM 1:40 PM 1:50 PM 2:00 PM	Weather Contingency	1:05-2:00 Competition: 2 Runs, 45 Sec, Full Time			Competition: 2 Runs, 45 Sec, Full Time			Men's Semifinal Heat 2 1:15-2:10 Competition: 3 Runs, 40 Sec Until Fall				1:15-2:15 4 Runs, 8 Athletes, 40 Sec Until Fall	Practice: 60 Min, 8 Athletes		
1:40 PM 1:50 PM 2:00 PM 2:10 PM 2:20 PM 2:30 PM 2:40 PM 2:50 PM 3:00 PM		2:00-2:10 - Women's Qualifier Warm Up Women's Open Qualifier Heat 2 2:10-3:05			2:10-2:20 - Men's Qualfier Warm Up Men's Open Qualifier Heat 5 2:20-3:30			2:10-2:20 - Men's Semifinal Warm Up Men's Semifinal				2:15-2:30 - Medal Ceremony	1:20-1:30 - COVID Cleaning 1:30-2:30 - Women Final Warm Up Women's Final	-	
2:50 PM 3:00 PM 3:10 PM 3:20 PM		Competition: 2 Runs, 45 Sec, Full Time 3:05-3:15 - Women's Qualifier Warm Up		2:50:3:00 - Mer/s Qualifier Warm Up Men's Open Qualifier Heat 1 3:00-3:45	Competition: 2 Runs, 45 Soc, Full Time			Heat 3 2:20-3:15 Competition: 3 Runs, 40 Sec Until Fall				Men's Final Warm Up Practice: 60 Min, 8 Athletes, 40 Sec Runs Until Fall	2:35-4:05 2 Runs, 45 Sec + 5 Tricks		
3:30 PM 3:40 PM 3:50 PM 4:00 PM		Women's Open Qualifier Heat 3 3:15-4:10 Competition: 2 Runs, 45 Sec, Full Time		Competition: 2 Runs, 40 Sec, Full Time 3:45-3:55 - Men's Qualifier Warm Up Men's Open Qualifier	3:30-3:40 - Men's Qualifier Warm Up Men's Open Qualifier Heat 6 3:40-4:50	_		Men's Adaptive Practice Practice: 12 Athletes, 40 Sec Runs Until Fall 3:20-4:20	3:05-3:15 - Men's Semifinal Warm Up Men's Semifinal Heat 1 3:15-4:10			3:10-3:20 - COVID Cleaning			
4:10 PM 4:20 PM 4:30 PM 4:40 PM		Women's Pre-Seeded Practice 4:15-5:15		Heat 2 3:55-4:40 Competition: 2 Runs, 40 Sec, Full Time	Competition: 2 Runs, 45 Sec, Full Time				Competition: 2 Runs, 45 Sec, Full Time 4:10-4:20 - Men's Semifinal Warm Up			3:20-4:20 - Men Final Warm Up Men's Final 4:25:5:25	4:05-4:20 - Medal Ceremony Men's Final Warm Up	-	
4:50 PM 5:00 PM 5:10 PM 5:20 PM			-	4:40-4:50 - Meri's Qualifier Warm Up Men's Open Qualifier Heat 3 4:50-5:35	Women's Pre-Seeded Practice 5:00-6:00			Weather Contingency	Men's Semifinal Heat 2 4:20-5:15 Competitor: 2 Runs, 45 Sec. Full Time			4 Runs, 8 Athletes, 40 Sec Until Fall	Practice: 60 Min, 8 Athletes		
5:30 PM 5:40 PM 5:50 PM 6:00 PM		Men's Pre-Seeded Practice 5:20-6:20		Competition: 2 Runs, 40 Sec, Full Time 5:35:5:45 - Men's Qualifier Warm Up Men's Open Qualifier Heat 4	Men's Adaptive Practice	-			5:15-5:25 - Mer's Semifinal Warm Up Mer's Semifinal Heat 3			5:25-5:40 - Medal Ceremony 5:40-5:50 - COVID Cleaning	4:40-4:50 - COVID Cleaning 4:50-5:50 - Men Final Warm Up Men's Final 5:55-725		
6:10 PM 6:20 PM 6:30 PM 6:40 PM		Women's Adaptive Practice 7 Athletes 6:25-7:25	-	Heat 4 5/45-6:30 Competition: 2 Runs, 40 Sec, Full Time 6:30-6:40 - Mer/s Qualifier Warm Up	Practice: 12 Athlates 6:05-7:05				Heat 3 5:25-6:20 Competition: 2 Runs, 45 Sec, Full Time				3/35-7/22 2 Runs, 45 Sec + 5 Titcks		
5:50 PM 7:00 PM 7:10 PM 7:20 PM		Men's Adaptive Practice 12 Athletes	-	6:3U-5:40 - Mer's Qualifier Warm Up Men's Open Qualifier Heat 5 6:40-7:25 Competition: 2 Runs, 40 Sec, Full Time	Weather Contingency	-				+			7:25-7:40 - Medal Ceremony		
1:10% 1:20%		12 Ameres 7:30-8:30		7:25-67:35 - Men's Qualifier Warm Up Men's Open Qualifier Heat 6									7:40-7:50 - COVID Cleaning	1	
8:20 PM 8:30 PM 8:40 PM 8:50 PM		Weather Contingency		7:35-8:20 Competition: 2 Runs, 40 Sec, Full Time											
9:00 PM 9:10 PM 9:20 PM 9:30 PM				Weather Contingency											
9:40 PM 9:50 PM 10:00 PM 10:10 PM															
10:20 PM 10:30 PM 10:40 PM 10:50 PM 11:00 PM															