

### 2022 NICA Team Practice & Race Schedule

<b>Week</b>	<b>Monday (skill &amp; fun)</b>	<b>Wednesday (Intervals)</b>	<b>Saturday (endurance)</b>
<b>Week # 1:</b> July 11 <sup>th</sup>	<b>Date:</b> 7/11/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 7/13/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Saltese Uplands	<b>Date:</b> 7/16/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> RSP – Wilber Trailhead
<b>Week # 2:</b> July 18 <sup>th</sup>	<b>Date:</b> 7/18/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 7/20/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Antoine Peak	<b>Date:</b> 7/23/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Schweitzer – Sandpoint, ID
<b>Week # 3:</b> July 25 <sup>th</sup>	<b>Date:</b> 7/25/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 7/27/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Mackenzie NA – Liberty Lk.	<b>Date:</b> 7/30/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Mica Peak
<b>Week # 4:</b> August 1 <sup>st</sup>	<b>Date:</b> 8/1/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/3/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Phillips Creek	<b>Date:</b> 8/6/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Mt. CDA
<b>Week # 5:</b> August 8 <sup>th</sup>	<b>Date:</b> 8/8/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/10 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/13/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Canfield Mt. CDA
<b>Week # 6:</b> August 15 <sup>th</sup>	<b>Date:</b> 8/15/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/17/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Cent. Trail (Kendal Yards)	<b>Date:</b> 8/20/22 <b>Event:</b> NICA Race #1 <b>Location:</b> Butte, MT
<b>Week # 7:</b> August 22 <sup>nd</sup>	<b>Date:</b> 8/22/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/24/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Liberty Lake	<b>Date:</b> 8/27/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Iller Creek
<b>Week # 8:</b> August 29 <sup>th</sup>	<b>Date:</b> 8/29/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 8/31/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Cent. Trail (Mirabeau Park)	<b>Date:</b> 9/3/22 – 9/4/22 <b>Event:</b> NICA Race #2 & #3 <b>Location:</b> Bozeman, MT
<b>Week # 9:</b> September 5 <sup>th</sup>	<b>Date:</b> 9/5/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 9/7/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Saltese Uplands	<b>Date:</b> 9/10/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> Mt. Spokane
<b>Week # 10:</b> September 12 <sup>th</sup>	<b>Date:</b> 9/12/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 9/14/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Fish Lake Trail	<b>Date:</b> 9/17/22 <b>Event:</b> NICA Race #4 <b>Location:</b> Kalispell, MT
<b>Week # 11:</b> September 19 <sup>th</sup>	<b>Date:</b> 9/19/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 9/21/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Mackenzie NA – Liberty Lk.	<b>Date:</b> 9/24/22 <b>Time:</b> 9:00 AM – 12:00 PM <b>Location:</b> S. Hill Bluff & Palisades Pk.
<b>Week # 12:</b> September 26 <sup>th</sup>	<b>Date:</b> 9/26/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Beacon Hill – Camp Sekani	<b>Date:</b> 9/28/22 <b>Time:</b> 5:30 – 7:30 PM <b>Location:</b> Cent. Trail (Mirabeau Park)	<b>Date:</b> 10/1/22 <b>Event:</b> NICA Race #5 <b>Location:</b> Lolo, MT