

#	date	day	mode	Location	focus	Overview
1	j14	m	DR	Battle Creek - Withrow	Intro/GenSt	Base 1
2	j15	t	Ski	Afton-Downtown Park	Intensity/Spd	
3	j16	w	DR	Battle Creek - Withrow	QuickPwr	
4	j17	t	Ski	Lake Elmo Prk Res	Video/Balance/Dst	
5	j18	f	Ski	Battle Creek - Water Park	Spec St.	
6	j19	s	DR	Afton State Park	OD	
7	j21	m	DR	Battle Creek - Withrow	Quick/GenSt	Base 1
8	j22	t	Ski	Afton-Downtown Park	Intensity/Spd	
9	j23	w	DR	Battle Creek - Withrow	Plyos	
10	j24	t	Ski	Lake Elmo Prk Res	Video/Balance/Dst	
11	j25	f	Ski	Battle Creek - Water Park	Spec St.	
12	j26	s	DR	Afton State Park	OD	
13	j28	m	DR	Battle Creek - Withrow	Quick/GenSt	Base 1
14	j29	t	Ski	Afton-Downtown Park	Intensity/Spd	
15	j30	w	DR	Battle Creek - Withrow	QuickPwr	
16	ju1	t	Ski	Lake Elmo Prk Res	St/int	
17	ju2	f	Ski	Battle Creek - Water Park	Intensity/Spd	
18	ju3	s	DR	Afton State Park	OD	
19	ju5	m	DR	Battle Creek - Withrow	GenSt	Recovery
20	ju6	t	Ski	Afton-Downtown Park	Spd	
21	ju7	w	DR	Battle Creek - Withrow	Game	
22	ju8	t	Ski	Lake Elmo Prk Res	Video	
23	ju9	f	Ski	Battle Creek - Water Park	Spec St.	
24	ju10	s	DR	Afton State Park	OD	
25	ju12	m	DR	Battle Creek - Withrow	Pwr/GenSt	Int/Pwr 1
26	ju13	t	Ski	Afton-Downtown Park	Intensity/Spd	
27	ju14	w	DR	Battle Creek - Withrow	QuickPwr	
28	ju15	t	Ski	Lake Elmo Prk Res	Intensity/Dst	
29	ju16	f	Ski	Battle Creek - Water Park	Spec St.	
30	ju17	s	DR	Afton State Park	OD	
31	ju19	m	DR	Battle Creek - Withrow	Pwr/GenSt	Int/Pwr 2
32	ju20	t	Ski	Afton-Downtown Park	Intensity/Spd	
33	ju21	w	DR	Battle Creek - Withrow	QuickPwr	
34	ju22	t	Ski	Lake Elmo Prk Res	Intensity/Dst	
35	ju23	f	Ski	Battle Creek - Water Park	cmp	
36	ju24	s	DR	Afton State Park	cmp	
37	ju26	m	DR	Battle Creek - Withrow	cmp	
38	ju27	t	Ski	Afton-Downtown Park		Recovery
39	ju28	w	DR	Battle Creek - Withrow		
40	ju29	t	Ski	Lake Elmo Prk Res		
41	ju30	f	Ski	Battle Creek - Water Park		
42	ju31	s	DR	Afton State Park		
43	au2	m	DR	Battle Creek - Withrow		Base 2
44	au3	t	Ski	Afton-Downtown Park		
45	au4	w	DR	Battle Creek - Withrow		
46	au5	t	Ski	Lake Elmo Prk Res		
47	au6	f	Ski	Battle Creek - Water Park		
48	au7	s	DR	Afton State Park		
49	au9	m	DR	Battle Creek - Withrow		Base 2
50	au10	t	Ski	Afton-Downtown Park		
51	au11	w	DR	Battle Creek - Withrow		
52	au12	t	Ski	Lake Elmo Prk Res		
53	au13	f	Ski	Battle Creek - Water Park		
54	au14	s	DR	Afton State Park		
55	au16	m	DR	Battle Creek - Withrow		Int/Vol
56	au17	t	Ski	Afton-Downtown Park		
57	au18	w	DR	Battle Creek - Withrow		
58	au19	t	Ski	Lake Elmo Prk Res		
59	au20	f	Ski	Battle Creek - Water Park		
60	au21	s	DR	Afton State Park	MT run	