

	Regular Season Meets	Location	Hosting Team
Sat, Oct 1, 2022	National Virtual & Intersquad Meet	Wellmark YMCA	Travel Team
Sat, Nov 5, 2022	Wellmark YMCA Meet	Wellmark YMCA	Ankeny/Wellmark
Sat, Nov 12, 2022	Waukee YMCA Meet	Waukee Family YMCA	Waukee
Sat, Dec 3, 2022	YMCA Travel Meet - Nishna Valley	Atlantic, IA	Nishna Valley
Sat, Dec 10, 2022	Waukee YMCA Meet	Waukee Family YMCA	Waukee
Sun, Dec 11, 2022	Walnut Creek @ Wellmark YMCA Meet	Wellmark YMCA	Walnut Creek
Sat, Dec 17, 2022	YMCA Travel Meet- MACR	Cedar Rapids, IA	MACR
Sat, Dec 17, 2022	Indianola YMCA Meet	Indianola YMCA	Indianola
Sat, Jan 7, 2023	Indianola Distance YMCA Meet	Indianola YMCA	Indianola
Sat, Jan 14, 2023	YMCA Travel Meet - Marshalltown	Marshalltown, IA	Marshalltown
Sat, Jan 21, 2023	YMCA Travel Meet - Mahaska Co YMCA	Oskaloosa, IA	Mahaska Co YMCA
Sat, Jan 28, 2023	Walnut Creek YMCA hosting @ TBD Meet	TBD	Walnut Creek
Sat, Feb 4, 2023	YMCA Last Chance Meet	Wellmark YMCA	Wellmark
Sun, Feb 12, 2023	YMCA Sectionals	Wellmark YMCA	Waukee
	Championship Season Meets		
Sat, March 4, 2023	YMCA State Meet (Girls)	Marshalltown, IA	Marshalltown
Sun, March 5, 2023	YMCA State Meet (Boys)	Marshalltown, IA	Marshalltown
Fri, March 17, 2023	YMCA Regionals (day 1 of 3)	Wellmark YMCA	Iowa YMCA Swimming
Sat, March 18, 2023	YMCA Regionals (day 2 of 3)	Wellmark YMCA	Iowa YMCA Swimming
Sun, March 19, 2023	YMCA Regionals (day 3 of 3)	Wellmark YMCA	Iowa YMCA Swimming
Mon, April 3, 2023	YMCA Nationals(day 1 of 5)	Greensboro, NC	YMCA of USA
Tues, April 4, 2023	YMCA Nationals (day 2 of 5)	Greensboro, NC	YMCA of USA
Wed, April 5, 2023	YMCA Nationals (day 3 of 5)	Greensboro, NC	YMCA of USA
Thur, April 6, 2023	YMCA Nationals (day 4 of 5)	Greensboro, NC	YMCA of USA
Fri, April 7, 2023	YMCA Nationals (day 5 of 5)	Greensboro, NC	YMCA of USA