



THE NORMAL MARCHING BAND

Bands of America Iowa Regional Championships

FRIDAY, OCTOBER 3, THROUGH SUNDAY, OCTOBER 5 | DES MOINES, IA

What to pack

This itinerary is tentative as of September 15, and will be revised with final details.

Pack one small suitcase or duffel bag, to be stored under the coaches. Instruments will also be stored in the undercarriage, so please avoid overpacking. Remember your toiletries, phone charger (and maybe a battery pack), and clothing, including sleepwear. Remember to pack your uniform undergarments and two pairs of tall black socks, as well as anything else you need for the show. (Consider hair products, color guard makeup, etc.) Pack inhalers and any other medication.

Pack one small backpack or carryon bag to bring on the coaches. We recommend that you bring homework, if appropriate, as students are responsible for missed work due to Friday's school absence.

Pack a sack lunch for Friday, and bring bus snacks, if desired. (Avoid dairy, such as milk and ice cream, on the coaches.) Bring money for fast food lunch and stadium dinner on Saturday, and another fast food lunch on the way home on Sunday.

Leave large gaming consoles and other valuables at home. Hotels are for sleeping. ☺

Additional Info

Fans, click here for the Spectator Guide and access to Live Stam Information.

Performers, be sure that you are signed up for the [BAND App](#) and have your notifications turned on! This event is held in a Prelims/Finals format. Twenty-nine bands perform in the Preliminary competition on Saturday morning/afternoon. Performance times are assigned randomly, to avoid grouping bands according to classification. A preliminary awards presentation is held, and the top twelve bands, regardless of class, advance to Finals. Finalists perform again Saturday evening.

Parents who are picking their student up from the stadium on Saturday must provide a written note to the bus chaperone. For the sake of student safety, the guardian and student must see the bus chaperone before leaving the stadium. The best time to do this is at the coaches after the finals award presentation (if selected) or after the announcement of finalists (if not selected.)

The band's departure time will not be delayed to wait for a guardian that is not present to pick up their student at the scheduled time of departure. In this case, the student will remain with the band for their own safety.

The student cost for this trip is \$225, including charter coach transportation, lodging, and included meals, as specified in this itinerary. Payment can be made in Presto (see normalmb.org for instructions) or by check, payable to U5MP or Unit 5 Music Parents. Please remit payments by Tuesday, September 30.

NMB Schedule for Friday, October 3

before rehearsal

Eat a healthy breakfast and drink plenty of water.

8:30 AM

Meet at KJHS, outside the Annex Garage. Arrival and parking instructions will be shared prior to this event. Please park in the designated location and avoid interrupting the KJHS school day arrival processes.

8:45 AM

Walk to Hancock Stadium, as a group. We will cross at the crosswalk.

9:00 AM

Rehearsal in ISU Hancock Stadium begins.

12:00 PM

Rehearsal ends. Use ISU Hancock Stadium Restrooms, as needed, because we do not have access to KJHS during their school day. Cross at the crosswalk when returning to KJHS. Eat a sack lunch, and polish instruments at KJHS. (Sousaphones will go under the coaches for this trip.)

12:45 PM

Load coaches, take roll.

1:00 PM

Depart for hotel. Drury Inn & Suites | 5505 Mills Civic Pkwy. | West Des Moines, IA 50266

~6:00 PM

Arrive at hotel. Dinner at the hotel is included in the cost of the trip, and tonight's menu includes tacos, taco salad, corn, black beans, chicken tortilla soup, chips, salsa, nacho cheese, and hot dogs. We will eat dinner upon arrival, then disseminate room keys and transfer belongings to hotel rooms. **Take your uniform up to your room tonight so that you can get dressed at the hotel in the morning.** Take advantage of time in the hotel tonight, relax, rotate so everyone gets a shower. Students may not enter any hotel room aside from their own. Instead, gather in hotel common areas. Please be respectful of other guests with regard to noise and their use of spaces. There are free soft drinks and popcorn until 8:00 PM.

8:30 PM

Chaperone meeting in hotel lobby.

9:00 PM

Room Checks, Lights Out. Get some sleep. No vending machine trips or students out of their rooms after this time. We have a very early morning and a big day tomorrow!

NMB Schedule for Saturday, October 9

by 5:15 AM	Wake up. Hair volunteers will be available in the hotel lobby. Be sure to drink water and eat a healthy breakfast.
6:00 AM	Load coaches. You must be in uniform, dressed and ready to go. Pack a bag with practice clothes to wear after the performance, and bring your phone lanyard. Remember your inhaler and any other medications. Dress for the weather! This stadium is outdoors.
6:15 AM	Depart hotel for the competition.
6:45 AM	Arrival at the Bands of America Iowa Regional Championships. Northwest High School, Waukee, IA Unload, prepare for the show! Let's have a great performance!
7:15 AM	Lined up, ready for warm up.
7:35 AM	Warm Ups begin, in Area B. Band and Guard will warm up from 7:35 until 8:20 AM, then report to the gate at 8:35 AM. Front Ensemble will warm up from 7:35 until 8:05 AM, then report to the gate at 8:20 AM.
8:45 AM	NMB Performance in the Bands of America Iowa Regional Championships! Go, Team, Go! After the performance, we'll take a group picture, then change out of uniform and load/depart for lunch and rehearsal. We will stop for a fast food lunch on the way to practice. Put drums and sousaphones under coaches, not on the truck. Drum Majors should keep uniforms with them on the coach, for the Awards Presentation.
12:00 PM	Tentative: Rehearsal begins, site TBD. We will likely do a limited rehearsal with only instruments, equipment, and drum major podiums... no props. (Do you have your lanyard?)
2:00 PM	Tentative: Rehearsal ends, load truck and coaches, return to Northwest HS. Arrive at BOA Iowa Regional, Northwest HS. Be sure to eat something. If we qualify for Finals, you may not have another opportunity to eat until much later. Time for souvenir shopping, watching bands, grabbing a snack. Students are NOT permitted to leave the stadium/bus parking lot during this time.
4:30 PM	Presentation of Preliminary Competition Awards. Meet at our coaches for instructions immediately following the Awards Presentation. Department of Transportation regulations require the coach drivers to go off duty for rest at this time, so there may be specific instructions about access to personal belongings, instruments, and equipment.
If in finals...	Instructions will be given as soon as we know our performance time. We will stay through the Finals Awards Presentation at 10:45, and all performers join the drum majors on the field for awards. Guardians picking up their student should do so at the buses, immediately after... (approximately 11:30 PM) We will load and depart for the hotel immediately after Awards. It is also acceptable to pick students up at the hotel in the morning.
If not in finals...	Instructions will be given when we meet. We will stay and watch finals, through the last performance. Return to the buses at 10:30 PM, load and depart for the hotel. Guardians picking up their student should do so at the coaches when we meet at about 5:00 PM OR they should do so at 10:30 PM. It is also acceptable to pick students up at the hotel in the morning.

NMB Schedule for Sunday, October 5

- 7:00 AM **Hot Buffet Breakfast begins, in the hotel.** Options include waffles, scrambled and hard-boiled eggs, breakfast potatoes, sausage patties, biscuits and gravy, oatmeal with toppings, fresh fruit, yogurt, bagels and assorted breads with toppings, blueberry muffins, cold cereals, and beverages.
- 9:00 AM **Check out of room, load and depart.** Make sure you have all of your belongings, and return your room key to your chaperone. **Double check to be sure nothing is left in your room.**
- En route **Fast Food Lunch Stop in Davenport, IA.** We will park near 53rd Street and Elmore Avenue. Nearby choices include Raising Canes, Dave's Hot Chicken, Noodles and Company, Steak 'n Shake, Taco Bell, Chik-fil-A, Mission BBQ, Chipotle, Portillos, Hawaiian Bros. Stay in a group and be safe.
- ~3:00 PM **Approximate arrival at Kingsley Junior High School.**
The NMB will share its location in the BAND App so families can monitor our progress on the road.

A Note from the NMB Directors

The Bands of America Regional Championships are incredible events—there are 29 bands from 7 states at this one. It is a great opportunity to see what others have been working on, and to see the best of the best from around the Midwest! We are very proud of your work over the past few weeks, and we're excited for the opportunity to share the show in this community of outstanding performers. Remember to represent the NMB at your very best, both on and off the field—and especially in the hotel. The NMB parents and staff are working hard to make this weekend a success... please follow their instructions and thank them for their efforts. Make sure you eat, sleep, hydrate, and rest, so that we can be at our best! Have a great trip, work hard, and perform well!



Iowa Regional Championship, presented by Yamaha

PRELIM SCHEDULE - As of 9/2/25 - 29 bands

Oct. 4, 2025 - Northwest High School Stadium - Waukee, IA



BAND	SUGGESTED LOT						
	ARRIVAL TIME	WARM-UP AREA	BAND WARM-UP	PIT WARM-UP	PIT REPORT TIME	BAND REPORT TIME	START TIME
TBA	5:15	Area B	6:05 - 6:50	6:05 - 6:35	6:50	7:05	7:15
TBA	5:30	Area C	6:20 - 7:05	6:20 - 6:50	7:05	7:20	7:30
Omaha Burke H.S., NE	5:45	Area A	6:35 - 7:20	6:35 - 7:05	7:20	7:35	7:45
Muscatine H.S., IA	6:00	Area B	6:50 - 7:35	6:50 - 7:20	7:35	7:50	8:00
Blue Valley West H.S., KS	6:15	Area C	7:05 - 7:50	7:05 - 7:35	7:50	8:05	8:15
Bellevue West H.S., NE	6:30	Area A	7:20 - 8:05	7:20 - 7:50	8:05	8:20	8:30
Normal H.S., IL	6:45	Area B	7:35 - 8:20	7:35 - 8:05	8:20	8:35	8:45
BREAK							
Irondale H.S., MN	7:15	Area A	8:05 - 8:50	8:05 - 8:35	8:50	9:05	9:15
Mankato 77 Lancers, MN	7:30	Area B	8:20 - 9:05	8:20 - 8:50	9:05	9:20	9:30
Pella H.S., IA	7:45	Area C	8:35 - 9:20	8:35 - 9:05	9:20	9:35	9:45
Plainfield Central H.S., IL	8:00	Area A	8:50 - 9:35	8:50 - 9:20	9:35	9:50	10:00
Camdenton H.S., MO	8:15	Area B	9:05 - 9:50	9:05 - 9:35	9:50	10:05	10:15
Millard West H.S., NE	8:30	Area C	9:20 - 10:05	9:20 - 9:50	10:05	10:20	10:30
Davenport Central H.S., IA	8:45	Area A	9:35 - 10:20	9:35 - 10:05	10:20	10:35	10:45
Oakville H.S., MO	9:00	Area B	9:50 - 10:35	9:50 - 10:20	10:35	10:50	11:00
BREAK							
Centennial H.S., IA	10:00	Area C	10:50 - 11:35	10:50 - 11:20	11:35	11:50	12:00
Grain Valley H.S., MO	10:15	Area A	11:05 - 11:50	11:05 - 11:35	11:50	12:05	12:15
Brandon Valley H.S., SD	10:30	Area B	11:20 - 12:05	11:20 - 11:50	12:05	12:20	12:30
Gretna H.S., NE	10:45	Area C	11:35 - 12:20	11:35 - 12:05	12:20	12:35	12:45
Rockwood Summit H.S., MO	11:00	Area A	11:50 - 12:35	11:50 - 12:20	12:35	12:50	1:00
Rock Island H.S., IL	11:15	Area B	12:05 - 12:50	12:05 - 12:35	12:50	1:05	1:15
Belleville East H.S., IL	11:30	Area C	12:20 - 1:05	12:20 - 12:50	1:05	1:20	1:30
Mitchell H.S., SD	11:45	Area A	12:35 - 1:20	12:35 - 1:05	1:20	1:35	1:45
BREAK							
Rosemount H.S., MN	12:15	Area C	1:05 - 1:50	1:05 - 1:35	1:50	2:05	2:15
Northwest H.S., IA	12:30	Area A	1:20 - 2:05	1:20 - 1:50	2:05	2:20	2:30
Bellevue East H.S., NE	12:45	Area B	1:35 - 2:20	1:35 - 2:05	2:20	2:35	2:45
Papillion-La Vista South H.S., NE	1:00	Area C	1:50 - 2:35	1:50 - 2:20	2:35	2:50	3:00
Lindbergh H.S., MO	1:15	Area A	2:05 - 2:50	2:05 - 2:35	2:50	3:05	3:15
Naperville Central H.S., IL	1:30	Area B	2:20 - 3:05	2:20 - 2:50	3:05	3:20	3:30
MOC-Floyd Valley H.S., IA	1:45	Area C	2:35 - 3:20	2:35 - 3:05	3:20	3:35	3:45
Grand Rapids H.S., MN	2:00	Area A	2:50 - 3:35	2:50 - 3:20	3:35	3:50	4:00



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EST. 1975

Iowa Regional Championship, Presented by Yamaha
SITE OVERVIEW MAP
Northwest High School Stadium - Des Moines, IA

