

# Estrus Synchronization Planner



## Beef Reproduction Task Force

*synch 21*

For help, comments and suggestions contact:

Dr. Garland Dahlke, Iowa State University

[garland@iastate.edu](mailto:garland@iastate.edu)

**IOWA STATE UNIVERSITY**  
Extension and Outreach  
Iowa Beef Center

Dr. Sandy Johnson, Kansas State University

[sandyj@ksu.edu](mailto:sandyj@ksu.edu)



Download the planner for free at: [www.iowabeefcenter.org/estrussynch.html](http://www.iowabeefcenter.org/estrussynch.html)

More from the Beef Reproduction Task Force at: <https://beefrepro.org>

Sample Output:

Estrus Synchronization Planner						
41 = 7 Day CO-Synch+CIDR -- Split-Time AI 54/78 - - including sexed semen						
Heifer System						
Date to start breeding: 6/1/2021						
Clean-up bull turn in date: 6/15/2021						
Start of calving season: 3/9/2022						
Complete Fixed Time AI between: 6/2/2021 11:00 AM and 6/2/21 3:00 PM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/23/2021	5/24/2021	5/25/2021	5/26/2021	5/27/2021	5/28/2021	5/29/2021
*Insert CIDR device & *Inject 2cc Cystorelin -all females						
5/30/2021	5/31/2021	6/1/2021	6/2/2021	6/3/2021	6/4/2021	6/5/2021
7:00 AM *Remove CIDRs & *Inject 5cc Lutalyse -all females *Implement EDA						
		1:00 PM *Use sexed semen on estrous females	1:00 PM *Use sexed semen on estrous females *Inject 2cc Cystorelin (GnRH) & AI nonestrous females with conventional semen			
6/6/2021	6/7/2021	6/8/2021	6/9/2021	6/10/2021	6/11/2021	6/12/2021
6/13/2021	6/14/2021	6/15/2021	6/16/2021	6/17/2021	6/18/2021	6/19/2021
		*Turn in Bull Power				
6/20/2021	6/21/2021	6/22/2021	6/23/2021	6/24/2021	6/25/2021	6/26/2021
*New Cycle						