

Lake Andrea 2016 Open Water Swim Schedule

Date	Enter Water	Course	FYI / Notes
Thursday, Jun 2	6pm	1/4 mile triangle	
Saturday, Jun 4	7am	1/4 mile triangle	
Thursday, Jun 9	6pm	1/4 mile triangle	
Saturday, Jun 11	7am	1/4 mile triangle	
Tuesday, June 14	6pm	1/4 mile triangle	TRI RACE WEEK: EXTRA TUESDAY SWIM- Meet at beach, 1/2 mi triangle option
Thursday, Jun 16	6pm	1/4 mile triangle	
Saturday, Jun 18	7am	1/4 & 1/2 mile triangle	TRI RACE PREP: SWIM- Meet at beach, 1/2 mi triangle option
Tuesday, Jun 21	6pm	1/2 mile triangle (Open Water Race Course)	TRI RACE WEEK: EXTRA TUESDAY SWIM- Meet at beach, 1/2 mi triangle
Thursday, Jun 23	6pm	PP Tri Sprint Course (1/2 Mile)	Meet at Tri Ramp (East Side of Lake) in RecPlex parking lot (cash only, no credit cards)
Saturday, Jun 25	7am	PP Tri Sprint Course (1/2 Mile)	Meet at Tri Ramp (East Side of Lake) in RecPlex parking lot (cash only, no credit cards)
Saturday, Jun 25	11am	PP Tri Sprint Course (1/2 Mile)	EXTRA SATURDAY SWIM: Meet at Tri Ramp (East Side of Lake) in RecPlex parking lot (cash only, no credit cards)
Thursday, Jun 30	6pm	1/4 mile triangle course	
Saturday, July 2	7:00 AM	1/4 mile triangle course & lake circumference swim	optional 2 mile lake Circumference swim
Thursday, July 7	6pm	1/4 mile triangle course	
Saturday, July 9	7am	1/4 mile triangle course	
Thursday, Jul 14	6pm	1/4 mile triangle course	
Saturday, Jul 16	7:00 AM	1/4 mile triangle course & lake circumference swim	optional 2 mile lake Circumference swim
Thursday, Jul 21	6pm	1/4 mile triangle course	
Saturday, Jul 23	7am	1/4 mile triangle course	
Thursday, Jul 28	6pm	1/4 mile triangle course	
Saturday, Jul 30	7am	1/4 mile triangle course	
Tuesday, Aug 2	6pm	1/4 mile triangle course	RACE WEEK PREP - Extra Tuesday Swim
Thursday, Aug 4	6pm	1/4 mile triangle course	
Saturday, Aug 6	7am	1/4 mile triangle course	
Tuesday, Aug 9	6pm	1/4 mile triangle course	RACE WEEK PREP - Extra Tuesday Swim
Thursday, Aug 11	6pm	1/4 mile triangle course	
Saturday, Aug 13	7am	Cross Lake Swim	Women's Tri Course (700M, 1400M, 1400M+ option)
Saturday, Aug 13	11am	1/4 mile triangle course	Beginner Swim Clinic - Get ready for Race. meet at beach (west side of lake)
Thursday, Aug 18	6pm	1/4 mile triangle course	
Saturday, Aug 20	7am	1/4 mile triangle course	
Thursday, Aug 25	6pm	1/4 mile triangle course	
Saturday, Aug 27	7am	1/4 mile triangle course & lake circumference swim	optional 2 mile lake Circumference swim
Thursday, Sep 1	6pm	1/4 mile triangle course	
Saturday, Sep 3	7am	1/4 mile triangle course & lake circumference swim	optional 2 mile lake Circumference swim
Thursday, Sep 8	5:30pm	1/2 mile triangle course	Open Water State meet Course - note earlier time
Single Training Swim: (\$10 RP Member / \$15 RP NonMember/\$10 USA Swimming Registered Swimmers) Season Passes: All Thursdays or All Saturdays (\$90 RP Member / \$100 RP NonMember) Unlimited Season Pass "All Training Swims" (\$170 RP Member / \$200 RP NonMember)			
Meet at the beach on the west side of Lake Andrea (unless otherwise noted), at Prairie Springs Park Beach, Pleasant Prairie, WI. We enter the water at the times listed. Please arrive 15 minutes early to check-in and receive the pre-swim briefing.			
Swimmers should enter as a group, late arrivals will NOT be allowed to start the swim. The primary training swim course will be a 1/4 Mile triangle, starting roughly 30 meters from the beach. Swimmers will be allowed to complete as many loops as they would like during the hour without interruption, or stop on the beach for tips/rest as many times as needed. we will alternate clockwise and counterclockwise courses to work sighting and turns. Circumference swims are for experienced swimmers, if you have questions, email Kevin			
Important: Schedule is subject to change. Please confirm swim date on the calendar at recplexonline.com.			
In case of bad weather, confirm beach/lake is open on the calendar at recplexonline.com.			
Questions/Contact: Aquatics & Competitive Swimming Director Kevin Milak kmilak@plprairiewi.com (262)947-3630			