

Lake Andrea 2017 Open Water Training Swim Schedule

Date	Enter Water	Course	FYI / Notes
Thursday, Jun 1	6pm	1/4 mile triangle	
Saturday, Jun 3	7am	1/4 mile triangle	
Thursday, Jun 8	6pm	1/4 mile triangle	
Saturday, Jun 10	7am	1/4 mile triangle	
Tuesday, Jun 13	6pm	1K loop (zone open water race course)	EXTRA TUESDAY SWIM- Meet at beach
Thursday, Jun 15	6pm	1/4 mile triangle	
Saturday, Jun 17	7am	1K loop (zone open water race course)	
Tuesday, Jun 20	6pm	1/4 mile triangle	TRI RACE WEEK: EXTRA TUESDAY SWIM- Meet at beach
Thursday, Jun 22	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 24	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 24	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)
TUESDAY, Jun 27	6pm	1/4 mile triangle course	Depart from Beach (back to the WEST Side as usual)
Thursday, June 29	NO TRAINING SWIM - DUE TO OPEN WATER STATE MEET (training swim moved to Tuesday (6/27))		
Saturday, July 1st	7am	1/4 mile triangle course	
TUESDAY, July 4	7am	1/4 mile triangle course	EXTRA TUESDAY Swim - 4th of July, 7am
Thursday, July 6	6pm	1/4 mile triangle course	
Saturday, July 8	7am	1/4 mile triangle course	1.2 mile loop option (ironman 70.3 prep)
Thursday, Jul 13	6pm	1/4 mile triangle course	
Saturday, Jul 15	7am	1/4 mile triangle course	
Thursday, Jul 20	6pm	1/4 mile triangle course	
Saturday, Jul 22	7am	1/4 mile triangle course	optional 2 mile circumference swim
Thursday, Jul 27	6pm	1/4 mile triangle course	
Saturday, Jul 29	7am	1/4 mile triangle course	
Tuesday, Aug 1	6pm	1/4 mile triangle course	Extra Tuesday Swim - Get Ready for Tri Prep
Thursday, Aug 3	6pm	1/4 mile triangle course	
Saturday, Aug 5	7am	1/4 mile triangle course	
Tuesday, Aug 8	6pm	1/4 mile triangle course	Extra Tuesday Swim - Get Ready for Tri Prep
Thursday, Aug 10	6pm	1/4 mile triangle course	
Saturday, Aug 12	7am	1/4 mile triangle course & lake crossing option (irongirl prep)	
Saturday, Aug 12	11am	1/4 mile triangle course	EXTRA SATURDAY - beginner tri swim clinic
Thursday, Aug 17	6pm	1/4 mile triangle course	
Saturday, Aug 19	7am	1/4 mile triangle course	
Thursday, Aug 24	6pm	1/4 mile triangle course	
Saturday, Aug 26	7am	1/4 mile triangle course	optional 2 mile circumference swim
Thursday, Aug 31	6pm	1/4 mile triangle course	
Saturday, Sep 2	7am	1/4 mile triangle course	optional 2 mile circumference swim
Thursday, Sep 7	5:30pm	1/4 mile triangle course	note early start time
Saturday, Sep 9	7am	1/4 mile triangle course	

Single Drop-In Training Swims: (\$10 RP Member / \$15 RP NonMember/\$10 USA Swimming & USMS Members)

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), in Prairie Springs Park, 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 must 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.

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 cell: (832)233-0234