

Lake Andrea 2019 Open Water Swim Schedule

Date	Enter Water	Course	FYI / Notes
Thursday, May 30	6pm	1/4 mile triangle	
Saturday, Jun 1	7am	1/4 mile triangle	
Thursday, Jun 6	6pm	1/4 mile triangle	
Saturday, Jun 8	7am	1/4 mile triangle	
Tuesday, Jun 11	6pm	1K loop (zone open water race course)	BONUS TUESDAY SWIM - Meet at beach
Thursday, Jun 13	6pm	1/4 mile triangle	
Saturday, Jun 15	7am	1K loop (zone open water race course)	
Tuesday, Jun 18	6pm	1/4 mile triangle	TRI RACE WEEK: EXTRA TUESDAY SWIM - Meet at beach
Thursday, Jun 20	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 22	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 22	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 25	6pm	1/4 mile triangle course	Depart from Beach (back to the WEST Side as usual)
Thursday, June 27	NO TRAINING SWIM - DUE TO OPEN WATER STATE MEET (training swim moved to Tuesday (6/26))		
Saturday, June 29	7am	1/4 mile triangle course	
Tuesday, July 2	6pm	1/4 mile triangle course	(Changed to Tuesday 7/2, due to July 4th Holiday)
Saturday, July 6	7am	1/4 mile triangle course	1.2 mile loop option (ironman 70.3 prep)
Thursday, Jul 11	6pm	1/4 mile triangle course	
Saturday, Jul 13	7am	1/4 mile triangle course	
Thursday, Jul 18	6pm	1/4 mile triangle course	
Saturday, Jul 20	7am	1/4 mile triangle course	optional 2 mile circumfrence swim
Thursday, Jul 25	6pm	1/4 mile triangle course	
Saturday, Jul 27	7am	1/4 mile triangle course	
Tuesday, July 30	6pm	1/4 mile triangle course	Extra Tuesday Swim - Get Ready for Tri Prep
Thursday, Aug 1	6pm	1/4 mile triangle course	
Saturday, Aug 3	7am	1/4 mile triangle course	
Tuesday, Aug 6	6pm	1/4 mile triangle course	Extra Tuesday Swim - Get Ready for Tri Prep
Thursday, Aug 8	6pm	1/4 mile triangle course	
Saturday, Aug 10	7am	1/4 mile triangle course & lake crossing option (irongirl prep)	
Saturday, Aug 10	11am	1/4 mile triangle course	EXTRA SATURDAY - beginner tri swim clinic
Thursday, Aug 15	6pm	1/4 mile triangle course	
Saturday, Aug 17	NO Training Due UANA Junior Open Water Championships		
Thursday, Aug 22	6pm	1/4 mile triangle course	
Saturday, Aug 24	7am	1/4 mile triangle course	optional 2 mile circumfrence swim
Thursday, Aug 29	6pm	1/4 mile triangle course	
Saturday, Aug 31	7am	1/4 mile triangle course	
Thursday, Sep 5	5:30pm	1/4 mile triangle course	note early start time
Saturday, Sep 7	7am	1/4 mile triangle course	

Single Training Swim: (\$10 RP Member / \$15 RP NonMember) 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) 10-swim Punch card (\$70 RP Member / \$90 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 <u>NOT</u> be allowed to start the swim. The primary training swim course will be a 1/3 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 Team Leader, Luke Towry, ltowry@pleasantprairiewi.gov (262)947-3640