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| --- | --- | --- | --- |
| Date | Time | Activity | Comments |
|  |  |  |  |
| 6/4/19 (Tues) | 6 – 7pm | Swim Practice | @ JSC |
|  |  |  |  |
| 6/9/19 (Sun) | 6 – 7:30pm | Track Workout | @ People’s Track |
|  |  |  |  |
| 6/11/19 (Tues) | 6 – 7:00pm | Swim Practice | @ JSC |
|  |  |  |  |
| 6/20/19 (Thurs) | 6 – 7:00pm | Swim Practice | @JSC |
|  |  |  |  |
| 6/22/19 (Sat) | 10 – 11:30am | Bike & Run (Brick) | TBD |
|  |  |  |  |
| 6/25/19 (Tues) | 6 – 7:00pm | OWS | Elmore State Park |
|  |  |  |  |
| 7/1/19 (Mon) | 6:30 – 8:30pm | Elmore Practice Tri | Elmore State Park (no coach) |
|  |  |  |  |
| 7/9/19 (Tues) | 6 – 7:00pm | Swim Practice | @JSC |
|  |  |  |  |
| 7/13/19 (Sat) | 10 – 11:30pm | OWS/Bike/Run | Elmore State Park |
|  |  |  |  |
| 7/18/19 (Thurs) | 6:30 – 8:30pm | Elmore Practice Tri | Elmore State Park |
|  |  |  |  |
| 7/21/19 (Sun) | 10 – 11:30am | OWS | Elmore State Park |
|  |  |  |  |
| 7/23/19 (Tues) | 6 – 7:00pm | Swim Practice | @JSC |
|  |  |  |  |
| 7/27/19 (Sat) | 10 – 11:30am | Hill Repeats | TBD |
|  |  |  |  |
| 7/30/19 (Tues) | 6 – 7:00pm | Swim Practice | @JSC |
|  |  |  |  |
| 8/3/19 (Sat) | 10:00 – 11:30am | Bike/Run | TBD |
|  |  |  |  |
| 8/6/19 (Tues) | 6 – 7:00pm | OWS | Elmore State Park |
|  |  |  |  |
| 8/11/19 (Sun) |  | Vermont Sun Triathlon! |  |