

	Date	Race	Location	Distance	Time	Place
1	7-Jan	Chilly Bones Duathlon	Brooksville FL	5kr-9.8mb-1mr	1:04:07	6th OA 2nd AG
2	8-Jan	Alpha Win Sprint Triathlon	Sarasota FL	750ms 20kb 5kr	1:21:21	18th OA 2nd AG
3	14-Jan	Off Road Duathlon Duathlon	Charleston, SC	2mr,7mb,2mr	1:11.31	33rd OA 6th 50-59
4	25-Feb	Northeast Park Duathlon	Gibsonville, NC	1.4mr-10.5mb-1.4mr	1:01.00	42nd OA 4th AG
5	26-Feb	West Creek DL Duathlon	Henrico, VA	.5mr, 7.2mb,2.5kr	39:07	11th OA 3rd Cat
6	26-Feb	West Creek Duathlon	Henrico, VA	.5mr, 7.2mb,2.5kr	38:40	4th OA 4th Cat
7	4-Mar	Clermont DL Challenge Triathlon	Clermont, FL	375ms,10kb,2.5kr	38:25	33rd OA 2nd AG
8	5-Mar	Clermont DL Team Race Triathlon	Clermont, FL	375ms,5kb,1.5kr	50:15 24:35	42nd OA
9	12-Mar	Azalea Sprint Triathlon	Wilmington, NC	300ys-12mb-5kr	1:07:02	21st OA 2nd AG
10	26-Mar	Tune Up Tri Triathlon	Manassa, VA	1.5mr-4mb-250y swim		
11	1-Apr	Smithfield Sprint Triathlon	Smithfield, VA	300ms-10mb-5kr		
12	15-Apr	Pinehurst Sprint Triathlon	Pinehurst, NC	750ms-18mb-5kr		
13	16-Apr	Andys Race Triathlon	Greenville, SC	400ms-15mb-5kr		
14	20-Apr	USAT MS Super Sprint Triathlon	Irving, TX	250ms-5kb-1.2kr		
15	20-Apr	USAT MS Super Sprint Duathlon	Irving, TX	1.2kr-5kb-1.2kb		
16	20-Apr	USAT MS Aquathon	Irving, TX	2.5kr-1ks or 100ms-5kr		
17	21-Apr	USAT MS DL Sprint	Irving, TX	5kr-20kb-3.3kr		

		Duathlon		
18	21-Apr	USAT MS DL Sprint Triathlon	Irving, TX	750ms-20kb-5kr
19	22-Apr	USAT MS Standard Duathlon	Irving, TX	10kr-40kb-5kr
20	22-Apr	USAT MS Standard Aquabike	Irving, TX	1.5ks-40kb
21	23-Apr	USAT MS Relay Triathlon	Irving, TX	250ms-5kb-1.2kr
22	23-Apr	USAT MS Relay Duathlon	Irving, TX	1.2kr-5kb-1.2kr
23	29-Apr	General Smallwood Triathlon	Indian Head, MD	750ms-16mb-5kr
24	30-Apr	East Coast Sprint Triathlon	Glenn Allen, VA	
25	6-May	Smith Mtn Lake Triathlon	SML, VA	750ms-20kb-5kr
26	10-May	Brick Endurance #1 Triathlon	Durham, NC	400ys-8mb-2mr
27	13-May	Kinetic Olympic Triathlon	LASP, VA	1.5ks-40k-10k
28	14-May	Kinetic Sprint Triathlon	LASP, VA	750ms-15.5mb-5kr
29	20-May	French Creek TriFest Triathlon	Elverson, PA	750ms-20kb-5kr
30	21-May	Independence Sprint Triathlon	Quakertown, PA	750ms-20kb-5kr
31	3-Jun	Rock Hall Olympic Triathlon	Rock Hall, MD	1.5ks-40kb-10kr
32	4-Jun	Rock Hall Sprint Triathlon	Rock Hall, MD	750ms-15mb-5kr
33	10-Jun	Poconos Olympic Triathlon	Hawley, PA	1.5ks-40kb-10kr
34	11-Jun	Poconos Sprint Triathlon	Hawley, PA	750ms-10.5mb-5kr

35	17-Jun	Jamestown Olympic Triathlon	Jamestown, VA	1.5ks-40kb-10kr
36	18-Jun	Jamestown Sprint Triathlon	Jamestown, VA	750ms-20kb-5kr
37	21-Jun	Brick Endurance #2 Triathlon	Durham, NC	400ys-11mb-2mr
38	25-Jun	Montclair Sprint Triathlon	Montclair, VA	750ms-20kb-5kr
39	8-Jul	Diamond in the Rough Sprint Triathlon	Perryville, MD	750ms-8mb-5kr
40	9-Jul	Hagerstown Triathlon	Hagerstown, MD	300ms-10mb-5kr
41	15-Jul	Colonial Beach Sprint Triathlon	Colonial Beach, VA	750ms-14mb-5kr
42	16-Jul	Colonial Beach Olympic Triathlon	Colonial Beach, VA	1.5ks-40kb-10kr
43	18-Jul	National Senior Games Triathlon	Beaver Falls, PA	400ms-20kb-5kr
44	23-Jul	Hilbert Off Road Triathlon	Maidens, VA	300ms, 5.2mb, 2mr
45	29-Jul	Culpeper Sprint Triathlon	Culpeper, VA	750ms-16mb-5kr
46	30-Jul	Smiley Triathlon	Clemmons, NC	300ms-12mb-5kr
47	2-Aug	Brick Endurance #3 Triathlon	Durham, NC	400ys-11mb-2mr
48	5-Aug	USAT National Olympic Triathlon	Milwaukee, WI	1.5ks-40kb-10kr
49	6-Aug	USAT National Sprint Triathlon	Milwaukee, WI	750ms-20kb-5kr
50	12-Aug	High Point	High Point, NC	750ms-14mb-5kr

Triathlon

51	20-Aug	North East Sprint Triathlon	North East, MD	750ms-11.4mb-5kr	
52	27-Aug	Fawn Lake Triathlon	Spotsylvania, VA	700ms-20kb-5kr	opens Jun 15
53	2-Sep	Tri for Hospice Triathlon	Greensboro, NC	200ms-10mb-2mr	
54	9-Sep	Patriot's Olympic Triathlon	Jamestown, VA	1.5ks-40kb-10kr	
55	10-Sep	Patriot's Sprint Triathlon	Jamestown, VA	750ms-20kb-5kr	
56	13-Sep	Brick Endurance #4 Triathlon	Durham, NC	400ys-11mb-2mr	
57	17-Sep	Marsh Creek Sprint Triathlon	Downingtown, PA	750ms-20kb-5kr	
58	23-Sep	Giant Acorn Olympic Triathlon	LASP, VA	1.5kb-40kb-5kr	
59	24-Sep	Giant Acorn Sprint Triathlon	LASP,VA	750ms-15.5mb-5kr	
60	30-Sep	Watermans Olympic Triathlon	Rock, Hall, MD	1.5ks-40kb-10kr	
61	1-Oct	Watermans Sprint Triathlon	Rock Hall, MD	750ms-15.5mb-5kr	
62	7-Oct	Pleasants Landing Sprint Triathlon	Bumpass, VA	750ms-20kb-5kr	
63	2-Dec	Clash Daytona Sprint Triathlon	Daytona, FL	800ms-13mb-5kr	