



Date	Day	Event	City	State	Event Type	Series
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### JANUARY

1/1	Thu	Running of the Lights	Clemmons	NC	Run	OTHER
1/24	Sat	Daytona 5K	Daytona	FL	Run	OTHER

### MARCH

3/14	Sat	Azalea	Wilmington	NC	Sprint (pool)	NCTS
3/14	Sat	Parris Island	Parris Island	SC	Sprint (pool)	SCTS
3/15	Sun					
3/21	Sat	Downtown Columbia Tri	Columbia	SC	Sprint (pool)	SCTS
3/22	Sun					
3/28	Sat					
3/29	Sun	MAP	Charlotte	NC	Sprint (pool)	NCTS

### APRIL

4/4	Sat	Valdese	Valdese	NC	Sprint (pool)	TSTDS
4/4	Sat	Smithfield	Smithfield	VA	Sprint (pool)	VTS
4/5	Sun	WAC	Wilmington	NC	Sprint (pool)	TSTDS
4/11	Sat	3Sports Du	Richmond	VA	Duathlon	OTHER
4/12	Sun	EASTER				
4/18	Sat	Belews Lake	Stokesdale	NC	Sprint	TSTDS
4/18	Sat	Rumpass I	Bumpass	VA	International	VTS
4/19	Sun	Rumpass II	Bumpass	VA	Sprint	VTS
4/25	Sat	Langley Pond	Aiken	SC	Sprint/Int'l	SCTS
4/25	Sat	Haymed.org	Canton	NC	Sprint	TSTDS
4/25	Sat	Riverwood	Clayton	NC	Sprint	TSTDS
4/26	Sun	Angels	Lynchburg	VA	Sprint	VTS

**MAY**

5/2 Sat	Lake Murray	Lexington	SC	Sprint	<b>SCTS</b>
5/2 Sat	Smith Mtn	Roanoke	VA	Sprint	<b>VTS</b>
5/2 Sat	White Lake Half	White Lake	NC	Half	<b>NCTS</b>
5/3 Sun	White Lake Sprint	White Lake	NC	Sprint	<b>NCTS</b>
5/9 Sat	Jetton Cornelius	Cornelius	NC	Sprint	<b>TSTDS</b>
5/9 Sat	White Lake Half	White Lake	NC	Half	<b>NCTS</b>
5/9 Sat	Kinetic Half	Lake Anna	VA	Half	<b>VTS</b>
5/10 Sun	White Lake Sprint	White Lake	NC	Sprint	<b>NCTS</b>
5/10 Sun	Kinetic Sprint	Lake Anna	VA	Sprint	<b>VTS</b>
5/16 Sat	Surf & Turf	Surf City	NC	Sprint	<b>NCTS</b>
5/16 Sat	Clemson	Clemson	SC	Sprint	<b>SCTS</b>
5/16 Sat	Statesville	Statesville	NC	Sprint	<b>TSTDS</b>
5/17 Sun					
5/23 Sat					
5/24 Sun					
5/30 Sat	Over The Mountain	Kings Mountain	NC	International	<b>NCTS</b>
5/30 Sat	Rock N Roll Man	Macon	GA	Half/ Sprint/ Du	<b>OTHER</b>
5/31 Sun	Reston Sprint	Reston	VA	Sprint (pool)	<b>VTS</b>

**JUNE**

6/6 Sat	New Bern YMCA	New Bern	NC	Sprint (pool)	<b>TSTDS</b>
6/6 Sat	Badin Lake	Badin	NC	Sprint	<b>TSTDS</b>
6/7 Sun	Festival of Flowers	Greenwood	SC	International	<b>SCTS</b>
6/7 Sun	Kerr Lake	Henderson	NC	International	<b>TSTDS</b>
6/13 Sat	Tri Latta	Charlotte	NC	Sprint	<b>NCTS</b>
6/13 Sat	Enka Triathlon @Biltmore Lake	Asheville	NC	Sprint	<b>TSTDS</b>
6/14 Sun	Tri Latta	Charlotte	NC	Sprint	<b>NCTS</b>
6/20 Sat	Tri the Midlands	Columbia	SC	Sprint	<b>SCTS</b>
6/20 Sat	Bath County	Warm Springs	VA	Sprint	<b>VTS</b>
6/21 Sun					
6/27 Sat	Go Tri Sports Triathlon at Greenville	Greenville	SC	Sprint (pool)	<b>SCTS</b>
6/28 Sun	Montclair	Montclair	VA	International	<b>VTS</b>
6/28 Sun	Kure Beach Double Sprint	Kure Beach	NC	Sprint	<b>NCTS</b>

**JULY**

7/4 Sat					
7/5 Sun					
7/11 Sat	Tri the Pee Dee	Florence	SC	Sprint	<b>SCTS</b>
7/12 Sun	Triangle	Raleigh	NC	Sprint	<b>NCTS</b>
7/18 Sat					
7/19 Sun	Asheville	Asheville	NC	Sprint	<b>TSTDS</b>
7/19 Sun	3Sports	Richmond	VA	Sprint (pool)	<b>VTS</b>
7/25 Sat	Lake Wylie	Charlotte	NC	Sprint	<b>NCTS</b>
7/25 Sat	Mission Man	Burlington	NC	Sprint	<b>TSTDS</b>
7/25 Sat	J. Cecil Jarvis Memorial	Bridgeport	WV	Sprint	<b>OTHER</b>
7/26 Sun					

**AUGUST**

8/1 Sat	Lake Logan	Canton	NC	International	<b>TSTDS</b>
8/2 Sun	Culpeper Sprint	Culpeper	VA	Sprint	<b>VTS</b>
8/8 Sat	Bandits Challenge	Wilkesboro	NC	International	<b>NCTS</b>
8/8 Sat	Autumn Hall	Wilmington	NC	International	<b>OTHER</b>
8/9 Sun	UNC Wellness	Chapel Hill	NC	Sprint (pool)	<b>TSTDS</b>
8/15 Sat	Glade Springs	Beckley	WV	Sprint	<b>OTHER</b>
8/15 Sat	Tri to Cure	Greenville	SC	Youth (pool)	<b>OTHER</b>
8/15 Sat	Luray	Luray	VA	International	<b>VTS</b>
8/16 Sun	Luray	Luray	VA	Sprint	<b>VTS</b>
8/16 Sun	Greenville	Greenville	SC	Sprint	<b>SCTS</b>
8/22 Sat	Lake Norman YMCA	Cornelius	NC	Sprint	<b>NCTS</b>
8/22 Sat	Triangle Sportsplex	Hillsborough	NC	Sprint (pool)	<b>TSTDS</b>
8/23 Sun	Lake Norman YMCA	Cornelius	NC	Sprint	<b>NCTS</b>
8/23 Sun	Ramblin Rose	Winston-Salem	NC	Sprint (pool)	<b>OTHER</b>
8/29 Sat	Stonewall Jackson	Weston	WV	Sprint	<b>OTHER</b>
8/29 Sat	Hickory Nut Gorge	Lake Lure	NC	Sprint	<b>TSTDS</b>
8/30 Sun					

## SEPTEMBER

9/5 Sat						
9/6 Sun	Hartsville YMCA	Hartsville	SC	Sprint / Int	<b>SCTS</b>	
9/12 Sat	Dash For Divas	White Lake	NC	Sprint	<b>OTHER</b>	
9/12 Sat	Patriots Half	Williamsburg	VA	Half	<b>VTS</b>	
9/13 Sun	Patriots Sprint/Int	Williamsburg	VA	Sprint / Int	<b>VTS</b>	
9/13 Sun	Club Wars	White Lake	NC	International	<b>OTHER</b>	
9/19 Sat	Wilmington YMCA	Wilmington	NC	Sprint	<b>NCTS</b>	
9/19 Sat	Cane Creek	Charlotte	NC	Sprint	<b>TSTDS</b>	
9/19 Sat	General Smallwood	Indianhead	MD	International	<b>OTHER</b>	
9/20 Sun	General Smallwood	Indianhead	MD	Sprint	<b>OTHER</b>	
9/20 Sun	Angels	Clemmons	NC	Sprint (pool)	<b>OTHER</b>	
9/26 Sat	Big Lick	Roanoke	VA	International	<b>VTS</b>	
9/27 Sun	Duke Liver Center Half	Raleigh	NC	Half	<b>NCTS</b>	
9/27 Sun	Ramblin Rose	Huntersville	NC	Sprint (pool)	<b>OTHER</b>	

## OCTOBER

10/3 Sat	Giant Acorn	Bumpass	VA	International	<b>VTS</b>	
10/4 Sun	Giant Acorn	Bumpass	VA	Sprint	<b>VTS</b>	
10/4 Sun	South Carolina Half	Greenwood	SC	Half	<b>SCTS</b>	
10/4 Sun	Take Flight	Huntersville	NC	Sprint (pool)	<b>TSTDS</b>	
10/10 Sat	Pinehurst	Pinehurst	NC	International	<b>NCTS</b>	
10/11 Sun	Ramblin Rose	Chapel Hill	NC	Sprint (pool)	<b>OTHER</b>	
10/11 Sun	New River Valley	Christiansburg	VA	Sprint (pool)	<b>VTS</b>	
10/17 Sat	Take Flight	Huntersville	NC	Sprint (pool)	<b>TSTDS</b>	
10/17 Sat	Hickory Knob	McCormick	SC	Sprint/Int'l	<b>SCTS</b>	
10/18 Sun						
10/24 Sat						
10/25 Sun						

## NOVEMBER

10/31 Sat						
11/1 Sun						
11/7 Sat	Beach2Battleship	Wilmington	NC	Full/ Half	<b>OTHER</b>	
11/26 Thu	Turkey Strut	Winston-Salem	NC	Run	<b>OTHER</b>	

