



March 2009

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 <u>Around the Bay Road Race</u>	30	31				



April 2009

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Kingston 10km
26 Kingston Half and 5km	27	28	29	30		



May 2009

					1	2 Cumberland Duathlon & Relays
3	4	5	6	7	8	9
10 Limestone Triathlon	11	12	13	14	15	16 Early Bird Triathlon Duathlon & Relays
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



June 2009

	1	2	3	4	5	6
7	8	9	10	11	12	13 Ottawa Riverkeeper
14 Muskoka Triathlon Weekend	15	16	17	18	19	20
21 Smith Falls Triathlon	22	23	24	25	26	27
28	29	30				



July 2009

			1	2	3	4
5 Greater Kingston Sydenham Triathlon	6	7	8	9	10	11
12 Graham Beasley Triathlon	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Iron Man Lake Placid	27	28	29	30	31	



August 2009

						1 National Capital Triathlon
2 KTown Triathlon	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Thousand Islands Triathlon	17	18	19	20	21	22
23	24	25	26	27	28	29
30 Cobourg Triathlon Weekend	31					



September 2009

		1	2	3	4	5 The Canadian
6	7	8	9	10	11	12 Esprit Triathlon Weekend
13 IronMan Muskoka 70.3	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			