

## 2019-2020 Season Calendar

	Date	Location	Format	Distance	Race Day Sponsors
		<b>Ballina ...date to be advised</b> Rd 1 North Coast Interclub Series			
	08/09/2019	Coffs Harbour	Bendigo Bank Coffs Running Festival	21.1k /10k /5k /3k	
#1	29/09/2019	Yacht Club	Club Race & BBQ Breakfast of champions	750/20/5 + enticer	
#2	13/10/2019	Yacht Club	Club Race	750/20/5 + Enticer	
	20/10/2019				
#3	27/10 /2019	Yacht Club	Novice day & BBQ & Muesli Breakfast of champions. Got a mate who wants to tri a Tri .Bring them along	750/20/5 + Enticer 300/10/2.5	
#4	10/11/2019	Yacht Club	Triple Sprint	3 x (300/6/2.5)	
#5	17/11/2019	Yacht Club	Club Race	750/20/5 + Enticer	
	24/11/2019	Kingscliff Triathlon – North Coast Interclub Series			
#6	01/12/2019	Yacht Club	Long Course; 1000/30/7.5...Enticer Option. closed transition race.	1000/30/7.5 + Enticer option	
	08/12/2019	Yamba Triathlon – North Coast Interclub Series			
#7	15/12/2019	Yacht Club	Team Race and Xmas BBQ	300/10/2.5 each person	
#8	05/01/2020	Yacht Club	Run –Swim- Run	Long 5k-750-5k Enticer 2k-300-2k	
#9	19/01/2020	Yacht Club	Duathlon (Swim-Run)	750/5k + Enticer	
#10	02/02/2020	Yacht Club	Club Race	750/20/5 + Enticer	
	09/02/2020	Trial Bay Tri festival Rd 4 North Coast Interclub series			
#11	23/02/2020	Yacht Club	John Daffy Memorial - Long Course & BBQ breakfast of champions	1000/30/7.5...Enticer Option...closed transition race	
	07//03/2020	Tweed Enduro Rd 5 North Coast Interclub Series			
	08/03/2020	Coffs Harbour bcu Tri Festival Rd 6 North Coast Interclub series			
#12	15//03/2020	Yacht Club	Club Race	750/20/5 + Enticer	
#13	29/03/2020	Yacht Club	Club Race	750/20/5 + Enticer	
	05/04/2020	Coffs Jetty	Ocean Swims 	250m, 600m, 2000m	
#14	19/04/2020	Yacht Club	Final Club Race. Muesli Breakfast of Champions	750/20/5 + Enticer	
	09/05/2020	Byron Bay last round of North Coast series			
	23/05/2020	<b>Forster NSW Club Champs</b>			