

2023-2024 Season Calendar

	Date	Start Time	Location	Format	Distance	Breakfast
	10-09-2023	Reference Only - Coffs Harbour Running Festival 2023				
October Long Weekend						
1	8-10-2023	6:30	Jetty	Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
2	22-10-2023	6:15	Jetty	Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
3	5-11-2023	6:15	Jetty	Try a Tri/Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	BBQ/Fruit
	19-11-2023	Yamba Triathlon – North Coast Interclub Series...Race 1 for the ROCKETS...Sprint				
	26-11-2023	Kingscliff Triathlon – North Coast Interclub Series..Race 2 for the ROCKETS.. Olympic, Sprint				
4	3-12-2023	6:15	Jetty	Club Race	750m-20k-5k + Enticer + Aqua Bike +	BBQ/Fruit
5	17-12-2023	6:15	Jetty	Club Race – Teams timing	750m-20k-5k + Enticer + Aqua Bike	Fruit - Xmas Party afternoon
Christmas Holidays						
6	21-01-2024	6.15	Jetty	Club Race - Aquathon	Aquathon 5k Run, 750m Swim 2.5k Run + 2.5/300/2.5	Fruit
	4-02-2024	Trial Bay Triathlon - North Coast Interclub series.... Race 3 for the ROCKETS...Sprint				
7	11-02-2024	6.15	Jetty	John Daffy Memorial Long Course + Enticer	1k-30k-7.5 +Enticer + Aqua Bike Aquathon 750m, 5km	BBQ/Fruit
	24-02-2024	Tweed Enduro - North Coast Interclub Series...Race 4 for the ROCKETS...Long, Sprint				
8	3-03-2024	6:30	Jetty	Try a Tri/Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	BBQ/Fruit
9	17-03-2024	6:30	Jetty	Ladies Race	750m-20k-5k + Enticer + Aqua Bike Aquathon 750m, 5km	BBQ/Fruit
	24-03-2024	Kingscliff Triathlon – North Coast Interclub Series..Race 5 for the ROCKETS..Olympic, Sprint				
Easter Holidays						
	7-04-2024	Reference only - Coffs Harbour Ocean Swim 2024				
10	14-04-2024	6:15	Jetty	Club Race	750m-20k-5k + Enticer + Aqua Bike	Fruit
11	27-04-2024 and/or 11-5-2024	6:15	Jetty	Club Race (TBC - Potential)	750m-20k-5k + Enticer + Aqua Bike	Fruit
	TBC	Byron Bay - North Coast Interclub Series...Race 6 for the ROCKETS ...Olympic, Sprint				
	5-05-2024	Port Macquarie IM				
	TBC	Club Champs at Forster (Saturday)...Race 7 for the ROCKETS				



Notes

- All races – participants have the option to opt out of times being posted (pre-race nomination)
- Due to road safety and sanctioning requirements, our bike course risk assessment requires competitors to complete the bike leg generally by 8am
- Aqua Bike incorporated into each club race. Aquathon trialed in early races and before inter club events and for Try a Tri to promote junior participation and adult swim/runners.
- Spring School Holidays Monday 25 September – Friday 6 October
- October long weekend is 30 September - 2 October
- Easter Sunday is 31 March 2024
- School Summer holidays approx. Thursday 14 December to Monday 29 January
- April School Holidays Monday 15 – Friday 26 April 2024
- Try a Tri dates are aimed for daylight savings and warmer conditions (between 1st Oct to 31 March)
- Location noted as Yacht Club - TBC

Links

<https://kingsclifftri.org/>

<https://yambatri.org/>

<https://trialbaytri.org/>

<https://tweedenduro.org/>

<http://nswtriathlonclubseries.com/nsw-north-coast/>