

2023-2024 Season Calendar

(Updated 21 March 2024)

	Date	Start Time	Location	Sponsor & Race Format	Distance	Breakfast
Platinum Sponsors – Moonee Beach Hotel, the Sawtell Hotel, the Palms Toormina Hotel and C.ex Coffs						
October Long Weekend						
1	8-10-2023	6:30	Jetty	Faircloth and Reynolds Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
2	22-10-2023	6:15	Jetty	Happy Frog & Harbour Side Markets Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
3	5-11-2023	6:15	Jetty	Advanced Auto's Try-a-Tri / Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
	19-11-2023	Yamba – North Coast Interclub Series....Race 1 for the ROCKETS...Sprint				
	26-11-2023	Kingscliff – North Coast Interclub Series....Race 2 for the ROCKETS...Olympic, Sprint				
4	3-12-2023	6:15	Jetty	Hair on Promenade & Quality Accounting Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit
5	17-12-2023	6:15	Jetty	Viridian Glass Club Race – Teams timing	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Fruit - Xmas Party afternoon
Christmas Holidays						
6	21-01-2024	6.15	Jetty	Chicken Butchery & Market St Stitches Club Race - Aquathon	Aquathon 5k Run, 750m Swim, 5k Run + 2.5/300/2.5	BBQ / Fruit
7	4-02-2024	6.15	Jetty	Ventoux Cycles John Daffy Memorial Long Course + Enticer	1k-30k-7.5 +Enticer + Aqua Bike Aquathon 750m, 5km	BBQ / Fruit
	11-02-2024	Trial Bay - North Coast Interclub series....Race 3 for the ROCKETS...Sprint				
	24-02-2024	Tweed Enduro - North Coast Interclub Series....Race 4 for the ROCKETS...Long, Sprint				
8	03-03-2024	6:30	Jetty	PhysAbility Ladies Race	750m-20k-5k + Enticer + Aqua Bike Aquathon 750m, 5km	BBQ / Fruit
9	17-03-2024	6:30	Jetty	Fishermen's Co-Op Try-a-Tri / Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	Easter Seafood/ Fruit
	24-03-2024	Kingscliff – 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	Coffs Coast Sports Physio & X-Press Signs Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	BBQ / Fruit
11	28-04-2024	6:15	Jetty	Beach Bodies & CeX Club Race	750m-20k-5k + Enticer + Aqua Bike + Aquathon 750m, 5km	BBQ / Fruit
	5-05-2024	Port Macquarie IM				
	11-05-2024	Byron Bay - North Coast Interclub Series...Race 6 for the ROCKETS ...Olympic, Sprint				
	25-05-2024	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 included 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 – Community Building Coffs Harbour Jetty

Links

<https://kingsclifftri.org/>

<https://yambatri.org/>

<https://trialbaytri.org/>

<https://tweedenduro.org/>

<https://byrontri.org/>

<https://www.ironman.com/im-australia>

<https://hevents.com.au/events/trinswclubchamps>

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

Sponsors

A huge thank you to our Sponsors for their generous support in our club and to our members. Please see our website for an up-to-date list and consider their businesses/services when the opportunities arise