



CENTRAL COAST ACADEMY OF SPORT

2019/20 Triathlon Program Schedule

June 2019	Program	Venue / Details
Mon 3rd June	Athlete Online Applications Open	www.thinksport.com.au/programs/triathlon
Fri 21st June	Applications close	
Fri 28th June	Squad Announced	Athletes notified via email
July 2019		
Sat 6th July	Program Orientation	Mingara Recreation Club 4pm - 5:30pm
Sun 7th July	CCTRI Duathlon Race #3	Summerland Point 7:00am to 9:00am
Sun 14th July	Skills session #1 - Gosford Velodrome	Adcock Park Gosford 8am - 10am
Sun 21st July	Skills session #2 CCTRI Bicycle Safety Skills	Palmdale Lifetime Learning Centre 9:30 - 11:30
August 2019		
Sat 3rd August	Skills session #3 CCTRI Bicycle Safety Skills	Palmdale Lifetime Learning Centre 9:30 - 11:30
Sun 4th August	CCTRI Duathlon Race #4	Summerland Point 7:00am - 9:00am
Fri 9th - 11th Aug	CCAS and HAS Camp - Point Wolstoncroft	Friday 5pm - Sunday 3pm
Wed 14th Aug	CCAS Group Education Session 1) Nutrition 2) Integrity in Sport	Mingara Recreation Club 5:30pm - 7:30pm

** Please note this schedule is subject to change. Selected athletes will be advised accordingly.*





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September 2019		
Sun 8th Sept	CCTRI Duathlon Race#5	Summerland Point 7:00am to 9:00am
Sun 15th Sept	Skills Session #4 - venue to be confirmed	UON 8am - 10 am
Sat 21st Sept	NSWIS Biomechanist - Error Identification	Mingara Aquatics 4:30 - 6:00pm
October 2019		
Sun 6th Oct	CCTRI Triathlon Race #1	Summerland Point 7:00am to 9:00am
Sun 20th Oct	Skills session #5 - Gosford Velodrome	Adcock Park Gosford 8am - 10am
November 2019		
Sun 3rd Nov	CCTRI Triathlon Race #2	Summerland Point 7:00am to 9:00am
Sun 10th Nov	Skills session #6 Bateau Bay PCYC	Bateau Bay PCYC 8am - 10am
Sat-Sun 30/1	TNSW Orange Supersprint Race Weekend	Gosling Reserve - Orange
December 2019		
Wed 4th Dec	CCAS Group Education Session 1) Sports Medicine / Injury Prevention 2) Integrity in Sport	Mingara Recreation Club 5:30 - 7:30 pm
Sun 8th Dec	Skills session #7- Gosford Velodrome plus ROTB	Adcock Park Gosford 8am - 10am

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Jan 2020		
Sun 12th Jan	CCTRI Race #4. Round 1 Interacademy Challenge - CCAS/HAS Plus Open Water Skills	Summerland Point 7:00am to 9:00am
Sun 19th Jan	Skills Session #9 Bateau Bay PCYC	Bateau Bay PCYC 8am - 10 am
Feb 2020		
Sun 2nd Feb	CCTRI Race #5	Summerland Point 7:00am to 9:00am
Sat 8th Feb	Round 2 InterAcademy Challenge. Aquathon Toowoona Bay	Toowoona Bay 8am - 10 am
Sun 9th Feb	Round 3 InterAcademy Challenge. Tomaree Triathlon	Soldiers Point , Port Stephens, 7am
Thurs /Fri 27/28 Feb TBC	NSW All Schools Triathlon Regatta Centre Penrith	Regatta Centre Penrith 7am
Mar 2020		
Sun 1st Mar	CCTRI Race #5	Summerland Point 7:00am to 9:00am
Sun 8th Mar	Skills session #10 Gosford Velodrome	Adcock Park Gosford 8am - 10am
April 2020		
Fri 3rd - Sun 5th	"Your Local Club" Academy Games	Hunter Region
May 2020		
Sat 23rd May	Triathlon NSW Club Championships - Forster	Forster 7am

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