

# 2022-2023 CLUB CALENDAR



**Kalgoorlie**  
Tri Club

## 2022-2023 Calendar & Weekly Training Schedule

Race set up from 6:30am,  
Race briefing at 7:25am  
Races start at 7:30am sharp,  
no late entries accepted.

Teams eligible in all races.

[www.kalgoorlietriclub.com.au](http://www.kalgoorlietriclub.com.au)

### TRAINING SCHEDULE

DATE	EVENT	TRIATHLON (SHORT / LONG)	DUATHLON (SHORT / LONG)
8/10/22	Club Launch		
9/10/22	Handicap Race 1	300.9.3/600.24.6	1.5km.9.3/3.24.6
16/10/22	Women's Tri	200.9.2	
23/10/22	Handicap Race 2 Kids Tri 1	300.9.3/600.24.6	1.5km.9.3/3.24.6
6/11/22	Corporate Tri	300.9.3 - Teams Event	
20/11/22	Handicap Race 3 Sunsmart Kids Tri 2	300.9.3/600.24.6	1.5km.9.3/3.24.6
27/11/22	Handicap Race 4	300.9.3/600.24.6	1.5km.9.3/3.24.6
11/12/22	Handicap Race 5	300.9.3/600.24.6	1.5km.9.3/3.24.6
18/12/22	Christmas Fun Day	TBA	TBA
8/1/23	Handicap Race 6	300.9.3/600.24.6	1.5km.9.3/3.24.6
15/1/23	Kambalda Tri	400.12.3 - scratch race	1.5km.12.3 - scratch race
29/1/23	Handicap Race 7 Kids Tri 3	300.9.3/600.24.6	1.5km.9.3/3.24.6
12/2/22	Norseman	300.10.4/1000.30.8 - scratch race	2.10.4/44.30.8 - scratch race
27/2/22	Club Championships	300.9.3/600.24.6 - scratch race	1.5km.9.3/3.24.6 - scratch race
4/3 - 7/3/22	Esperance Training Camp		
20/3/22	Coolgardie Race	300.14.4/600.28.8 - scratch race	2.14.4 / 4.28.8 - scratch race
26/3/22	Kids Tri 4		
27/3/22	Handicap Race 8	300.9.3/600.24.6	1.5km.9.3/3.24.6
3/4/22	Goldfields Classic O D	500.18.5/1500.40.10 - scratch race	2.5km.18.5/5.40.10 - scratch race
23/4/23	Esperance O D	500.18.5/1500.40.10 - scratch race	
30/4/22	Busselton 70.3		
TBA	Season Wind Up		

🕒	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM</b>		<b>5:45am</b> Swim Session @ Goldfields Oasis <b>Cost:</b> Pool Entry plus \$2 Coaching fee	<b>5:30am</b> High Intensity Road Cycle Session Meet @ Monty's	<b>5:45am</b> Swim Session @ Goldfields Oasis <b>Cost:</b> Pool Entry plus \$2 Coaching fee	<b>6:00am</b> Run Session @ Oasis Playing Fields	<b>6:00am</b> Road Cycle Session Meet @ Monty's	Club Race
<b>PM</b>		<b>5:30pm</b> Run Session @ Karlkurla Park		<b>5:30pm</b> Run Session @ Oasis Playing Fields			