



2011 / 2012 SUMMER CALENDAR

2011

Date	Event Details	Meeting Location	Meet Time	Start Time	Notes
Sep 2011					
Wed Sep 7	Swim Squad Session	Drummoyne Pool	6.20 pm	6.30 pm	Bring swim aids e.g. flippers, pool buoy, kick board etc if you have them
Wed Sep 14	Tempo Swim / Run Session	Drummoyne Pool	6.20 pm	6.30 pm	Run starts at 7pm from in front of Drummoyne Rowers
Wed Sep 21	Run Session - Intervals	Drummoyne Rowers	6.20 pm	6.30 pm	All levels catered for
Sat Sep 24	Brent St Single	Drummoyne Pool	10.20 am	10.30 am	Official Season Launch / CTC New Member Open Day. BBQ afterwards
Wed Sep 28	Swim Squad Session	Drummoyne Pool	6.20 pm	6.30 pm	Bring swim aids if you have. Casual run afterwards for those that are keen
Oct 2011					
Mon Oct 3	Road Ride	North Turramurra	8.30 am	8.45 am	Refer CTC Emails / Website / Facebook for further details
Wed Oct 5	Brent Street Single	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Oct 12	Duke Avenue Single	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Oct 19	Brent Street Double	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Oct 26	The Cove & Brent St Single	Drummoyne Pool	6.20 pm	6.30 pm	2 Races to choose from
Nov 2011					
Wed Nov 2	The Roundabout	Cabarita Pool	6.20 pm	6.30 pm	
Wed Nov 9	The Bay	Cabarita Pool	6.20 pm	6.30 pm	
Sat Nov 12	Brick - Ride / Run Session	Centennial Park	7.30 am	7.45 am	Meet in Musgrave Avenue.
Wed Nov 16	The Killer	Cabarita Pool	6.20 pm	6.30 pm	
Wed Nov 23	Cabarita Cup Handicap	Cabarita Pool	6.20 pm	6.30 pm	Race Event Details TBA. Presentations, food & drink afterwards
Wed Nov 30	Cycling Info & Training Session	Syd Olympic Park	6.20 pm	6.30 pm	
Dec 2011					
Sun Dec 4	Road Ride	TBA	TBA	TBA	Refer CTC Emails / Homepage / Facebook for details
Wed Dec 7	Brent Street Single	Drummoyne Pool	6.20 pm	6.30 pm	
Sun Dec 11	Canberra 1/2 Ironman	Canberra			See Race Website for Details
Wed Dec 14	CTC Team Olympics	Drummoyne Pool	6.20 pm	6.30 pm	CTC Xmas Party BBQ at Brett Park after

2012

Jan 2012					
Wed Jan 11	Duke Avenue Single	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Jan 18	Brent Street Double	Drummoyne Pool	6.20 pm	6.30 pm	
Sat Jan 26	Chris Oakey Tribute Ride	TBA	7.30-8.30 am	7.45-8.45 am	Sydney to Wollongong Region. 3 wave starts. Swim / BBQ at beach after

Date	Event Details	Meeting Location	Meet Time	Start Time	Notes
Feb 2012					
Wed Feb 1	The Roundabout	Cabarita Pool	6.20 pm	6.30 pm	
Wed Feb 8	The Bay	Cabarita Pool	6.20 pm	6.30 pm	
Wed Feb 15	Swim Squad Session	Cabarita Pool	6.20 pm	6.30 pm	
Fri-Sun Mar 17-19	Huskisson Tri Festival	Huskisson			Group Accommodation to be organised. Contact Club for Details.
Wed Feb 22	Core Strength Session	Cabarita Pool	6.20 pm	6.30 pm	
Wed Feb 29	The Killer - In Reverse	Cabarita Pool	6.20 pm	6.30 pm	
Mar 2012					
Tues Mar 6	Swim Tech / Coaching Session	Cabarita Pool	6.20 pm	6.30 pm	Places strictly limited, must be pre-booked. Cost \$15 includes entry.
Wed Mar 7	Brent Street Single	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Mar 14	Duke Avenue Single	Drummoyne Pool	6.20 pm	6.30 pm	
Sat Mar 18	Road Ride	Road Ride	TBA	TBA	Refer CTC Emails / Homepage / Facebook for details
Wed Mar 21	Brent Street Double	Drummoyne Pool	6.20 pm	6.30 pm	
Wed Mar 28	Michael Atkins Memorial Hcp	Drummoyne Pool	6.20 pm	6.30 pm	Race Event Details TBA. Presentations & Sausage Sizzle afterwards
Apr 2012					
Wed April 4	Run - Intervals	Drummoyne Rowers	6.20 pm	6.30 pm	Meet at front of Drummoyne Rowers Club
Fri Apr 6	Road Ride	TBA	7.30 am	7.45 am	Refer CTC Emails / Homepage / Facebook for details
Wed Apr 11	Tempo Swim / Run Session	Drummoyne Pool	6.20 pm	6.30 pm	1k Swim - 7k Run (Run leaves from Drummoyne Rowers at 7.00 pm).
Wed April 18	Swim Squad Session	Drummoyne Pool	6.20 pm	6.30 pm	Casual run after for those that are keen
Sat Apr 21	Brick - Ride / Run Session	Centennial Park	TBA	TBA	Meet in Musgrave Avenue. Casual open water swim after weather permitting
Wed Apr 25	Brent Street Single	Drummoyne Pool	8.45am	9.00 am	BBQ Breakfast in Brett Park after
Sat Apr 28	NSW Club Championships	Forster			Group Accommodation to be organised. Contact Club for Details.

LEGENDS

TEXT COLOR	SESSION TYPE
Blue	Training Session
Green	Coaching / Information Session
Red	Aquathon Event - See Race Below
Dark Blue	Public / Target CTC Event
Red Highlighted	Special Event

AQUATHON	VENUE	DISTANCES
Brent Street Single	Drummoyne Pool	200m Swim, 3.5km Run, 300m Swim
Brent Street Double	Drummoyne Pool	200m Swim, 3.5 km Run, 300m Swim, 3.5km Run
Duke Avenue Single	Drummoyne Pool	500m Swim, 5.6km Run
The Cove	Drummoyne Pool	750m swim, 7km run
The Roundabout	Cabarita Pool	200m Swim, 2.2k Run, 200m Swim, 2.2k Run, 200m Swim
The Bay	Cabarita Pool	400m Swim, 7k Run
The Killer	Cabarita Pool	300m Swim, 2400m Run, 200m Swim, 1600m Run, 100m Swim, 800m Run