

DATE	DAY	VENUE	CRAFT	TIME	PROGRAM
3rd Nov	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Saturday	North Avoca *	Board	6.30am	1/2 Distance work, 1/2 surf work
	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
9th Nov	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
12th Nov		NUTTY MASTERS			CARNIVAL
16th Nov	Saturday	North Avoca *	Board	6.30am	1/2 Distance work, 1/2 surf work
	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
19th Nov		SOTTS HEAD			CARNIVAL
23rd Nov	Sunday	North Avoca *	Ski	6.30am	1/2 Distance work, 1/2 surf work
	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
30th Nov	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
4th Dec		North Avoca *			CLUB CHAMPS
7th Dec	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
14th Dec	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - in -repeat
21st Dec	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
28th Dec	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
	Sunday	North Avoca *	Ski	6.30am	Varied surf set lengths session with short sand run: ie 150/100/50 out - stop - in -repeat
4th Jan	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
8th Jan	Saturday	KILLCARE			CARNIVAL

11th Jan	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Iron person	6.30am	Race simulation
18th Jan	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Surf skills/Edurance work: Race distance sets in and out through surf
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Race simulation
25th Jan	Sunday	North Avoca *	Iron Person	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Board	6.30am	Race simulation
1st Feb	Sunday	North Avoca *	Iron Person	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
	Thursday	North Avoca *	Ski	7am	1/2 Distance work, 1/2 surf work
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session
	Saturday	North Avoca *	Baord	6.30am	Race simulation
8th Feb	Sunday	North Avoca *	Iron person	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session
11Th Feb	Saturday	TBC			BRANCH CARNIVAL
15th Feb	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session
	Saturday	North Avoca *	Iron person	6.30am	Race simulation
22nd Feb	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Handicaped monthly race day
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Varied surf set lengths session with short sand run: ie 100/75/50 out - stop - in -repeat
	Saturday	North Avoca *	Iron person	6.30am	Race simulation
1st March	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Starts and finishes
	Saturday	North Avoca *	Iron person	6.30am	Surf sets/ Taper
8th March	Sunday	North Avoca *	Ski	6.30am	Surf sets/ Taper
	Wednesday	SWANSEA			STATE TITLES
9th March	Thursday	SWANSEA			STATE TITLES
15th March	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session with starts and finishes
	Saturday	North Avoca *	Iron person	6.30am	Race simulation
	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Endurance focus: Long sets using bouys
	Thursday	North Avoca *	Ski	7am	Surf sets
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Sprint session with starts and finishes
	Saturday	North Avoca *	Iron person	6.30am	Race simulation

22nd March	Sunday	North Avoca *	Ski	6.30am	Surf sets
	Wednesday	Terrigal Car Park	Board	5.30am	Taper session
	Thursday	North Avoca *	Ski	7am	Taper session
	Friday	Terrigal Car Park	Ski/ Board	5.30am	Taper session
27th march		KIRRA			AUSSIES
28th March		KIRRA			AUSSIES