

Illawarra Triathlon Club Races for 2007/2008 (Current as at 24/04/2007)			
Date	Venue	Format	Distance
15th July 2007	Port Kembla High School	Duathlon	Run 3.6km (2 laps), Cycle 15km (6 laps), Run 1.8km (2 lap)
19th August 2007	Port Kembla High School	Duathlon	Run 3.6km (2 laps), Cycle 15km (6 laps), Run 1.8km (3 lap)
16th September 2007	Port Kembla High School	Duathlon	Run 3.6km (2 laps), Cycle 15km (6 laps), Run 1.8km (4 lap) AGM TO BE HELD AFTER RACE
21st October 2007	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
18th November 2007	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
16th December 2007	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
20th January 2008	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
17th February 2008	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
16th March 2008	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
20th April 2008	Port Kembla High School*	Triathlon	Swim 400m, Cycle 15km (6 laps), Run 3.6km (2 laps)
TBA	Nelson Bay*	NSW Club Championships	1000m, Cycle 30km, Run 8km

* These Races count towards the Male and Female Age Group and Club Champion point score

M/F Age Groups for 2005/2006

Trystar
16-19
20-29
30-39
40-49
50-59
60+

Point Scores

1st-20 Points 11th-9 Points
2nd-18 Points 12th-8 Points
3rd-17 Points 13th-7 Points
4th-16 Points 14th-6 Points
5th-15 Points 15th-5 Points
6th-14 Points 16th-4 Points
7th-13 Points 17th-3 Points
8th-12 Points 18th-2 Points
9th-11 Points 19th-100th-1 Point
10th-10 Points

**Your age for the 2007/2008 season
is based on your age as at 31/12/2007.**

The point score age group champion will be based on your best 5 performances over the 8 triathlon races this season.

If you only complete 4 races but marshal one, your average points from the 4 races will be used to give you points for your marshalling duties.

In the event of a tie a count back will decide the winner.