

## North Coast TRYstars Summer Program. October 2006 to April 2007:

Children attending a TRYstars activity must be accompanied by an adult. Please note venues and times may be subject to change. Members will be notified by email of any changes. If unsure, further details can be obtained from: North Coast website, [www.northcoasttriclub.org.au](http://www.northcoasttriclub.org.au), click on TRYstars. Anyone requiring further information please contact Kim Tyler Lees, North Coast membership coordinator - 9300 4946(h), 0419 025 881(m) [membership@northcoasttriclub.org.au](mailto:membership@northcoasttriclub.org.au) or Ann Blatchford, TRYstars coordinator - 9448 4265(h), 0403 114 677(m) [ann@blatchfords.org.uk](mailto:ann@blatchfords.org.uk)

Any TRYstar over 12 years of age may compete in the fortnightly Aquathlons, though 12 to 15 year olds must prove their swimming ability to the TRYstars coaches and/or race director before being allowed to start.

DATE	TIME	PLACE	ACTIVITY
FRI 6 <sup>th</sup> OCT	4.30 pm-6.30 pm	Sorrento Surf Life Saving Club, West Coast Highway, Sorrento	<b>REGISTRATION</b> - followed by Sausage Sizzle to welcome all new members. Bring bike and helmet for checking. 7 & 8 year olds bring Birth Certificates.
FRI 13 <sup>th</sup> OCT Week 1	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 20 <sup>th</sup> OCT Week 2	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
SUN 22 <sup>nd</sup> OCT EVENT 1	8am	Craigie Leisure Centre, Whitford Ave, Craigie	<b>Race 1, Summer Series: TRYstars HAVE-A-GO Triathlon for TRYstar members.</b> Parents expected to help with marshalling. Presentations around 9.15am dependent on numbers.
FRI 27 <sup>th</sup> OCT Week 3	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 3 <sup>rd</sup> NOV Week 4	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 10 <sup>th</sup> NOV Week 5	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 17 <sup>th</sup> NOV Week 6	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Max Grieve Memorial Run/Walk. The TRYstars will be walking/jogging 5km (optional) Cost: \$5 - proceeds go to the Cancer Foundation - followed by Sausage Sizzle and spot prize draws. <b>PARK AT SURF CLUB.</b>
SUN 19 <sup>th</sup> NOV EVENT 2	8am	Craigie Leisure Centre, Whitford Ave, Craigie	<b>Race 2, Summer Series: TRYstars HAVE-A-GO Triathlon for TRYstar members.</b> Parents expected to help with marshalling. Presentations around 9.15am dependent on numbers.
FRI 24 <sup>th</sup> NOV Week 7	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 1 <sup>ST</sup> DEC Week 8	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 8 <sup>th</sup> DEC Week 9	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 15 <sup>th</sup> DEC Week 10	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities with a Christmas fun event followed by Christmas Sausage Sizzle and spot prize draws across the road at the Surf Club. The North Coast Adult Aquathlon at 6pm. <b>PARK AT THE SURF CLUB</b>
<b>CHRISTMAS AND NEW YEAR</b>			

DATE	TIME	PLACE	ACTIVITY
FRI 5 <sup>th</sup> JAN WEEK 11	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 12 <sup>th</sup> JAN Week 12	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 19 <sup>th</sup> JAN Week 13	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
<b>THURS</b> (Please note) 25 <sup>th</sup> JAN Week 14	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 2 <sup>nd</sup> FEB Week 15	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 9 <sup>th</sup> FEB	6pm	Sorrento Surf Club, West Coast Highway, Sorrento	<b>NO TRYSTARS - STATE AQUATHLON CHAMPIONSHIPS.</b> HOSTED BY NORTH COAST AT SORRENTO. ALL TRYSTARS WELCOME TO COME AND CHEER ON THE COMPETITORS WHILE ENJOYING A SAUSAGE SIZZLE.
SUN 11 <sup>th</sup> FEB EVENT 3	8am	<b>Craigie Leisure Centre, Whitford Ave, Craigie</b>	<b>Race 3, Summer Series: TRYstars HAVE-A-GO Triathlon for TRYstar members.</b> Parents expected to help with marshalling. Presentations around 9.15am dependent on numbers.
FRI 16 <sup>th</sup> FEB Week 16	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 23 <sup>rd</sup> FEB Week 17	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 2 <sup>nd</sup> MAR Week 18	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
FRI 9 <sup>th</sup> MAR Week 19	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 16 <sup>th</sup> MAR Week 20	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
SUN 11 <sup>th</sup> MAR EVENT 4	8am	<b>Craigie Leisure Centre, Whitford Ave, Craigie</b>	<b>Race 4, Summer Series: TRYstars HAVE-A-GO Triathlon for TRYstar members.</b> TRYstar parents expected to help with marshalling. Presentations around 9.15am dependent on numbers.
FRI 23 <sup>rd</sup> MAR Week 21	5pm	Sacred Heart School Oval and Sorrento Surf Club, West Coast Highway, Sorrento	5pm TRYstar bike and running skills activities followed by Sausage Sizzle and spot prize draws across the road at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm. <b>PARK AT SURF CLUB.</b>
FRI 30 <sup>th</sup> MAR Week 22	5pm	Kinross College, Falkland Way, Kinross	5pm TRYstar bike and running skills activities, followed by a <b>Mini Duathlon</b> finishing at 6.30pm.
SUN 1 <sup>st</sup> APR EVENT 5	8am	<b>Craigie Leisure Centre, Whitford Ave, Craigie</b>	<b>Race 5, Summer Series: TRYstars HAVE-A-GO Triathlon for TRYstar members.</b> Parents expected to help with marshalling. This is a practice for the Sanitarium Weet-bix Kids TRYathlon. Followed by <b>TRYSTARS END OF SUMMER PARTY</b>
SUN 29 <sup>th</sup> APR	8am	Langley Park, Perth	Sanitarium Weet-Bix Kids TRYathlon