

Sawtell  
Surf Sports

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# Carnivals

## Branch Carnivals

26/27 Oct - Jetty

10 Nov - Woolgoolga

15 Dec - Fast 5s - Sawtell

5 Jan - Teams Carnival, Woolgoolga

16 Feb - North Beach

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## Major Carnivals

24-26 Jan - Country - Warilla

7-9 Mar, 14-16 Mar - State - Manly

29-30 Mar, 2-6 April - Aussies - Gold Coast

# Additional Carnivals

5-6 Oct - Weekend of Surf Forster

12 Oct - Coolangatta Gold

17 Nov - Kracka Challenge - Swansea

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## Sydney Water

3 Rounds

## Beach Stormers

3 Rounds

# Juniors

8 Dec - Nipper Worlds - Swansea

# Seniors

## Summer of Surf

1st-2nd November 2024 – Shaw and Partners Hayden Kenny Classic 10,000

6th-7th December 2024 – Shaw and Partners Swansea Belmont Classic 10,000

17th-18th January 2025 – Shaw and Partners Manly Open 10,000

21st-22nd February 2025 – Shaw and Partners Shannon Eckstein Ironman Classic Double Header 10,000

23 Nov - Twilight Beach - Coffs

— 24 Nov - Craft Carnival - Coffs

# Commencing 5th August

	<b>OFF SEASON TRAINING 2024</b> COMMENCING 5 <sup>th</sup> August						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIORS/ CADETS  LONG BOARDS ONLY		RUN/FITNESS @Club 6am-7am	BOARD @ Jetty 4pm-5pm			BOARD @ Club 2pm-3pm	BOARD/SWIM @Club 9.30am- 10.30am
INTERMEDIATE JUNIORS		RUN/FITNESS @Club 6am-7am  All members welcome				Social Wave session @Club 2pm-3pm	

# Commencing 2nd September

	<b>PRE SEASON TRAINING 2024</b> COMMENCING 2 <sup>nd</sup> SEPTEMBER						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIORS/ CADETS		RUN/FITNESS @Club 6am-7am  SKI @Moller Dr 5.15pm-6.15pm	BOARD @ Jetty 4pm-5pm	BOARD @Club 6am-7am			BOARD/SWIM @Jetty 9am-10am  SKI @Moller Dr 7am-8am
INTERMEDIATE JUNIORS		RUN/FITNESS @Club 6am-7am	BOARD @ Jetty 4pm-5pm	BOARD @Club 6am-7am			BOARD/SWIM session @Jetty 9am-10am
BEGINNERS		RUN/FITNESS @Club 6am-7am					BOARD/SWIM session @Jetty 9am-10am

# Commencing 13th October

	<b>TRAINING 2024</b> COMMENCING 13 <sup>TH</sup> OCTOBER						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIORS/ CADETS		BOARD @Club 6am-7am  RUN/FITNESS @Club 4pm-5pm  SKI @Moller Dr 5.15pm-6.15pm	BOARD @ Jetty 4pm-5pm	BOARD @Club 6am-7am		BOARD/SWIM @Jetty 8.30am-10am	SKI @Moller Dr 7am-8am  2KM BEACH RUN @Club 8.30am
INTERMEDIATE JUNIORS		BOARD @Club 6am-7am  RUN/FITNESS @Club 4pm-5pm	BOARD @ Jetty 4pm-5pm	BOARD @Club 6am-7am		BOARD/SWIM @Jetty 8.30am-10am	2KM BEACH RUN @Club 8.30am
BEGINNERS		RUN/FITNESS @Club 4pm-5pm	BOARD @ Jetty 4pm-5pm			BOARD/SWIM @Jetty 8.30am-10am	2KM BEACH RUN @Club 8.30am