



NORTHWEST TRIATHLON EVENT CALENDAR

EVENTS

2022/2023 SEASON

For more information contact Yolanda Kruger
082 787 5496 / nwesttriathlon@gmail.com



EVENT DATE	AQUABIKE	TRIATHLON						DUATHLON				Kids
		Standard	Sprint	Super Sprint	Super Series	Kids	Long	Standard	Sprint	Super Sprint	Super Series	
10-09-2022	😊	😊	😊	😊		😊		😊	😊	😊		😊
22-10-2022		😊	😊	😊		😊		😊	😊	😊		😊
12-11-2022		😊	😊	😊		😊	😊	😊	😊	😊		😊
19/20-11-2022	SA CROSS DUATHLON CHAMPIONSHIPS											
10-12-2022		😊	😊	😊	😊	😊		😊	😊	😊	😊	😊
14-01-2023 NW TRI CHAMPS		😊	😊	😊		😊		😊	😊	😊		😊
04-02-2023		😊	😊	😊		😊		😊	😊	😊		😊
19-02-2023	SA SPRINT TRIATHLON CHAMPIONSHIPS											
11-03-2023		😊	😊	😊		😊		😊	😊	😊		😊
19-03-2023	SA TRIATHLON CHAMPIONSHIPS											
15-04-2023 NW DU CHAMPS								😊	😊	😊		😊
29-04-2023 - 07-05-2023	WORLD TRIATHLON MULTISPORT CHAMPIONSHIPS (DUATHLON/ CROSS TRI/ CROSS DU / AQUABIKE) - IBIZA, SPAIN											
TBC	SA DUATHLON CHAMPIONSHIPS											

TRIATHLON

	Standard	Sprint	Super sprint
Swim	1500 m	750 m	400 m
Cycle	40 km	20 km	10 km
Run	10 km	5 km	2,5 km

DUATHLON

	Standard	Sprint	Super sprint
Run	10 km	5 km	2,5 km
Cycle	40 km	20 km	10 km
Run	5 km	2,5 km	1,25 km

AQUABIKE

Swim	1900 m
Bike	90 km

