**2023 TriEMAC Race and Event Schedule**

April 24: TriEMAC season in-person training starts

May 13: (Tentative) – Pocono Bike Train. Details to follow.

May 21: Upper Dublin Triathlon/UDAC Splash and Dash, Fort Washington, PA

· Appropriate for all ages, 9-18, including Devos, Middies, Perf, and Parents

· Pool Swim

· Choose either the Splash and Dash or the Sprint Triathlon

· Registration is [HERE](https://www.dqevents.com/races-and-events)

June 16-17: Jenny Lee Tri Cup, Beaver Falls, PA

· Appropriate for all ages, 9-18, including Devos, Middies, Perf, Parents.

· This race provides Draft Legal Opportunities for our athletes, as well as non-draft

legal races appropriate for all ages.

· If you are interested in racing in this draft legal format, please register as soon as

possible or get on the wait list.

· Please read USAT’s info about the draft legal series [HERE](https://static1.squarespace.com/static/6228dc2b68b6893e803cf2ec/t/63962418101ed15eb47c85f1/1670784026157/2023%2BJunior%2BDevelopment%2BSeries%2BGuide%2B%28101122%29.pdf)

· Please register [HERE](https://www.jennyleetri.com/registration)

June 25: Evergreen Lake Youth Triathlon, Bath, Pan (This is a TriEMAC-sponsored event).

· Appropriate for all ages 9 – 17.

· Lake Swim

· We will add the team campout and team dinner the night before if there is sufficient

interest

· Close, local, team race. Everyone should do this one!

· Race website [HERE](https://sites.google.com/view/evergreen-lake-youth-triathlon/home); register [HERE](https://www.dqevents.com/races-and-events)

July 8: Vincentown Sprint Triathlon, Vincentown, NJ

· Sprint triathlon, probably best suited for Middies or Perf, but Devos: consider a

relay!

· Lake swim

· We will do our banger combo with the Avalon Bay swim again! Do one or both and

hang out with teammates on the beach between the two.

August 4-6: USAT Nationals – Youth and Junior, Youth and Junior Draft Legal, Regular Age Group non-draft legal, Madison, WI.

· Youth and Junior race is a NON-QUALIFYING race for anyone, any age

· Youth and Junior Draft Legal race is for qualifiers only

· Age Group Sprint Nationals is for anyone 15 and over, must qualify

· Open Water race option Friday night – non-qualifying

· Registration is [HERE](https://www.teamusa.org/USA-Triathlon/Events/National-Championships/USA-Triathlon-Nationals)

August 20: Evergreen Lake Super Sprint, and Mini Super Sprint Bath, PA

· Same venue, new format!

· Two races – super sprint and mini super sprint – open to anyone, any age! (9-99!)

· Do whichever distance you choose – or pick to do BOTH!

· Special awards for parent-child combos and sibling combos.

· Race website [HERE](https://sites.google.com/view/evergreen-lake-supersprint-tri/home); register [HERE](https://www.dqevents.com/races-and-events).

“Post Season” events -

August 22 – Nox & O Wow Cow Day (new later start time, hoping our high school athletes will be able to join us)

August 25 – End of Season Banquet

**SEE ALSO** the open water events page!