

## 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](#)

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](#)
- Please register [HERE](#)

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](#); register [HERE](#)

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](#)

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](#); register [HERE](#).

“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!