



2023 Triathlon Saskatchewan Excellence Program Calendar

Camps and Events:

March 11-12 Triathlon 101 ages 10 and up. Saskatoon (Entry Level)
March 25-26 Provincial Camp Regina (All Levels)
March 26th Splash and Sprint Regina (All Levels)
May 13-14 Provincial Camp Location TBD Provincial Swim and Run Time Trials (All Levels)
May 27th Cycling Skills Clinic Regina (Entry Level)
May 28th Regina Icebreaker (All Levels)
June 10-11 Open water and Cycling Camp Saskatoon (All Levels)
June 18 RMC Sprint Distance Try a Triathlon
June 24-25 Living Sky Triathlon (Entry Level, High Performance)
June 25 Montreal Nationals (High Performance and Elite Level)
June 25-July 7th Montreal Camp 1 and 2 (High Performance and Elite Level)
July 8th Montreal U23/Elite National Championships (High Performance and Elite Level)
July 9th National Dev Series Montreal (High Performance and Elite Level)
July 8-9 Echo Lake Triathlon (Entry Level)
Aug 10-12 Camp Waskesiu (Entry Level)
Aug 12 Kids Race Frank Dunn
Aug 13th, Frank Dunn Triathlon Waskesiu, (Entry Level)
Aug 27th, National Dev Series Edmonton (All Levels)

Other dates

Swim Camp Regina Easter week Dates TBC

Provincial Draft Legal Series Icebreaker May 28th, Living Sky Triathlon June 24-25, Echo Lake Triathlon July 8-9th.

We will also be hosting monthly education sessions beginning in March. Our education sessions will be focused on Mental performance and Nutrition as well as Injury Prevention.

