

# CBOC WOMEN'S TRAINING 2011

	Wk	Week Beginning	5.20pm Tuesday	5.20pm Thursday	8.00am Saturday* – allow 3 hrs
<b>Jan</b>	1	Mon 27 <sup>th</sup> Dec			
	2	Mon 3 <sup>rd</sup> Jan			Town
	3	Mon 10 <sup>th</sup>			Beach
	4	Mon 17 <sup>th</sup>			Town
	5	Mon 24 <sup>th</sup>			Beach
<b>Feb</b>	1	Mon 31 <sup>st</sup> Jan	on water at 5.30pm off water by 7.00pm approx packed up by 7.15pm		Beach
	2	Mon 7 <sup>th</sup> Feb			Town
	3	Mon 14 <sup>th</sup>			Beach (loading canoes)
	4	Mon 21 <sup>st</sup>			Town - for those not going to Airlie Beach <i>if a steerer is available</i>
<b>26<sup>th</sup> February</b> <b>Outrigger Whitsunday (Airlie Beach) Regatta; Marathon and Short Course</b>					
<b>March</b>	1	Mon 28 <sup>th</sup> Feb	on water at 5.30pm off water by 7.00pm approx packed up by 7.15pm		<u>5<sup>th</sup> March - Tinaburra</u>
	2	Mon 7 <sup>th</sup>			Town
	3	Mon 14 <sup>th</sup>			Beach (loading canoes)
	4	Mon 21 <sup>st</sup>			
<b>26<sup>th</sup> March</b> <b>Dam Outriggers (Tinaburra) Regatta; Marathon and Short Course</b>					
<b>April</b>	1	Mon 28 <sup>th</sup> March	on water at 5.30pm off water by 7.00pm approx packed up by 7.15pm		Beach
	2	Mon 4 <sup>th</sup> April			Town
	3	Mon 11 <sup>th</sup>			Beach (loading canoes quite possibly)
	4	Mon 18 <sup>th</sup>			Town –Easter Weekend and there is usually a Sailing Regatta on at Ellis Beach
	5	Mon 25 <sup>th</sup>			
<b>30<sup>th</sup> April / 1<sup>st</sup> May (Labour Day long weekend)</b> <b>Townsville and Coral Sea Regatta; Lane Sprints and ChangeOver</b>					
<b>May</b>	1	Mon 2 <sup>nd</sup>	on water at 5.30pm off water by 7.00pm approx packed up by 7.15pm		Beach
	2	Mon 9 <sup>th</sup>			Town
	3	Mon 16 <sup>th</sup>			Beach
	4	Mon 23 <sup>rd</sup>			Town
<b>June</b>	1	Mon 30 <sup>th</sup> May	on water at 5.30pm off water by 7.00pm approx packed up by 7.15pm		Beach
	2	Mon 6 <sup>th</sup> June			Town
	3	Mon 13 <sup>th</sup>			Beach - for those not going to Hamo if a steerer is available
<b>16<sup>th</sup> - 19<sup>th</sup> June</b> <b>Hamilton Island OCC; Lane Sprints, Marathon and ChangeOver</b>					

**\* remember you must put your name on the list for  
the Sat paddle – see Andrea or Tuki**

**STRONG WIND WARNING** - Training at the Beach will be moved to Town if a Strong Wind Warning has been issued by the Bureau of Meteorology. Please check [http://www.bom.gov.au/qld/forecasts/northern\\_qld\\_coastal\\_waters.shtml](http://www.bom.gov.au/qld/forecasts/northern_qld_coastal_waters.shtml) after 5am on Saturdays and/or call 1300 360 426 and follow the prompts. Do not rely on commercial tv or radio (ABC radio is reliable). Do not look at the forecast graphs on [www.seabreeze.com.au](http://www.seabreeze.com.au). Always check on Saturday morning; do not base your decision as to where training is on Friday night weather reports.