

2019 High Performance Calendar

Sprint training camp (TBC)	Adelaide	26-27 January
NOL 1 Australian Relay Champs for MW20 and MW21	Hill End, NSW	30 March
NOL 2 Long	Hill End, NSW	31 March
NOL 3 Easter Sprint Relay	WA	19 April
NOL 4 Easter day 1 Sprint	WA	20 April
NOL 5 Easter day 2 Long	WA	21 April
NOL 6 Easter day 3 Middle	WA	22 April
NOL 7 Aus Sprint Champs	Narrogin, WA	26 April
NOL 8 Aus Middle Champs	Narrogin, WA	27 April
NOL 9 NSW Middle Champs	Cowra, NSW	18 May
NOL 10 NSW Ultralong	Cowra, NSW	19 May
Aust NZ test	New Zealand	1-3 June
World Cup 1	Finland	7-11 June
European Youth Champs	Belarus	27-30 June
JWOC	Denmark	6-12 July
WOC (forest races)	Norway	12-17 August
World Cup 3	Switzerland	26-29 August
NOL 11 Oceania Sprint Australian University Champs.	Wagga (ACT organising)	28 September
NOL 12 Aus Long	Cootamundra (ACT organising)	29 September
NOL 13 Oceania Relay	Cootamundra (ACT organising)	30 September
NOL 14 Oceania Long	Wangaratta, Vic	5 October
NOL 15 Oceania Middle	Beechworth, Vic	6 October
World Cup 4	China	25-29 October
National Junior Camp	TBA	December, TBA

Notes

A highlight of the 2019 NOL calendar is that it will have three relay events. These score double in the teams point score and are true team races so the 2019 teams competition will be quite special.

NOL events 1-6 will be selection trials for the 2019 JWOC team.

NOL events 1, 2, 5, 6, 8-10 will be used for selection of the 2019 WOC team, with particular focus on events 9 and 10.

For all squad athletes there will be two weekends set for physical test time trials in February and March.

The Oceania carnival events will also be used for an elite test match between Australia and New Zealand.

Australia expects to send a team with some limited financial support to World Cup 4 in China as this fits best with our domestic calendar. World Cup rounds 1 and 3 are expected to be of interest mainly to our European-based athletes.