

Palau National Olympic Committee

2016 Calendar of Events

JANUARY 2016

Date(s)	Event	Sport	Contact	Location
1 ST Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
1/23	Tri-kids	Triathlon	Frida Delmau	Palau
1/23	Judo Retreat	Judo	Reagan Belechl	Palau
1-31	New Year's Tournament	Tennis	Ernestine Rengiil	Palau
1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
TBD	Junior Tour	Tennis	Ernestine Rengiil	Australia
TBD	USTA Tournament	Tennis	Ernestine Rengiil	Hawaii
1/2/2016	Christmas Intense Training	Swimming	Annabel Lyman	Palau
1/12/2016	Swim-a-thon PR & Pledge	Swimming	Annabel Lyman	Palau
1-31	Adventure Swim, Outreach, & Social Pool	Swimming	Annabel Lyman	Palau
1-31	Sessions & Practice	Swimming	Annabel Lyman	Palau
1/20	Bemesemau	Swimming	Annabel Lyman	Palau
29	Walk for Life	Athletics - Track	Peoria Koshiba	Palau
15-29	Wrestling Class for GB Harris Elem. Sch. (Every Friday)	Wrestling	John Tarkong Jr.	Palau

FEBRUARY 2016

Date(S)	Event	Sport	Contact	Location
1 ST Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
2/20	Tri-kids	Triathlon	Frida Delmau	Palau
TBD	Japan Day Demonstration	Judo	Reagan Belechl	Palau
TBD	Valentines Tournament	Tennis	Ernestine Rengiil	Palau
1-30	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
TBD	ITF Junior Events	Tennis	Ernestine Rengiil	Palau
2/6	Pool Work party clean-up for swim-a-thon (tentative)	Swimming	Annabel Lyman	Palau
2/12	Swim-a-thon	Swimming	Annabel Lyman	Palau

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2/17	Bemesemau	Swimming	Annabel Lyman	Palau
1-30	Sessions & Practice	Swimming	Annabel Lyman	Palau
26	Walk for Life	Athletics – Track	Peoria Koshiba	Palau
5-19	Wrestling Class for GB Harris Elem. Sch. (Every Friday)	Wrestling	John Tarkong Jr.	Palau
TBD	Coaching Course: Officials Clinic 3 days	Wrestling	John Tarkong Jr.	Palau
TBD	Open Tournament: Freestyle / Greco Roman	Wrestling	John Tarkong Jr.	Palau

March 2016

Date(s)	Event	Sport	Contact	Location
3/ 5-6	Judo Tournament	Judo	Jennifer Anson	Palau
3/15	Youth Day Aquathon	Triathlon	Frida Delmau	Palau
TBD	World Tennis Day	Tennis	Ernestine Rengiil	Palau
3/15	Youth Day Tournament	Tennis	Ernestine Rengiil	Palau
1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
TBD	USTA Tournament	Tennis	Ernestine Rengill	Hawaii
11-13	Saipan Invitational	Swimming	Annabel Lyman	Saipan
3/9	Bemesemau	Swimming	Annabel Lyman	Palau
1-31	Sessions & Practice	Swimming	Annabel Lyman	Palau
13	Walk for Life	Athletics – Track	Peoria Koshiba	Palau
TBD	Wrestling Class for Aimeliik Elem. Sch.	Wrestling	John Tarkong Jr.	Palau
TBD	Coaching Course: Officials Clinic – 3 days	Wrestling	John Tarkong Jr.	Palau
11-12	Oceania Championships (Cadet, Junior, senior) FS.GR.FW	Wrestling	John Tarkong Jr.	New Zealand

April 2016

Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
TBD	Easter Tournament	Tennis	Ernestine Rengiil	Palau
1-30	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau

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TBD	Adventure Swim, Outreach, Pool Social & Fundraising event	Swimming	Annabel Lyman	Palau
1-30	Sessions & Practice	Swimming	Annabel Lyman	Palau
9	Palau NOC Day & Sports Award Banquet	All Sports	PNOC	Palau
2	Palau Marathon	Athletics – Track	Peoria Koshiba	Palau
19-21	ISL High School Championships / World Athletics Day	Athletics Track	Peoria Koshiba	Palau
1-3	Africa/Oceania Olympic Games Qualifying Tournament	Wrestling	John Tarkong Jr.	Algeria

May 2016

Date(s)	Event	Sport	Contact	Location
5/22	Tri-kids	Triathlon	Frida Delmau	Palau
TBA	Senior Citizens Day Tournament	Tennis	Ernestine Rengiil	Palau
TBD	ITF Junior Events in	Tennis	Ernestine Rengiil	CNMI, Guam
1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
TBA	Long Island Novice Swim	Swimming	Annabel Lyman	Palau
5/21	Cocos Island Crossing	Swimming	Annabel Lyman	Palau
5/28-29	Guam Invitational	Swimming	Annabel Lyman	Palau
1-31	Sessions & Practice	Swimming	Annabel Lyman	Palau
TBD	Etpison Cup	-	Marcy	Palau
TBA	Walk for Life (Etpison Cup)	Athletics – Track	Peoria Koshiba	Palau
TBD	Wrestling Class for Ngaraard Elem. Sch.	Wrestling	John Tarkong Jr.	Palau
6-8	2 nd Olympic Games Qualifying Tournament	Wrestling	John Tarkong Jr.	Turkey
14-15	World Cup 2016 – Senior Freestyle	Wrestling	John Tarkong Jr.	Las Vegas

June 2016

Date(s)	Event	Sport	Contact	Location
First Week	New Zealand Judo Tournament	Judo	Jennifer Anson	New Zealand
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
6/25	Triathlon Event	Triathlon	Frida Delamu	Palau

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6/1	President's Day Judo Tournament	Judo	Reagan Belechl	Palau
6/1	Presidents Day Tournament	Tennis	Ernestine Rengiil	Palau
TBD	North Pacific Regional Championships	Tennis	Ernestine Rengiil	CNMI
TBD	ITF Junior Events	Tennis	Ernestine Rengiil	Noumea & Fiji
TBD	USTA Junior Tournament	Tennis	Ernestine Rengiil	Hawaii
1/30	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
11	PPR Open Water (tentative)	Swimming	Annabel`	Palau
24 – July 7	U19 Belau Games Volleyball	Volleyball	Kenny Reklai	Palau
23	Olympic Day	All Sports	Marcy	Palau
21-28	Micronesian Area Championships	Athletics – Track	Peoria Koshiba	Pohnpei, FSM
TBD	Belau Youth Games	All Sports	Topps Sugino	Palau

July 2016

Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
TBA	Oceania Championships	Judo	Reagan Belechl	Australia
	Constitutional Day Tournament	Tennis	Ernestine Rengiil	Palau
TBA	ITF Junior Events	Tennis	Ernestine Rengiil	Fiji
1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
1-8	Hawaii (tentative)	Swimming	Annabel Lyman	Palau
18-29	Big Summer Camp (tentative)	Swimming	Annabel Lyman	Palau
TBD	2016 Youth Camp	All Sports	Topps Sugino	Palau
16-23	Palau – Yap Wrestling Culture Exchange	Wrestling	John Tarkong Jr.	Yap, FSM

August 2016

Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
8/7	Tri-kids	Triathlon	Frida Delmau	Palau

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TBD	End of the Summer Tournament	Tennis	Ernestine Rengiil	Palau
TBA	Pacific Oceania Junior Championship	Tennis	Ernestine Rengiil	Palau
1-31	Junior Tennis training	Tennis	Ernestine Rengiil	Palau
5-21	2016 Summer Olympic	TBD	PNOC	Rio, Brazil
30-Sept 04	Junior World Championships	Wrestling	John Tarkong Jr.	France

September 2016

Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
9/24	Aqua-thon	Triathlon	Frida Delmau	Palau
1-31	End of the Summer Tournament Continues	Tennis	Ernestine Rengiil	Palau
1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
9/30	50 Mile Relay/ Babeldaob	Athletics	Peoria Koshiba	Palau

October 2016

Date(s)	Event	Sport	Contact	Location
TBD	BIIAA Girls Volleyball Tournament	Volleyball	Kenny Reklai	Palau
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
10/01	Aqua-thon Tri-kids	Triathlon	Frida Delmau	Palau
1	Independence Day Sports Activities	All Sports	PNOC	Palau
10/21-24	2016 Micronesia Cup Palau	Canoe	Alonz Moses	Palau

November 2016

Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
11/12	TRIAL RUN for 10 th Palau Challenge	Triathlon	Frida Delmau	Palau
TBD	Thanksgiving Tournament	Tennis	Ernestine Rengiil	Palau
TBA	ITF Junior Events	Tennis	Ernestine Rengiil	Philippines

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1-31	Junior Tennis Training	Tennis	Ernestine Rengiil	Palau
TBD	PNOC Annual General Meeting	All Sports	PNOC	Palau
December 2016				
Date(s)	Event	Sport	Contact	Location
1 st Tuesday	Monthly Meeting	Triathlon	Frida Delmau	Palau
3-4	10 th Annual Palau Challenge	Triathlon	Frida Delmau	Palau
TBA	PTF Annual General Assembly Meeting	Tennis	Ernestine Rengiil	Palau
TBD	Christmas Party	Tennis	Ernestine Rengiil	Palau
1-30	Junior tennis training	Tennis	Ernestine Rengiil	Palau