

## 2019 NSW CLUB CHAMPIONSHIPS RULES AND REGULATIONS

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Triathlon NSW is pleased to announce the 2019 Triathlon NSW Club Championships will be held on Saturday 16<sup>th</sup> March 2019 at the stunning location of Orange in the Central West of NSW.

To compete at the NSW Club Championships, each participant must be a fully financial member of Triathlon Australia and a member of a Triathlon NSW Affiliated Club. This rule will be strictly enforced for both the junior and adult event, as this event remains a main benefit of membership to Triathlon Australia / NSW.

### CLUB CHAMPIONSHIPS EVENTS OFFERED

#### Junior Club Championships Information

Age Group	Distance (Swim, Bike Run)
7 - 9 years old	50m, 2.2km, 600m
10– 11 years old	150m, 4.4km, 1.20km
12 – 13 years old	300m, 6.6km, 1.8km
14 - 15 years old	500m, 15km, 4 km (Half Club Distance)

#### Adult Club Championships Information

Age Group	Distance (Swim, Bike Run)
16+	500m, 15km, 4 km (Half Club Distance)
16+	1km, 30km, 8 km (Full Club Distance)

## **CLUB DIVISIONS**

The divisions for Club Championships will be decided based on Triathlon Australia membership numbers at 31<sup>st</sup> December 2018. This will include all Triathlon Australia members in our affiliated clubs, excluding juniors (those aged 15 or under at the 'Cut Off'), and Non-competing / Non training members.

We recognise that not all Clubs are of equal size so again will award 3 Divisional Winners based on the size of the Club based on membership of Triathlon NSW / Triathlon ACT.

## **JUNIOR POINTS**

Performance points are awarded for each individual age and gender (12 years, 13 years, 14 years and 15 years old) as such:

- 1st place 5 points,
- 2nd place 4 points,
- 3rd place 3 points
- 4th place 2 points.
- 5<sup>th</sup> and beyond 1 point

Only the first competitor from each Club will earn performance points. The 2nd and subsequent athlete from each Club "blocks" the performance points available to other clubs.

All competitors in the 7 – 9 event and 10 – 11 event, who complete the event will earn one (1) participation point for their club. No performance points are awarded for these two events.

There is no cap to the number of participants a club can enter.

## **ADULT POINTS**

The points system for Full Club Championships event will be the same as last year.

In each age category performance points will be allocated;

- 1st place 30 points,
- 2nd place 29 points,
- 3rd place 28 points
- down to 30th place 1 point.

Only the first competitor from each Club will earn performance points. The 2nd and subsequent athlete from each Club "blocks" the performance points available to other clubs.

All competitors who complete the event will earn one (1) for their club. There is no cap to the number of participants a club can enter.

All competitors who complete the half club distance will earn one (1) for their club with no performance points allocated, nor any blocks in place.

The Winning Clubs will be determined by calculating the sum of all the performance points and participation points scored by members of each club.

## **VOLUNTEER POINTS**

The success of this wonderful event is dependent on the contribution of dedicated volunteers.

Elite Energy have indicated they require over 100 volunteers across the junior and adult races. All volunteers at the 2019 Club Championships will receive one (1) point for their club, irrespective of their role, with the exception of Technical Officials.

Nominations will be opened online and roles will be allocated evenly across clubs until all roles are appointed. Please understand that registration does not guarantee you a volunteer role.

An individual member may only earn Participation Points in one volunteer category only.

Volunteers who assist and earn a point during the junior event, can then participate in the adult race. This affords the opportunity to earn a second point and assist with the junior event if there are insufficient numbers.

All volunteers must be 16 years of age on 16<sup>th</sup> March 2019 and all points earned from volunteers will go towards the 'Adult Club Championships' points tally.

Volunteers will be asked to select their preference from the following four options:

- a) Parking Volunteers are required from 5.45 am to 11.30 am (4 only).
- b) Junior Event ( 6.45 am to 11.30 am) - Sign in / Sign Out for the point. Exact times will be distributed before the event based on your role.
- c) Adult event (9.15 am to 4.00 pm) - Sign in / Sign Out for the point. Exact times will be distributed before the event based on your role.
- d) Bump Out Volunteer (3.30 pm to 5.30 pm) - Sign in / Sign Out for the point and be willing to assist with carrying equipment.

Volunteers will be allocated a role from your chosen option (e.g. Parking, Junior, Adult or Bump Out) at random (taking into account medical conditions / issues which limit your engagement). You will not be allocated a role from a different option to what you select (e.g. you select to volunteer at the junior event, so will not be allocated a role at bump out).

## **TECHNICAL OFFICIALS**

Three Technical Official's from each club will receive 10 points (maximum 30), with each subsequent TO receiving 1 point per club. They will be appointed by the NSW Technical Committee based on experience and expertise in the interest of the event.

To gain ten (10) points, the TO must be a current official who has officiated at a minimum of 2 events before the date of the event this season (July 2018 – March 16<sup>th</sup> 2019).

A Technical Official who has officiated at less 2 events before March 16<sup>th</sup> will receive one (1) point which will go towards their clubs tally.

## **MINIMUM VOLUNTEERS**

To be eligible to be awarded the overall Club Champion or Divisional Champion a Club must provide a minimum number of Volunteers including technical Officials.

Clubs are expected to contribute a minimum of 5% of their eligible membership at the cut-off date for volunteering to be eligible for a title. If a club has less than the required volunteers and win their division, they will be reduced into second position.

For example, if your club has 50 members, you are required to contribute 2 volunteers ( $0.05 * 50 = 2.5$  volunteers, but for the purpose of Club Championships, clubs are to round down to the nearest whole number.

Clubs under 20 members are not expected to contribute volunteers, although points are available if they do, and we strongly encourage you to contribute and volunteer.

Volunteers are not required to be Triathlon Australia Members, although are encouraged to take out the \$5 Non Competing / Non Training membership offer - [http://www.triathlon.org.au/Membership/Annual\\_Membership.htm](http://www.triathlon.org.au/Membership/Annual_Membership.htm)

## **TRIATHLETES WITH A DISABILITIES:**

Triathletes with a disability are very welcome to participate in Club Champs. At this stage because of the small number, they will participate in their relative Age Group Category. Because of physical constraints, the course is not suitable for those who would compete in a Wheelchair.