



2012 AUSTRALIAN YOUTH TRIATHLON CHAMPIONSHIPS

The following is information for all junior athletes (aged 13-18 years in 2012) intending to compete in the **2012 Australian Youth Triathlon Championships (AYTC)**.

Events: 2012 Australian Youth Triathlon Championships
2012 Australian Youth Teams Triathlon Relay Championships

Venue: Novotel Twin Waters Resort,
Ocean Drive, Twin Waters,
Sunshine Coast, QLD, Australia
www.twinwatersresort.com.au

Date: 21st - 23rd March 2012

Website and Online Entry: www.triathlon.org.au

Age Category: Age is at the **31 December 2012** as per ITU Junior age category rules

Individual Triathlon Race – 3 x Age Categories

- 13 & 14yo Male & Female (Born in the years - 1998 & 1999)
- 15 & 16yo Male & Female (Born in the years - 1996 & 1997)
- 17 & 18yo Male & Female (Born in the years - 1994 & 1995)

Mixed Teams Triathlon Relay – 2 x Age Categories

- 13-15yo Mixed Teams Triathlon Relay (Born in the years - 1997, 1998 & 1999)
- 16-18yo Mixed Teams Triathlon Relay (Born in the years - 1994, 1995 & 1996)

Distances: Individual Triathlon Races

- 13 & 14yo Male & Female (Distances – 400m/12km/3km)
- 15 & 16yo Male & Female (Distances – 600m/16km/4km)
- 17 & 18yo Male & Female (Distances – 750m/20km/5km)

Mixed Teams Triathlon Relay

- 13-15yo Mixed Teams Triathlon Relay (4 x 200m/4km/1.2km)
- 16-18yo Mixed Teams Triathlon Relay (4 x 200m/4km/1.2km)

Race Format:

- **DRAFT LEGAL** cycle for **ALL** age groups and events
- Mixed Teams Triathlon Relay – 2 females & 2 males per team
 - each athlete completes an ultra sprint triathlon of 200m swim/4km bike/1.2km run and then tags their team mate
 - Relay order is female, male, female, male

Schedule:

Wednesday 21 March PM – Race Registration/Kit Pick Up

Thursday 22 March [**AM – 2012 AUS Youth Triathlon Championships**](#)
 PM - Educational Session/Lecture/Clinic (Former/Current Elite Athletes)
 PM – Teams Relay: Race Registration/Kit Pick Up and Race Briefing (Compulsory)

Friday 23 March [**AM – 2012 AUS Youth Team Triathlon Relay Championships**](#)
 PM – Championship Medal Presentations
 PM - Mooloolaba Multisport Festival – Asics 5km Road Run (Optional)*

Saturday 24 March AM - Mooloolaba Multisport Festival – 1km Ocean Swim (Optional)*
PM - ITU Mooloolaba World Cup Triathlon – Elite Men (Spectator)*

Sunday 25 March AM - ITU Mooloolaba World Cup Triathlon – Age Group (Spectator)*
PM - ITU Mooloolaba World Cup Triathlon – Elite Women (Spectator)*

* = More information about the Mooloolaba Multisport Festival including the ITU Mooloolaba World Cup Triathlon and the entry procedures for the Asics 5km Run and/or 1km Ocean Swim is here - www.usmevents.com.au/Triathlon_Multi_Sport/Mooloolaba_Triathlon_Festival.htm

Eligibility: To be eligible to compete in the **2012 Australian Youth Triathlon Championships**, athletes must meet the following guidelines:

- Be a financial “Junior” or “ITU Junior” member of Triathlon Australia (state association membership encompasses this).
- Be in good standing with Triathlon Australia
- Be in good standing with respective State Triathlon Associations
- An awareness and knowledge of the physical and skill requirements for draft legal triathlon as per the below guidelines*
- Be endorsed as “competent” to ride in DRAFT Legal triathlons by either;
 - a currently accredited NCAS level 2 triathlon coach
 - a currently accredited NCAS level 1 cycling coach
 - an approved bike skills assessor in your respective state triathlon association
 - SIS/SAS/AIS Cycling or Triathlon coaches
 - National Talent Coaches

***NB – please refer to the AYTC Endorsement Application form for further information**

Accommodation: Novotel Twin Waters Resort - www.twinwatersresort.com.au



The **Novotel Twin Waters Resort** is offering all athletes, coaches and families an outstanding special to stay at the race venue and also stay on for the Mooloolaba Triathlon.

- **\$139.00** per resort room per night room only minimum 2 night stay
- **\$159.00** per resort room per night incl breakfast for 2 adults and 2 children, min 2 night stay
- Upgrade to a 1 – bedroom suite is **\$90.00** per room per night.

Contact **Novotel Twin Waters Resort** direct on 1800 072 277 or email stay@twinwatersresort.com.au and mention the **2012 Australian Youth Triathlon Championships** to receive this outstanding offer.

Check out the Visit Sunshine Coast website for full visitor information - www.visitsunshinecoast.com.au

Physical Requirements Guide:

- As a **GUIDE ONLY** for aspiring athletes and their coaches, TA has set the following times as a **minimum physical fitness recommendations** for those athletes who are considering competing in the Australian Youth Triathlon Championships for the first time.
- NB: This is a **RECOMMENDED GUIDE ONLY** to ensure potential athletes do not have a negative experience from racing in the Australian Youth Triathlon Championships.
- For more information about the guidelines please contact your respective National Talent Coaches and/or State Junior Development Coach/Managers.

Recommended times for AUS Youth Triathlon Championships – 17 & 18yo	Male	Female
17 & 18yo - 1000m Swim (50m Pool)	14:15	14:45
17 & 18yo - 5000m Track Run	19:15	21:15

Recommended times for AUS Youth Triathlon Championships – 15 & 16yo	Male	Female
15 & 16yo - 400m Swim (50m Pool)	5:45	6:00
15 & 16yo – 3000m Track Run	11:15	12:30

Recommended times for AUS Youth Triathlon Championships – 13 & 14yo	Male	Female
13 & 14yo - 400m Swim (50m Pool)	6:15	6:30
13 & 14yo – 3000m Track Run	11:30	12:45

Bike Skill Requirements Guide*

As a **guide** for aspiring DRAFT LEGAL athletes and their coaches, athletes must be able to demonstrate competency and an understanding of the following bike skills as a **minimum skill requirements** to compete in the Australian Youth Triathlon Championships.

- The concept of overlapping wheels, understand and appreciate that a slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- Underlapping wheels through corners and the potential dangers.
- Hand position in a bunch, sitting on a wheel whilst having hands on “Brake Hoods” reduces reaction time and is not advised.
- Cornering lines, judging whether athlete can pedal around the whole corner or whether it is necessary to lift inside pedal up, cease pedalling and judging when pedal cycles can recommence.
- Reading the bunches reaction to the terrain, understanding when “concertina” and “whiplash” effects occur in the bunch.
- Paceline strategies, ability to peel off and retreat on correct side according to conditions.
- “Swapping Turns” or “Rolling Through”, understand the role of pace and retreat lines and anticipating reactions needed by athlete.
- Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.

***NB – please refer to the AYTC Endorsement Application form or contact your relevant National Talent Coach for further information.**

National Talent Coaches Contact:

Keiran Barry,
National Talent Coach – NSW/ACT
Triathlon Australia Ltd
Email: keiran.barry@triathlon.org.au

Jan Rehula,
National Talent Coach – VIC/TAS
Triathlon Australia Ltd
Email: jan.rehula@triathlon.org.au

Chris Lang,
National Talent Coach – WA/SA
Triathlon Australia Ltd
Email: chris.lang@triathlon.org.au

Craig Walton,
National Talent Coach – QLD /NT
Triathlon Australia Ltd
Email: craig.walton@triathlon.org.au

Awards

- The top 3 placing in each age category/gender will receive AUS Youth Triathlon Championships medals/trophy and will be recognised in Triathlon Australia website and newsletter.

Uniform and Race Rules

- IT is preferable (BUT NOT COMPULSORY) that Athletes competing in the **Australian Youth Triathlon Championships** wear a race suit that meets the ITU uniform guidelines in regards to Surname, Country Code “AUS”, rear zip and logo size(s).
- Alternatively, athletes may race in a “clean skin” suit with no markings or sponsors at all except for standard race suit manufacture logos!
- TA will enforce the “front zipper” rule (i.e. all suits must NOT have a front zip!)
- All other rules shall be as per ITU & TA rules for Draft Legal events.
 - This includes: bicycle, wheels, handle bar and wetsuit restrictions (if required)
- ITU Uniform Guidelines can be found on the ITU website here:

www.competitionsport.org.au/images/uploads/itusport_uniform-rules-elite-junior-u23_09-11-2010-clean-vf.pdf

- ITU Competition Rules here:

www.competitionsport.org.au/images/uploads/itusport_competition-rules_20110222.pdf

- TA Race Competition Rules here: www.competitionsport.org.au/Events/Race_Competition_Rules.htm

It is the athlete and coach’s responsibility to know and understand the ITU and TA Draft Legal rules.

For more information about Australian Youth Triathlon Championships:

Craig Redman

National Manager – Athlete Development

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Email: craig.redman@triathlon.org.au

Web: www.competitionsport.org.au



Australian Government
Australian Sports Commission



TWIN WATERS
RESORT
SUNSHINE COAST



AUSTRALIAN
TRIATHLON
YOUTH CHAMPIONSHIP

Time
Wednes

5pm-8pm

Athlete Registration

Foyer, Novotel Twin Waters

Thursday 22nd of March

7.00am-8.00am

Rack Bikes

Transition Area, NTW

9.00am

13-14 years

Race 1

Race Start

9.50am

13-14 years

Race 2

Race Start

10.40am

15-16 years

Race 3

Race Start

11.40pm

15-16 years

Race 4

Race Start

12.40pm

17-18 years

Race 5

Race Start

1.50pm

17-18 years

Race 6

Race Start

Friday 23rd of March

7.00am-8.00am

Rack Bikes

Transition Area, NTW

9.00am

Team Relay

Race 7

Race Start NTW

10.30am

Team Relay

Race 8

Race Start NTW

1.00-2.00pm

Presentations

NTW-Venue TBC

Individual Events: Timing splits to be provided for the swim, bike, run and overall time.

Team Relay: 4 splits provided for each team in the race, Competitor 1, 2, 3, 4 and overall time.

Athlete Identification: Athletes must be clearly marked for their race prior to wracking their bikes. Athletes must be marked with category and number on left hand, calf and shoulder. Stickers must also be placed on Helmet, Seat Post and most importantly, athletes must wear their time band.