

# 2018 NSW All Schools Triathlon Championships



Juniors 12, 13, 14 years	400 m SWIM	10 Km CYCLE	3 Km RUN
Intermediates 15, 16 years	600 m SWIM	15 Km CYCLE	4 Km RUN
Seniors 17, 18, 19 years	750 m SWIM	20 Km CYCLE	5 Km RUN
Relays - (Juniors)	400 m SWIM	10 Km CYCLE	3Km RUN
- (Intermediates/Seniors)	600 m SWIM	15 Km CYCLE	4Km RUN

## 28 February to 1 March 2018 SYDNEY INTERNATIONAL REGATTA CENTRE PENRITH LAKES

### \*\*\* Attention \*\*\*

All CIS entries are to be submitted online to CIS via  
School Sport Coordinator

Information: <https://cis.aisnsw.edu.au/Pages/Sports.aspx>



### \*\*\* Attention \*\*\*

All CHS entries are to be submitted  
online

### INDIVIDUAL ENTRIES

<https://www.eventbrite.com.au/e/nsw-all-schools-triathlon-individual-entry-registration-36677206512>

### TEAM ENTRIES

<https://www.eventbrite.com.au/e/nsw-all-schools-triathlon-teams-entry-tickets-36677407112>

### \*\*\* Attention \*\*\*

All CCC entries are to be submitted online  
<http://www.csss.nsw.edu.au/>



Enquiries related to the 2018 NSW ALLSCHOOLS event should be directed to your school system representative

Or Email: [nswallschoolstri@gmail.com](mailto:nswallschoolstri@gmail.com)

\*\*\* There will be NO N.S.W. ALLSCHOOLS TEAM selected to contest the National Championships in 2018 Enquiries regarding team selection for Australian Triathlon Festival should be directed to Triathlon NSW [info@nsw.triathlon.org.au](mailto:info@nsw.triathlon.org.au) \*\*\*

\*\*\* PLEASE NOTE – NO BMX BIKES ALLOWED TO COMPETE IN THE NSW ALL SCHOOLS TRIATHLON. ALL OTHER BIKES MUST MEET RACE REGULATIONS. CHECK DETAILS BELOW \*\*\*

## CATEGORIES AND CONDITIONS

### CATEGORIES

#### • Individual events:

- Junior – 12, 13, 14 years
- Intermediate – 15, 16 years
- Senior – 17, 18, 19 years

#### • Relay event:

- teams for each age and gender division. The team must comprise three athletes; one swimmer, one cyclist and one runner. Schools may enter as many teams as they wish.

- Mixed teams are to compete in male division and the oldest age group category of the team.

#### **N.B.: RELAY TEAMS MUST HAVE 3 COMPETITORS FROM THE SAME SCHOOL.**

### AGE

Category is determined by the competitor's age as at the 31<sup>st</sup> December 2018.

Junior	Born on or after 1 <sup>st</sup> January 2004
Intermediate	Born between 1 <sup>st</sup> January 2002 and 31 <sup>st</sup> December 2003.
Senior	Born on or before 31 <sup>st</sup> December 2001

### ENTRY FEE

#### **Must be received by close 21<sup>st</sup> Feb 2018**

Individual entry fee \$30.00 per person (including GST) (**Not Refundable**).  
Teams entry fee \$45.00 per team (including GST) (**Not Refundable**).

#### **All entries must be ONLINE**

#### **NO LATE ENTRIES WILL BE ACCEPTED**

**\*\*\*\* No POSTAL OR FAXED Entries will be accepted \*\*\*\***

### SAFETY AND SUPERVISION

- This is a safety-oriented event with a closed circuit (no vehicles – except drafting motor bikes) ride and a protected open water swim.
- All cyclists must wear an approved helmet.
- All bikes must be presented for a safety inspection prior to racing on the course.
- It is expected that all participating students are suitably prepared prior to the championships to meet the physical demands of the event (in varying environmental conditions) and are appropriately hydrated and fuelled to participate safely.
- The following guidelines will be utilised when making decisions in relation to hot weather  
<http://sma.org.au/wpcontent/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>

### ***Bike Restrictions***

There will be no Roll Out checks completed on any bike. Therefore, there is no roll out distance specification for any age group. The following information stipulates the restrictions that are in place for School Sport Triathlon events.

Rule 3.13 The following equipment restrictions will apply:

- The bicycle may be on-road, off-road or youth style. No "time trial" style bicycles are allowed. No recumbent style bicycles are allowed.
- Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition.

NSW All School Race Competition Rules

- For all events wheels must have at least 16 spokes and the size of the rim shall not exceed 40mm in depth. The use of composite fibres (Carbon, Kevlar, Aramid and similar fibres) are permitted.
- No disc wheels or wheel covers are allowed.

(ii) Only detachable tyres and tubes shall be used – commonly referred to as "clincher" tyre. A detachable tube means the tube is detachable from the tyre casing. Tyres where the tube is not detachable from the tyre –commonly known as "Singles" shall not be allowed.

(iii) Time trial style helmets may NOT be used.

### PROGRAM

#### **Wednesday 28<sup>th</sup> February - INDIVIDUAL RACES**

7.00 am – 8.00am Registration  
7.00am – 7.15am Seniors then to transition.  
7.15am – 7.30am Intermediates then to transition.  
7.30am – 8.00am Juniors then to transition.  
  
8.30am – 1.00pm Races  
8.30am Senior Individual Race Start.  
10.00am Intermediate Individual Race Start.  
11.15am Junior Individual Race Start.  
Presentations to take place after Individual Races.

- Approx. 5 minute break between boys and girls start times.

#### **Thursday 1<sup>st</sup> March - RELAY RACES**

\* Schools with a large number of teams will be provided with a single registration box.

7.00 am – 8.00am Registration  
  
8.20am – 3.00pm Races  
8:20 am Junior Boys Relay Race Start.  
8:50 am Junior Girls Relay Race Start  
9:30 am Intermediate Boys Relay Race Start.  
10:30 am Intermediate Girls Relay Race Start.  
11:30 am Senior Boys Relay Race Start.  
12:30 pm Senior Girls Relay Race Start  
Presentations to take place after Relay Races.

During the Relay races, there will be cut off times put in place. If swimmers are not out of the water by the cut-off time, the team cyclist will be sent off. If a cyclist has not finished by the cut-off time, they will be taken off the course and their runner will be sent off. This is to ensure that all races can be run safely and the event can stick as closely to advertised times as possible. Cut off times will be at the discretion of the event organisers.

#### **N.B:**

- **RACE START TIMES ARE SUBJECT TO CHANGE ON RACE DAY**
- There will be a short pre-race briefing approximately 10 minutes before each race.
- Maps of the course will be on display and each competitor needs to be familiar with the course for their age group.

#### **FAQ**

- **Allow 15 minutes to get from car park to Registration.**
- All registrations for individual and relay events must be completed by 8:00am, as the course will be closed after this time.
- **No parents, coaches, teachers or friends are permitted at anytime in the transition area (bike compound).**
- Race numbers must be worn by competitors during the cycle and run legs of their event.
- Race belts may be available for purchase on the day.
- This event is only for Secondary school students.

Results will be available from

[www.multisportaustralia.com.au](http://www.multisportaustralia.com.au) / [www.sports.det.nsw.edu.au](http://www.sports.det.nsw.edu.au)

