



2025 NSW All Schools Triathlon and Para-triathlon Championships

Wednesday 26 February 2025 – Individual Event
Thursday 27 February 2025 – Teams Event

[Sydney International Regatta Centre, Old Castlereagh Rd., Castlereagh NSW 2205](#)

Entries

Entries are now open for the 2025 NSW All Schools Triathlon and Para-triathlon Championships.

Individual Entries

Entries for the individual event for all sectors will be through the DASH registration platform. See link below:

>>> [Register](#) <<<

Team Entries

Team entries will be based on the relevant sector of your school:

- Combined Catholic Colleges (CCC) **team entries** are to be completed by your school sport coordinator via the Catholic Schools NSW Sports portal.
 - Sports coordinators:
 - Create a staff member account at csnsw.sport
 - Enter teams at <https://csnsw.sport/triathlon-form>
 - Students: more information can be found here: <https://csnsw.sport/sports/nswccc-secondary/triathlon>
- Combined Independent Schools (CIS) **team entries** are to be submitted via your school sport coordinator.
 - Sports coordinators – team entries are to be submitted via the following links:
 - [Junior Boys](#) (born 2011, 2012, 2013)
 - [Junior Girls](#) (born 2011, 2012, 2013)
 - [Intermediate Boys](#) (born 2009, 2010)
 - [Intermediate Girls](#) (born 2009, 2010)
 - [Senior Boys](#) (born 2006, 2007, 2008)
 - [Senior Girls](#) (born 2006, 2007, 2008)
- Combined High Schools (CHS) entries are to be submitted online via [DASH](#).
 - To register as part of a team, a teacher at your school will first need to register and create a team.

- Once your teacher has created a team, they will be able to provide you with a ticket code or link to start your application.
 - Teachers – [Creating a Team](#)
 - Students – [Register](#)
 - More information can be found here: [Joining a Team](#).

Registration & Entry Fees

- Registrations and entry fees must be received by **Wednesday 19 February 2025**.
 - Individual entry is **\$60.00** per person (including GST)
 - Team entry is **\$75.00** per team (including GST)
- All entries must be completed **online** and **no late entries** will be accepted. Refunds will be at the discretion of each school system
- Due to safety and capacity considerations, entries will be capped for the teams event. Each individual school is permitted to enter a maximum of **five teams per age division and gender**.
- If you wish to enter more teams, please contact your relevant sector convener. Extra nominations will be considered after the closing date should there be capacity.

Further Information

Further information will be provided via the [NSW All Schools event page](#).

Photos and updates will be posted on the [NSW All Schools Facebook](#) page.

Distances

	SWIM	CYCLE	RUN
JUNIORS (12, 13, 14 YEARS) & MULTI CLASS	300m	10km	2km
INTERMEDIATES (15, 16 YEARS)	500m	15km	4km
SENIORS (17, 18, 19 YEARS)	750m	20km	5km
RELAYS (ALL DIVISIONS)	400m	10km	3km

Program of Events

WEDNESDAY 26 FEBRUARY 2025 – INDIVIDUAL RACES	
7:00-8:00AM – REGISTRATION (ALL STUDENTS)	
7:00-7:15AM	SENIORS TO TRANSITION
7:15-7:30AM	INTERMEDIATES TO TRANSITION
7:30-8:00AM	JUNIORS & MULTICLASS ATHLETES TO TRANSITION
8:30AM-12:30PM – RACE TIMES	
8:30AM	SENIORS INDIVIDUAL RACE START
10:00AM	INTERMEDIATES INDIVIDUAL RACE START

11:15AM	JUNIORS & MULTICLASS INDIVIDUAL RACE START
12:30PM (APPROX.)	PRESENTATIONS (AT THE CONCLUSION OF INDIVIDUAL RACES)

THURSDAY 26 FEBRUARY 2025 – TEAM RELAYS

7:00-8:00AM – REGISTRATION (ALL STUDENTS)	
8:20AM-12:30PM – RACE TIMES	
8:20AM	JUNIOR BOYS RELAY RACE START
8:50AM	JUNIOR GIRLS RELAY RACE START
9:30AM	INTERMEDIATE BOYS RELAY RACE START
10:15AM	INTERMEDIATE GIRLS RELAY RACE START
11:00AM	SENIOR BOYS RELAY RACE START
11:45AM	SENIOR GIRLS RELAY RACE START
12:30PM (APPROX.)	PRESENTATIONS (AT THE CONCLUSION OF RELAY RACES)

IMPORTANT NOTE: In the event of the cancellation of the swim leg, the NSW All Schools Triathlon Championship will transition to a duathlon and the NSW All Schools triathlon team will be selected based on duathlon times and a submitted and verified 400m swim time.

Other Notes:

- **There will be a short pre-race briefing approximately 10 minutes before each race**
- **Race times are subject to change on race day**
- Races will commence once participants from the previous race are on the bike course
- Maps of the course will be on display and each competitor will need to be familiar with the course
- During the relay races, cut off times will be 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.
- Cut off times will be at the discretion of the event organisers.

Age Eligibility

Age division is determined by the competitor's age as of 31st December 2025

- Junior – born on or before 31st December 2011, 2012, 2013
- Intermediate – born on or before 31st December 2009, 2010
- Seniors – born on or before 31st December 2006, 2007, 2008

Para-triathlon Eligibility

To be eligible for the Para-triathlon event, athletes must:

- Be able complete a 300m swim, 10km bike and 2km run unassisted
 - Athletes may be assisted in transition
 - Athletes who require a guide will also be considered for entry
- Have a classification for triathlon **or** a classification for swimming or athletics **with** endorsement from a coach (or similar) that the athlete will be able to complete the respective distances.

To be eligible to medal at the NSW All Schools championship, athletes will need to meet the [medal eligibility guidelines](#). Triathlon Australia and your sector triathlon convenor can assist with provisional Triathlon Australia classification for those who wish to be eligible to medal.

To be considered for selection on the NSW All Schools team to attend the School Sport Australia Triathlon Championship, competitors must complete each leg of the course and the overall course within the allocated time limits. Cut-off times are as per the below:

- Swim leg (300m) – 10 minutes
- Bike leg (10km) – 30 minutes
- Run leg (2km) – 17minutes
- Overall – 57 minutes

Should athletes meet these cutoff times, athletes will also need to meet the [eligibility guidelines](#) to compete and medal at the School Sport Australia Championship.

Entry Guidelines

To compete in the NSW All Schools Triathlon, the following [rules and entry guidelines](#) must be followed.

Except as mentioned in the NSW All Schools Triathlon rules and entry guidelines, [AusTriathlon competition rules](#) will be followed.

This event is conducted under the [NSW School Sport Unit code of conduct](#).

School Sport Australia (SSA) Championship Information

- **The 2025 School Sport Australia Triathlon Championships will be held in Rockingham, Western Australia from Sunday 23-Thursday 27 March.**
- Students who qualify for SSA Triathlon Championships will be required to be draft legal.
- Students that qualify for the NSW All Schools team will be required to confirm their position in the team on the day. This will include the ordering and payment of compulsory uniform

Frequently Asked Questions (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 in the transition area at any time
- Race numbers must be worn by competitors during the cycle and run legs of their event
- This event is only for Secondary school students
- Results will be available from www.multisportaustralia.com.au

Enquiries

Enquiries should be directed to your school sector convenor:

- Combined Independent Schools (CIS) – Bruce Thomas (Abbotsleigh), thomasb@abbotsleigh.nsw.edu.au
- Combined High Schools (CHS) – Sarah Maguire (Marsden High School), sarah.maguire5@det.nsw.edu.au
- Combined Catholic Colleges (CCC) – Scott Ashcroft (St Patrick's College, Campbelltown), sashcroft@saintpatricks.nsw.edu.au