

# 2019 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)	400 m SWIM	15 Km CYCLE	3Km RUN

28<sup>th</sup> February to 1<sup>st</sup> March 2019  
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/2019-nsw-all-schools-triathlon-government-schools-individual-entry-registration-50674803702>

**TEAM ENTRIES**

<https://www.eventbrite.com.au/e/2019-nsw-all-schools-triathlon-government-schools-teams-entry-tickets-50674353355>

**\*\*\* Attention \*\*\***

All CCC entries are to be submitted online

<http://www.csss.nsw.edu.au/>



Enquiries related to the 2019 NSW ALLSCHOOLS event should be directed to your school system representative

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

**\*\*\* This race will be the selection race for the N.S.W. ALLSCHOOLS TEAM to contest the National Championships on the Sunshine Coast, Queensland from 3<sup>rd</sup> – 6<sup>th</sup> May 2019 \*\*\***

**\*\*\* PLEASE NOTE – TO COMPETE IN THE NSW ALL SCHOOLS TRIATHLON THERE ARE A NUMBER OF CONDITIONS THAT MUST BE MET. PLEASE CHECK DETAILS BELOW \*\*\***

This is a Non-Drafting event and draft zones will be monitored by Triathlon Australia course officials.

## 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 2019.

Junior	Born on or before 1 <sup>st</sup> January 2005
Intermediate	Born between 1 <sup>st</sup> January 2003 and 31 <sup>st</sup> December 2004.
Senior	Born on or before 31 <sup>st</sup> December 2002

## ENTRY FEE

**Must be received by close 21<sup>st</sup> Feb 2019**

Individual entry fee \$30.00 per person (including GST)  
Teams entry fee \$45.00 per team (including GST)  
**(Refunds are at the discretion of each school system).**

**All entries must be done ONLINE and NO late entries will be accepted.**

Due to the significant increase in participant numbers, there will be caps placed on all age groups and divisions. As a result, each individual school is only permitted to enter a maximum of 5 teams per age division and gender. Extra nominations will be considered after the closing date however this will be at the discretion of the organising committee. Please contact your system convenor for further details.

## SAFETY, SUPERVISION and CONDITIONS OF ENTRY

- This is a safety-oriented event with a closed circuit (no vehicles – except drafting motor bikes) ride and a protected open water swim.
- **Students with pre-existing medical conditions must be identifiable on the day.** Medical information MUST be provided upon registering the student along with a management plan. Individuals will need to report to officials on the day. Failure to do so will result in the individual / team being disqualified.
- **Swimmers MUST be competent and able to meet the demands of the swim leg.** Any students not meeting these expectations will be removed from the water immediately. This decision will be at the discretion of course officials / water safety.
- **All individuals / teams must have an adult representative present on the day.**
- 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 equipment restrictions will apply for the NSW All Schools Race:

- The bicycle may be on-road, off-road or youth style. No "time trial" style bicycles are allowed. No recumbent style bicycles are allowed. No BMX bikes 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.
- For all events wheels must have at least 16 spokes.
- No disc wheels or wheel covers are allowed.
- Carbon wheels must be no deeper than 60mm
- Only detachable tyres and tubes shall be used
- Time trial style helmets may NOT be used.

## PROGRAM

### Thursday 28<sup>th</sup> February - INDIVIDUAL RACES

7.00 am – 8.00am Registration (All students)  
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 Race Times  
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.

### Friday 1<sup>st</sup> March - RELAY RACES

**\* The nominated school representative will need to register the team/s and collect race packs.**

7.00 am – 8.00am Registration  
8.20am – 3.00pm Race Times  
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. 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 will 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)

