

2021 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

30th March 2021

**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

Dash App

<https://nswschoolsportunit.dashapp.com.au/applications/create/open/RcdPxUMOb1zPmcSowvXK5nliq6OSkbCBwr8p5q6J>



***** Attention *****

All CCC entries are to be submitted online

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



Enquiries related to the 2021 NSW ALLSCHOOLS event should be directed to your school system representative

Or Email: nswallschoolstri@gmail.com

***** This race will be the selection race for the N.S.W. ALLSCHOOLS TEAM to contest the National Championships at Hervey Bay, Queensland from 15th – 17th September 2021 *****

***** 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 event is conducted under the School Sport Australia Code of Conduct and any breaches in this conduct will result in disciplinary action <http://www.schoolsportaustralia.edu.au/wp-content/uploads/2020/03/Codes-of-Conduct.pdf> *****

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

RULES:

<https://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/TA+RCR+2020-2021.pdf>

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.
- 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 31st December 2021.

Junior	Born on or before 31 st December 2007, 2008, 2009
Intermediate	Born on or before 31 st December 2006, 2005
Senior	Born on or before 31 st December 2004, 2003, 2002

ENTRY FEE

Must be received by close 15th March 2021

Individual entry fee \$40.00 per person (including GST) (Refunds are at the discretion of each school system).

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

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 may 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 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 <https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>

Bike Restrictions

The following equipment restrictions will apply for the NSW All Schools Race:

- (i) 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.

(ii) 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.

(iii) For all events wheels must have at least 16 spokes.

(iv) No disc wheels or wheel covers are allowed.

(v) Carbon wheels must be no deeper than 60mm

(vi) Only detachable tyres and tubes shall be used

(vii) Time trial style helmets are NOT permitted.

PROGRAM

Tuesday 30th March - 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.

Girls wave will start once Boys are on the bike course.

Girls races start once boys are on their final lap of the bike course.

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 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

<https://app.education.nsw.gov.au/sport/NSWCHSSA/Results>