



2024 NSW All Schools Triathlon and Para-triathlon Championships

Wednesday 21 February 2024 – Individuals Event
Thursday 22 February 2024 – Teams Event

Sydney International Regatta Centre, Penrith Lakes

Entries

Entries are now open for the 2024 NSW All Schools Triathlon Championships. Combined Catholic Colleges (CCC) entries are to be submitted online via <https://csnsw.sport/sports/nswccc-secondary/triathlon>

We are excited to announce, that we will be taking entries for multi-class athletes to compete in the NSW All Schools Triathlon Championships in 2024! More information can be found below.

Distances

EVENT DISTANCES			
EVENT	SWIM	CYCLE	RUN
JUNIOR (12, 13, 14 YEARS)	400m	10km	2km
INTERMEDIATES (15, 16 YEARS)	600m	15km	4km
SENIORS (17, 18, 19 YEARS)	750m	20km	5km
RELAYS (JUNIORS)	400m	10km	3km
RELAYS (INTERMEDIATES / SENIORS)	400m	15km	3km

Registration & Entry Fees

- Registrations and entry fees must be received by **Wednesday 14 February 2024**
 - Individual entry fee **\$45.00** per person (including GST)
 - Teams entry fee **\$60.00** per team (including GST)
- All entries must be done **online** and **no late entries** will be accepted
- 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** (for example five Intermediate Boys and five Intermediate Girls teams)
- If you wish to enter more teams, please contact the CCC triathlon convener.

Program of Events

WEDNESDAY 21 FEBRUARY 2024 – 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 TO TRANSITION
8:30AM-1:00PM	RACE TIMES
8:30AM	SENIORS INDIVIDUAL RACE START
10:00AM	INTERMEDIATES INDIVIDUAL RACE START
11:15AM	JUNIORS INDIVIDUAL RACE START
12:30PM (APPROX.)	PRESENTATIONS (AT THE CONCLUSION OF INDIVIDUAL RACES)

- Race times are subject to change on race day
- The Girls wave will commence once the Boys are on the bike course

THURSDAY 22 FEBRUARY 2024 – RELAY RACES	
7:00-8:00AM	REGISTRATION (ALL STUDENTS)
8:20AM-2:00PM	RACE TIMES
8:20AM	JUNIOR BOYS RELAY RACE START
8:50AM	JUNIOR GIRLS RELAY RACE START
9:30AM	INTERMEDIATE BOYS RELAY RACE START
10:30AM	INTERMEDIATE GIRLS RELAY RACE START
11:30AM	SENIOR BOYS RELAY RACE START
12:30PM	SENIOR GIRLS RELAY RACE START
1:30PM (APPROX.)	PRESENTATIONS (AT THE CONCLUSION OF RELAY RACES)

- Race times are subject to change on race day
- Girls races will commence once boys are on their final lap of the bike 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.

Multiclass Triathlon Entries

The 2024 NSW All Schools Triathlon will have a Para-Triathlon component that is open to multi-class athletes. To be eligible, multiclass athletes must:

- Be able complete a 300m swim, 10km bike and 2km run unassisted (they may be assisted in transition, for both the swim to run transition and the run to bike transition).
- Have a multi-class classification for triathlon **or** a multi-class classification for swimming, cycling or athletics with endorsement from a coach (or similar) that the multi-class athlete will be able to complete the aforementioned triathlon distances.
- To be considered for selection on the NSW team to attend the SSA Triathlon Championship, competitors must complete each leg of the course and the overall course within the allocated time limits.

Race Briefing

- 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 will need to be familiar with the course

Entry Guidelines

To compete in the NSW All Schools Triathlon, a number of conditions must be met.

- **Drafting** – this is a **non-drafting event** and draft zones will be monitored by AusTriathlon course officials. See here for more information: <https://www.triathlon.org.au/rules/>
- **Age division** is determined by the competitor's age as of 31st December 2024
 - Junior – born on or before 31st December 2010, 2011, 2012
 - Intermediate – born on or before 31st December 2008, 2009
 - Seniors – born on or before 31st December 2005, 2006, 2007
- **Relays**
 - Each 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
 - Relay teams must have three competitors from the same school.

Safety, Supervision and Conditions of Entry

- This is a safety-oriented event with a closed circuit, meaning there will be no vehicles on the course (with the exception of drafting motorbikes) 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
- **All cyclists must wear an approved, Australian standards 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 to meet the physical demands of the event, including in varying environmental conditions
- 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 Triathlon Championships:

- i. The bicycle may be on-road, off-road or youth style. No “time trial” style, recumbent-style or 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.

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 at anytime in the transition area
- 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

National Championships Information

- Students who qualify for SSA National Championships will be required to be draft legal
- Students that qualify for the NSW team will be required to confirm their position in the team on the day. This will include the ordering and payment of compulsory uniform
- **The 2024 School Sport Australia Triathlon Championships are being held in Rockingham, Western Australia from Tuesday 12-Friday 15 March 2024.**

Enquiries

Enquiries should be directed to Combined Catholic Colleges (CCC) Triathlon convener, Scott Ashcroft (St Patrick’s College, Campbelltown) at sashcroft@saintpatricks.nsw.edu.au