



CHRISTIAN SCHOOLS SPORTS ASSOCIATION



Thursday 4 April 2024

INTERNATIONAL REGATTA CENTRE PENRITH

PRIMARY DUATHLON - 2 competitors

Year 3/4 **Teams Event ONLY** 1 km RUN 3 Km CYCLE 500 m RUN

PRIMARY TRIATHLON

Year 5/6 **Individual & Teams Event** 200 m SWIM 5 Km CYCLE 2 Km RUN

Primary Age Category is determined by the school year of the competitor in 2024

SECONDARY TRIATHLON – Individual Event

Junior (12-14yrs)	Girls/Boys	250 m SWIM	5 Km CYCLE	2 Km RUN
Intermediate (15-16yrs)	Girls/Boys	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Girls (17-18+yrs)	Girls	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Boys (17-18+yrs)	Boys	400 m SWIM	15 Km CYCLE	4 Km RUN

SECONDARY TRIATHLON – Teams Event

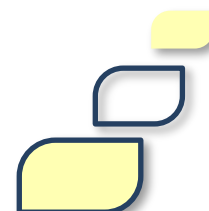
Junior (12-14yrs)	Girls/Boys	250 m SWIM	10 Km CYCLE	3 Km RUN
Intermediate (15-16yrs)	Girls/Boys	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Girls (17-18+yrs)	Girls	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Boys (17-18+yrs)	Boys	400 m SWIM	15 Km CYCLE	4 Km RUN

Secondary Age Category is determined by the competitors age as of 31st December 2024

REFER TO PROGRAM FOR EVENT TIMES

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ABN 96 059 090 366 • PO Box 2424 BOMADERRY 2541 NSW • www.cssa.net.au
Executive Officer: Linda Heslehurst • P: 0418 685 898 • linda@cssa.nsw.edu.au



2024 PROGRAM



8:00	Collection of Race Packs for Individuals & Teams	Transition Open
9:00	Transition Closed	
9:05	Race Briefing for Individual Events	
9:20	Marshalling 1 st Individual Event	
9:30	Secondary Individual: Intermediate Boys + Senior Boys	
9:40	Secondary Individual: Intermediate Girls + Senior Girls	
9:50	Secondary Individual: Junior Boys	
10:00	Secondary Individual: Junior Girls	
10:10	Primary Individual: Yr 5/6 Boys	
10:20	Primary Individual: Yr 5/6 Girls	
10:40	Transition Open for Teams Events	
11:00	Presentation - Individual Events	
11:30	Race Briefing for Team Events	
11:40	Transition Closed + Marshalling 1 st Team Event	
12:00	Secondary Team: Senior (17yrs+) Boys	
12:10	Secondary Team: Senior (17yrs+) Girls	
12:20	Secondary Team: Intermediate (15-16yrs) Boys	
12:30	Secondary Team: Intermediate (15-16yrs) Girls	
12:40	Secondary Team: Junior (12-14yrs) Boys	
12:50	Secondary Team: Junior (12-14yrs) Girls	
1:00	Primary Team: Year 5/6 Boys	
1:10	Primary Team: Year 5/6 Girls	
1:20	Primary Team: Year 3/4 Boys	
1:30	Primary Team: Year 3/4 Girls	
1:45	Transition Open	
2:15	Presentation – Team Events + Clean-up	



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ENTRY FEE

Individual Event Entry Fee:	\$30 inc GST per competitor
Duathlon Team Event Entry Fee:	\$30 inc GST per team
Triathlon Team Event Entry Fee:	\$45 inc GST per team

CSSA Schools will be invoiced at the end of Term 1 - CSSA Sports Account T1 2024 based on competitor entries as of Thursday 28 March 2024 - 5pm

Late withdrawals will be charged the entry fee after Thursday 28 March 2024 - 5pm

**Entries close Thursday 28 March 2024 - 5pm
Late entries will not be accepted**

SCHOOL OFFICIALS

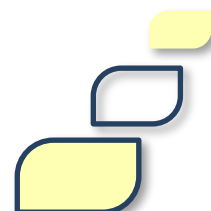
- CSSA will be required to provide a number of officials on the day
- School Officials must be a responsible adult ie. parent or teacher
- **PRIMARY schools with 12+ competitors** maybe required to provide an official on the day.
- **SECONDARY schools with 12+ competitors** maybe required to provide an official on the day.
- Each school is responsible for supervising their own students throughout the day. **If your school is required to provide an official** it would not be possible for them to also supervise your students.

GENERAL INFORMATION

- Primary students **CANNOT** compete in secondary events.
- Primary Yr 3/4 students **are permitted** to race up an age category for **team events** but **CANNOT** compete in the swim leg, **only the bike or run leg.**
- Primary Duathlon Teams (Yr 3/4) consist of **TWO competitors.**
- Primary Triathlon Teams (Yr 5/6) consist of **THREE competitors.**
- Students can **ONLY compete in one team event** on the day.

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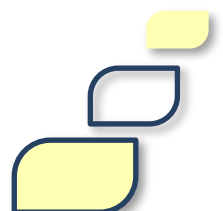
- Secondary students **are permitted** to race up an age category for **team events**.
- Secondary Teams consist of **THREE competitors**.
- Students can **ONLY compete in one team event** on the day.
- It is the responsibility of each school to ensure that all students participating in the event have a suitable level of physical fitness to adequately be able to complete the event.
- First Aid will be provided on the day however all schools should provide their own first aid kit to assist with managing any medical issues on the day.
- Bikes for individual events need to be in transition before **9:00am**.
- There will be a pre-race briefing for Individual Events at **9:05am**
- Bikes for team events can be placed in transition between **10:40-11:00am**.
- There will be a pre-race briefing for Team Events at **11:00am**
- Transition **MUST** be kept clear for competitors during events. Organisers cannot take responsibility for gear in transition.
- Course Maps will be on display on the day. It is the responsibility of the competitor to be familiar with the course for their competition division.
- All cyclists must wear an **Australian Standards Approved helmet** and have a bike with correctly working front and back brakes. The onus of responsibility regarding helmets and bikes rests with the individual school.

COMPETITION ATTIRE

- Female swimming costumes are to be **one piece and devoid of open work except at the back and be of fully modest design**.
- One piece triathlon suits can be worn. **A number belt or school athletics singlet MUST** be worn during the bike/run leg. The **COMPETITOR BIB** is to be pinned on the singlet.
- Swimming wetsuits will be permitted on the day.
- School sports shorts or skins plus a school athletics singlet **MUST** be worn during the bike/run leg. Students **CANNOT** compete only in speedos/swimming costumes for the bike/run leg

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INCLEMENT WEATHER

In the event of extreme weather conditions and the staging of the event is in doubt, a message will be posted on the **Elite Energy** website. If no message is posted the event will go ahead.

<https://raceroster.com/events/2024/82535/cssa-and-hzsa-combined-schools-triathlon-2024>

PARKING

Parking will be in the main car park opposite the grandstand and Regatta – **General Entry GATE A**
Please allow a 10 minute walk to registration.

INDIVIDUAL REGISTRATION

Sports Coordinators must collect **RACE PACKS** for students competing in **INDIVIDUAL events** between 8:00 – 9:15am from Registration Table

- Students **CANNOT compete** without a **Competitor Race Number**

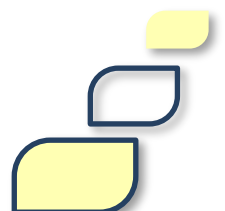
TEAMS REGISTRATION

Sports Coordinators can collect **RACE PACKS** for students competing in **TEAMS events** between 8:00-9:15am or 10:40-11:40am from Registration Table

- Teams **CANNOT compete** without a **Team Race Number**
 - **RUN Leg** - competitors wear the Team Number Bib pinned to their singlet
 - **Cycle Leg** - competitors wear a leg timing chip

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CSSA/HZSA Schools Triathlon 2024

Thursday 4 April 2024
International Regatta Centre Penrith



Registration

Please go to the following link for **event information** &
to download **excel registration form**:

<https://cssa.net.au/state-carnivals/schools-triathlon.html>

Entries close Thursday 28 March 2024 - 5pm

Late entries will not be accepted

CSSA does not provide Personal/Accident Insurance Cover

As a CSSA Member school we are aware that all teachers/parents/volunteers that we send to a carnival or sporting event have completed a "Working with Children" prohibited employment form.

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