

Christian Schools Sports Association



TRIATHLON Competitors Booklet

www.cssa.net.au

Registration 8:00-9:00am

Sports Coordinators report to the **Registration Table** near grandstand to collect their Schools Race Packs which includes Individual & Teams Packs.

Schools arriving at **11:00am** for **Teams Event only** can also collect their Team Packs from the **Registration Table**.

Race Pack – consists of:

- Timing Tag
- Wristband – worn by swimmer for identification
- Chest Plate (Race Number) + safety pins
- Bike Sticker Set
 - Seat post sticker - placed on the seat post of the cyclist's bike
 - Helmet sticker - for the cyclist's helmet
 - Bag sticker – for individual or team bags in transition
- Instructions



Students **CANNOT** change teams on the day.

Team members can swap/change disciplines within their team **HOWEVER** the student that completes the run leg **MUST** wear the Chest Plate (Race Number) & Timing Tag.

Medical Management Plans

Please make the official at registration aware of any student that has a medical management plan so 1st Aid can be notified.

Individual Event

- **Timing Tags** - The individual triathlete must wear the Timing Tag throughout the whole race. They must start the swim with the tag on and keep the tag on until they cross the finish line.

A volunteer will collect the Timing Tag after they cross the finish line. The Timing Tag **MUST** be returned by all participants even if they do not start/finish the event.

- **Chest Plates (Race Number)** - Individual competitors pin their Chest Plate onto their school singlet which they put on at the bike transition.

Team Event

- **Timing Tag** - the swimmer wears the Timing Tag throughout the swim leg and hands it over to their runner in transition after they have hand tagged their bike rider.
- **Writs Band** - the swimmer also wears the wristband for identification.
- **Chest Plates (Race Number)** - the runner wears the race number.
- **Bike Sticker Set** – used by cyclist for identification.

Tagging Process

Swimmer:

- Swimmer exits the lake at the boat ramp.
- Keep to the left through the trees and run up the road to the transition area.
- **Hand tag** your team cyclist.
- Once cyclist has left the transition area, hand over the **Timing Tag** to your team runner.
- Swimmer leaves the transition area following the directions of officials.

Rider:

- When directed by officials, enter the transition area and stand next to your bike.
- Ensure shoes and helmets are fitted correctly.
- Un-rack your bike & wait for team swimmer to arrive.
- Swimmer **hand tags** cyclist.
- Cyclist walks bike to the transition exit & mounts bike after the indicated **mount line**.
- Complete the designated number of laps on the bike:
 - Year 3/4 – 3kms 1 lap (shortened)
 - Year 5/6 – 5kms 1 lap
 - Juniors – 10kms 2 laps
 - Intermediates and Senior Girls – 10 kms 2 laps
 - Senior Boys – 15 kms 3 laps
- On final lap, keep to the left as you approach the transition area.
- **Slow to walking pace** & dismount bike before the **mount line**.
- Walk your bike to the rack position that you started from.
- **Tag your runner**, who may then head to the run exit and commence their run.
- Remain at your bike until directed to leave the transition area by race officials.

Runner:

- Remain outside the transition area until directed by race officials to enter.
- Go to your team cyclist's bike rack & meet up with your team swimmer.
- Take the Timing Tag from swimmer, secure it properly & wait for cyclist to return.
- When cyclist returns to their racking position, they **hand tag** the runner who head to the run exit to complete the run leg.
- The runner keeps the Timing Tag on until after they cross the finish line.
- A volunteer will collect the Timing Tag after they cross the finish line.

Additional Information

Swim Leg:

- Competitors **MUST wear a swim cap** in the water, this makes them more visible.
- Female swimming costumes are to be **one piece and devoid of open work except at the back and be of fully modest design.**
- Swimming wetsuits will be permitted on the day.
- All swimmers **MUST** be **competent to swim** required distance in **Open Water.**

Swimmer Emergency Exit Procedure:

In the case of an emergency a long continuous whistle blast will be sounded. The race will stop and competitors are required to swim directly to the shore and exit the water where they will be directed by officials to move to a safe location.

For further information on the Triathlon Risk Assessment Management Plan go to:
<https://cssa.net.au/state-carnivals/schools-triathlon.html>

Tri-suits:

Competitors wearing tri suits have to **wear a number belt with their bib attached**, this is normal practice for any triathlon. Competitors must supply their own number belt.

Bike Leg:

- Triathlon, Road, Mountain & Hybrid bikes are allowed.
- Aero Bars allowed.
- Time Trial bikes and E-bikes are **not allowed.**

- 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

- **Transition:** Only cyclists permitted in transition prior to race start.

Helmets:

- Helmets must meet Australian Safety Regulations and be in good condition.
- Helmet must be fitted correctly. They should be level and the chin strap should be comfortably tight and not twisted.



Drafting:

Cyclists are not permitted to draft.

- In brief, cyclists must remain 10 metres from the rear wheel of a bike in front of them.
- Cyclists are not permitted to ride side by side.
- Once a cyclist moves within 10 meters of the bike in front, they have 20 seconds to pass the bike.
- If a cyclist passes you, you must drop back 10 metres from the passing cyclist before you can attempt to repass.

No electronic devices such as MP3 players or such devices are allowed on the course.

- You must be able to hear instructions from officials at all times, as well as be alert of your surroundings at all times.
- Penalties or Disqualification will apply for those who do not adhere to this rule.

Officials:

- Ensure that you follow the instructions of all course officials.

Results: Results will be published live via the Multisport Australia website:

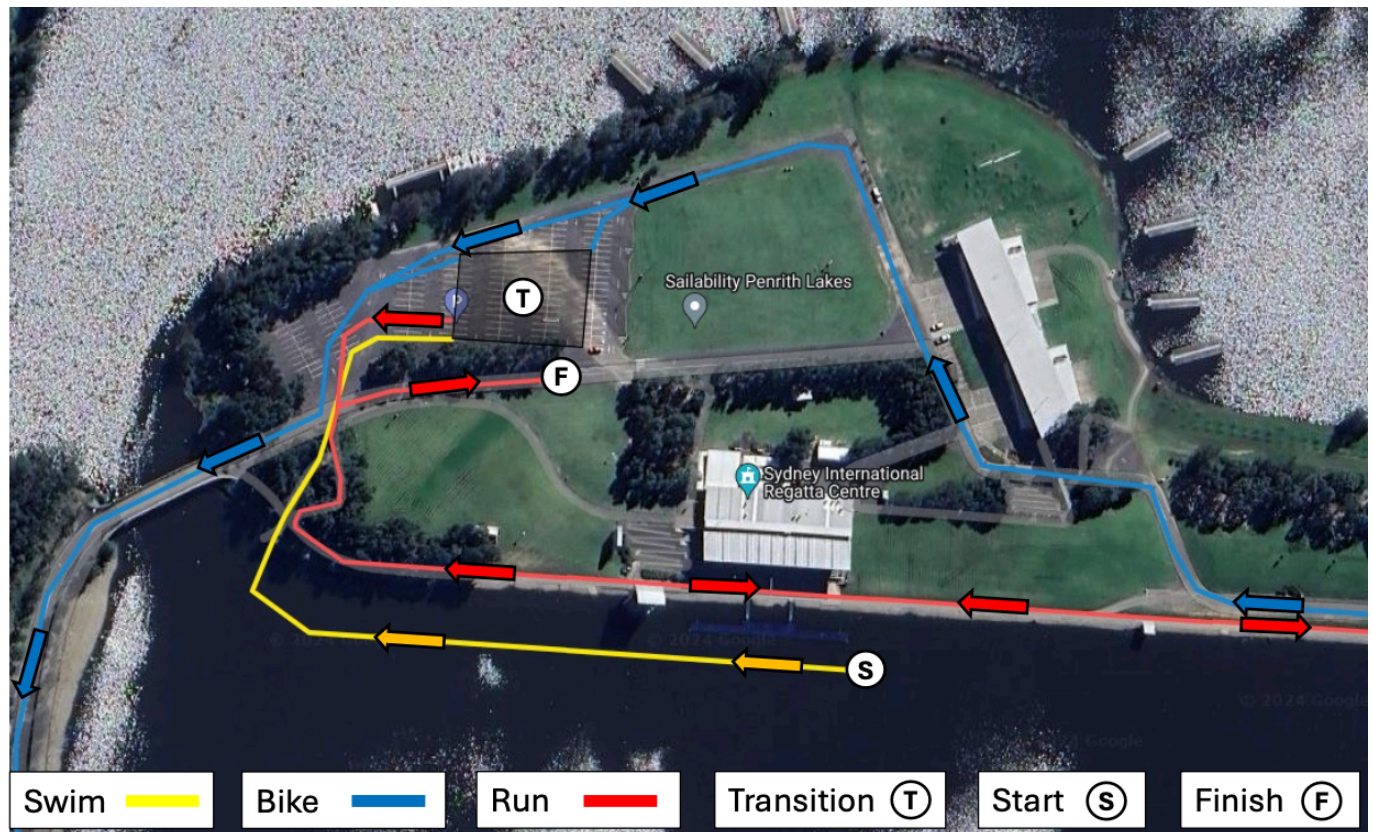
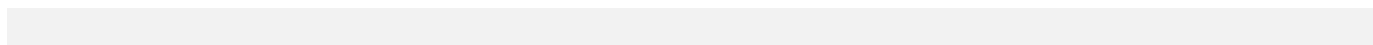
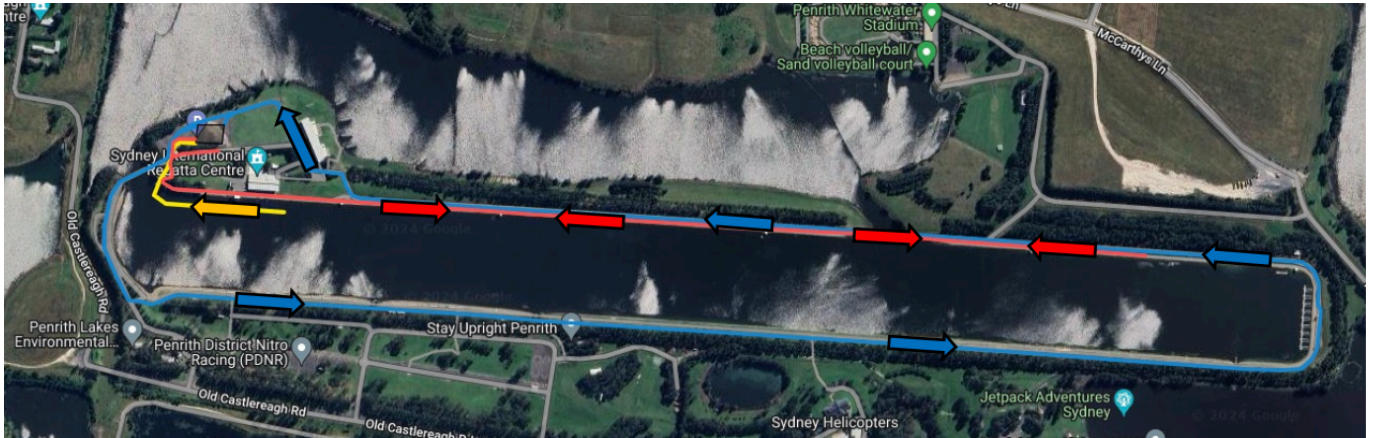
- <https://www.multisportaustralia.com.au/races>
- It is the responsibility of team managers to check these results and alert the recording team of any issues immediately.

Amenities: Toilets and change rooms are available at the back of the grandstand and adjacent to the rowing sheds to the east of the grandstand.

General Entry GATE A + Parking:

Parking will be on the southern side of the lake. You will have to walk from the parking to the island where registration is located. **Allow 15minutes to walk** from the parking to the island.

TRIATHLON COURSE



Triathlon Program:

Race times will be adhered to as closely as possible, however, there may be variations in start times to ensure all events can be safely conducted.

8.00am – 9.00am	Registration + Transition Open
9:00am	Transition closed
9:05am	Race Briefing Individual Events
9:20am	Marshal Individual Event 1

TIME	EVENT	DISTANCES
9:30am	Secondary Individual Senior Boys Intermediate Boys	S: 400m/B: 15km/ R: 4km S: 300m/B: 10km/ R: 3km
9:40am	Secondary Individual Senior Girls Intermediate Girls	S: 300m/B: 10km/ R: 3km S: 300m/B: 10km/ R: 3km
9:50am	Secondary Individual Junior Boys	S: 250m/B: 5km/ R: 2km
10:00am	Secondary Individual Junior Girls	S: 250m/B: 5km/ R: 2km
10:10am	Primary Individual Year 5/6 Boys	S: 200m/B: 5km/ R: 2km
10:20am	Primary Individual Year 5/6 Girls	S: 200m/B: 5km/ R: 2km

10:40am	Transition Open for Team Events
11:00am	Presentation for Individual Events
11:30am	Race Briefing Team Events
11:40am	Transition closed + Marshal Team Event 1

12:00pm	Secondary Team Senior Boys	S: 400m/B: 15km/ R: 4km
12:10pm	Secondary Team Senior Girls	S: 300m/B: 10km/ R: 3km
12:20pm	Secondary Team Intermediate Boys	S: 300m/B: 10km/ R: 3km
12:30pm	Secondary Team Intermediate Girls	S: 300m/B: 10km/ R: 3km
12:40pm	Secondary Team Junior Boys	S: 250m/B: 10km/ R: 3km
12:50pm	Secondary Team Junior Girls	S: 250m/B: 10km/ R: 3km
1:00pm	Primary Team Year 5/6 Boys	S: 200m/B: 5km/ R: 2km
1:10pm	Primary Team Year 5/6 Girls	S: 200m/B: 5km/ R: 2km
1:20pm	Primary Team Year 3/4 Boys	R: 1km / B: 3km/ R: 500m
1:30pm	Primary Team Year 3/4 Girls	R: 1km / B: 3km/ R: 500m

1:45pm Transition Open

2:00pm Presentation for Team Events