

2020 CIS Team Triathlon Championships



Date: Monday 28th October 2019

Venue: Sydney International Regatta Centre

Entries: via the NSW CIS website

Results: The top 50 places in each event, will automatically qualify for the 2020 NSW All Schools Triathlon Teams Events representing their school and CIS.

N.B Schools that do not compete and qualify through the 2020 CIS Team Triathlon Championship will not be able to enter the 2020 NSW All Schools Triathlon.

Relay distances:	Juniors (12, 13 years)	400m swim	10km Cycle	3km run
	Intermediate (14, 15 years)	400m swim	15km cycle	3km run
	Seniors (16, 17, 18 years)	400m swim	15km cycle	3km run

Note differences in categories. This is to correspond with the junior, intermediate and senior age categories at the 2020 NSW All Schools Triathlon

CATEGORIES

(Age is determined by the competitor's age on 31st December 2019)

- Junior 12, 13 years
- Intermediate 14, 15 years
- Senior 16, 17, 18 years

Separate events will run for each age and gender division.

- The team must comprise three athletes: one swimmer, one cyclist and one runner. The relay team must consist of three students from the same school.
- Mixed teams are to compete in **male** division and the oldest age group category of the team.

Event Schedule:

- 7.00 am – 8.00am Registration
- 8.05am Race Briefing
- 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

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.

ENTRY FEE

Teams entry fee to be confirmed ASAP minimum per team \$50 (incl. GST)

SAFETY, SUPERVISION and CONDITIONS OF ENTRY

- **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 disqualification.
- **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 teams must have an adult representative present on the day.**
- All cyclists must wear an approved helmet.
- It is an expectation 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

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

- The bicycle may be on-road, off-road or youth style. Bicycles may NOT be “time trial” style, BMX or recumbent.
- Handlebars may be standard drop, straight, or curved. Aero bars may NOT be used.
- Wheels must have at least 16 spokes.
- Disc wheels or wheel covers may NOT be used.
- Carbon wheels must be no deeper than 60mm
- Time-trial style helmets may NOT be used.

NOTE:

This is a non-drafting event. Cyclists must not ride within 7 metres of another competitor unless passing. There is a 15-second window for passing. If another competitor passes you, you must drop back 7 metres before attempting to pass again.

To ensure a safe event, each leg has cut-off times. These are at the discretion of the race organiser and should not affect most competitors.

If swimmers are not out of the water by the cut-off time, the team cyclist instructed to start their ride. If a cyclist has not finished by the cut-off time, they will be directed to stop at transition and their runner will be instructed to start the run.

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 any time 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

