**TRIATHLON**

**EVENT:** NSW All Schools Triathlon Championships/
Selections
Includes NSWCCC Championships

**AGE:** Junior - 12, 13, 14 years
Intermediate – 15, 16 years
Senior – 17, 18, 19 years
Age as at 31 December 2011

**ELIGIBILITY:** Students must be enrolled in a CSCC affiliated school

**DATE:** Tuesday 8 – Wednesday 9 March 2011

**VENUE:** International Regatta Centre Penrith

**TIME:** Registration 7.00am – 8.00am

**COST:** See Entry Form

**CLOSING DATE:** Thursday 24 February 2011

**NOMINATIONS FORWARDED TO:** NSW Schools Triathlon Association
C/- P.S.H.S
High Street
PENRITH NSW 2750
Mobile: 0418 297 847
Email: allschoolstri@yahoo.com.au

**ENTRY FORMS:** Can be downloaded from ww.sports.det.nsw.edu.au

**NSW ALL SCHOOLS SELECTIONS:** 8 – 9 March 2011  Penrith

**SCHOOL SPORT AUSTRALIA CHAMPIONSHIP:** 29 March - 1 April  Queensland

**CONVENER:** Paul Kennedy
Xavier College
PO Box 98
CRANEBROOK NSW 2749
Phone: 4777 0900
Fax: 4777 0930
Mobile: 0412 350 076
Email: pkennedy@parra.catholic.edu.au
2011 NSW All Schools Triathlon Championships

Proudly Supported by Penrith City Council

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

Relays - (Junior)
- 400 m SWIM
- 10 Km CYCLE
- 3Km RUN

- (Intermediate/Senior)
- 400 m SWIM
- 15 Km CYCLE
- 4Km RUN

8th to 9th March 2011
SYDNEY INTERNATIONAL REGATTA CENTRE
PENRITH LAKES

SELECTION RACE FOR
2011 NSW ALL SCHOOLS TEAM
TO
CONTEST
NATIONAL CHAMPIONSHIPS

Categories & Conditions
Entry
Team Entry + Declaration

Enquiries
Paul Roger: Phone 0418297847
Email: allschoolstri@yahoo.com.au
www.sports.det.nsw.edu.au

***Attention***
All CIS entries are to be submitted online to CIS via School Sport Coordinator

***Attention***
CATEGORIES AND CONDITIONS

CATEGORIES

- Individual events: Girls and Boys Junior 12 to 14yr, Intermediate 15 to 16yr and Seniors 17 to 19yr
- Relay event: teams for each age and gender division. The team must comprise three athletes; one swimmer, one cyclist and one runner. Schools may enter as many teams as they wish.
- 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 2011.

Junior   Born on or after 1st January 1997
Senior   Born on or before 31st December 1994

N.B.

1. 12 year’s competitors will not be eligible for representation at Nationals

ENTRY FEE

1. Early Bird Entry: Must be received by close 21st Feb 2011
   Individual entry fee $20.00 per person (including GST) (Not Refundable).
   Teams entry fee $24.00 per team (including GST) (Not Refundable).

2. Standard Entry: Must be received by close 28th Feb 2011
   Individual entry fee $25.00 per person (including GST) (Not Refundable).
   Teams entry fee $30.00 per team (including GST) (Not Refundable).

Please make cheques payable to NSWCHSSA

NO LATE ENTRIES WILL BE ACCEPTED

N.B.: Each entrant must have Principal’s signature
Parent /Guardian’s signature & Medicare no. on Declaration Form.

**** No Faxed Entries ****

SAFETY AND SUPERVISION

- It is a safety-oriented event with a closed circuit (no vehicles – except drafting motor bikes) ride and a protected open water swim.
- All cyclists must wear an approved helmet.
- All bikes must be presented for a safety inspection prior to racing on the course.

GEARING OF BIKES

No competitor shall compete in their class with a bike which, in its largest gear, will roll out more than the following:

<table>
<thead>
<tr>
<th>Category</th>
<th>Gearing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>6.00 metres</td>
</tr>
<tr>
<td>Intermediate</td>
<td>6.50 metres</td>
</tr>
<tr>
<td>Senior</td>
<td>7.93 metres</td>
</tr>
</tbody>
</table>

N.B.: ALL COMPETITORS MUST HAVE THEIR ROLLOUT CHECKED AT THEIR LOCAL BIKE SHOP PRIOR TO THE EVENT.

FINAL CHECK ON RACE MORNING.

GRAHAM HARIVEL TROPHY

Awarded to the school with the highest participation in both the individual and teams events.

2006 St John Evangelist
2007 Marist College
2008 St Columba’s
2009 Marist College Eastwood
2010

PREVIOUS WINNERS

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>JNR</td>
<td>2006</td>
</tr>
<tr>
<td>INTER</td>
<td>2007</td>
</tr>
<tr>
<td>SNR</td>
<td>2008</td>
</tr>
<tr>
<td>JNR</td>
<td>2009</td>
</tr>
<tr>
<td>INTER</td>
<td>2010</td>
</tr>
</tbody>
</table>

PROGRAM

Tuesday 8th March - INDIVIDUAL RACES

BIKE CHECKS (rollout) then to transition

7.00am – 7.15am Seniors then to transition.
7.15am – 7.30am Intermediates then to transition.
7.30am – 8.00am Juniors then to transition.
8.00am Registration

8.45am Seniors - Individual Race Start.
10.15am Intermediates - Individual Race Start.
11.30am Juniors - Individual Race Start.
1.00pm Presentation Individual Races.

- Approx. 5 minute break between boys and girls start times.
- State team meeting (i.e. first 6 in each age group plus 2 reserves) approx. 10 minutes after each race.

Wednesday 9th February - RELAY RACES

7.00am – 8.00am Registration
7.00am – 8.30am Bike Check (rollout) then to transition.
9.00 am Junior Relay Race Start.
10.20 am Intermediate Relay Race Start.
11.40 am Senior Relay Race Start.
1.00 pm Presentation Relay Races.

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 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 (bike compound).
- Race numbers must be worn by competitors during the cycle and run legs of their event.
- Race belts may be available for purchase on the day.
- This event is only for Secondary school students. Results will be available from www.multisportaustralia.com.au / www.sports.det.nsw.edu.au

2011 Nationals in Queensland
NSWCHSSA AND NSW All Schools Triathlon – Individual
INDIVIDUAL ENTRY FORM, TAX INVOICE
NSWCHS ABN# 11237923685
SCHOOL SYSTEM

Government □ Catholic □ Independent □

AGE DIVISION
A □ Junior Male B □ Junior Female
C □ Intermediate Male D □ Intermediate Female
E □ Senior Male F □ Senior Female

Please print:
Age as of 31.12.2011:…………………………… Date of Birth:…………………………………………

Name:………………………………………………. Phone:…………………………………………………..

Address:…………………………………………………….. Postcode:……………………………………

Medicare No:…………………………… Health Ins No:………………

Medical Insurance: Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child’s involvement in the sport program offered by the school, school sport zone, area and state school sport associations when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets. The NSW Supplementary Sporting Injuries Benefits Scheme, funded by the NSW Government, covers any injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body.

Privacy Notice: The personal information provided on this permission note, will be used by the Department of Education and Training for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely.

Please be aware that the media exposure at this event may result in your child’s name, school details and/or photograph appearing in a Newspaper, on Television or on the School Sport Unit: Website www.sports.det.nsw.edu.au. If you have a concern with this occurring, please contact the NSWCHSSA immediately.

Parent Consent: I have read the information issued by the convener on behalf of the All Schools Committee and the NSWCHSSA and hereby consent to my child participating. I also consent to my child being administered medical treatment and authorise hospitalisation if deemed necessary in the event that I cannot be contacted or an emergency situation arises.

Signed: __________________________________ (Parent/Guardian) Date: _____/_____/_____

School: ………………………………………………………………………. School Email:……………………………………

School Address: …………………………………………………………………………………………………………………..

Postcode: …………………… School Phone No: ………………….School Fax No:…………………………

Teacher Contact: …………………………………………………

Principal’s Declaration: I understand that the student named above is enrolled at this school at the time of completion and the date of birth is accurate according to school records.

Principal’s Name:……………………….. Principal’s Signature:……………………….. Date:………………

Early bird entry fee $20.00 per person (inc GST) (Not Refundable).
Entry fee $25.00 per person (inc GST) (Not Refundable).
Please make cheques payable to NSWCHSSA

NO LATE ENTRIES WILL BE ACCEPTED

N.B.: Early bird entries must be received by close 21st Feb 2011
All entries must be received by close 28th Feb 2011.
Each entrant must have Principal’s signature & Parent /Guardian’s signature on Declaration Form.

**** No Faxed Entries ****
NSWCHSSA AND NSW All Schools Triathlon – Team
ENTRY FORM, TAX INVOICE
NSWCHS ABN# 11237923685

SCHOOL SYSTEM

Government □  Catholic □  Independent □

AGE DIVISION
A □  Junior Male  B □  Junior Female
C □  Intermediate Male  D □  Intermediate Female
E □  Senior Male  F □  Senior Female

1. SWIMMER
Name:………………………………………….…………Age as of 31.12.2011:………………………………….
Date of Birth:………………………………………….. Phone:………………………………………………….
Address:……………………………………………………………... Postcode:…………..
Medicare No:…………………………………………………………….. Health Ins No:………………

2. CYCLIST
Name:……………………………………….……………Age as of 31.12.2011:………………………………..…
Date of Birth:……………………………………………Phone:…………………………………………………….
Address:…………………………………………………………….. Postcode:…………....
Medicare No:…………………………………………………………….. Health Ins No:………………

3. RUNNER
Name:…………………………………….……………Age as of 31.12.2011:……………………………..……
Date of Birth:………………………………………………Phone:………………………………………………….
Address:…………………………………………………………….. Postcode:…………..
Medicare No:…………………………………………………………….. Health Ins No:………………

Medical Insurance: Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child’s involvement in the sport program offered by the school, school sport zone, area and state school sport associations when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets. The NSW Supplementary Sporting Injuries Benefits Scheme, funded by the NSW Government, covers any injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body.

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SCHOOL DETAILS

School Name:………………………………………….……Address:……………………………………………..
………………………………………………………………………………………..……Postcode……………..
Teacher Contact:………………………………………………. School Ph. …………………………………………
School Fax. No:…………………………………………………………….. School Email:……………………………

Principal’s Declaration

I understand that the students named above are enrolled at this school at the time of completion and the dates of birth are accurate according to school records.

Principal's Name:………………………………………….Principal’s Signature:………………….Date:…………

Early bird entry fee relay $24.00 per team (inc GST) (Not Refundable)
Entry fee relay $30.00 per team (including GST) (Not Refundable).

Please make cheques payable to NSWCHS SSA

NO LATE ENTRIES WILL BE ACCEPTED

N.B.: Early bird entries must be received by close 21st Feb 2011
All entries must be received by 28th February 2011.
Each entrant must have Principal’s signature & Parent/Guardian’s signature on Declaration Form. **** No Faxed Entries ****

Please return to: NSW Schools Triathlon Association
C/O Penrith HS, High St, Penrith 2750
TRIATHLON - PATHWAY

SCHOOL SPORT AUSTRALIA CHAMPIONSHIPS

NSW ALL SCHOOLS CHAMPIONSHIPS

Selections for NSW All Schools Team

Relay teams do not progress beyond this level
This championship also has an award for the Champion School which is the highest pointscore for the carnival

Incorporating NSWCCC Championships

SCHOOL

Individual and/or Relay Team
Relay team must be from the same school

Age Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Swim</th>
<th>Cycle</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juniors 12, 13, 14 yrs</td>
<td>400 m</td>
<td>10 Km</td>
<td>3 Km</td>
</tr>
<tr>
<td>Intermediates 15, 16 yrs</td>
<td>600 m</td>
<td>15 Km</td>
<td>4 Km</td>
</tr>
<tr>
<td>Seniors 17, 18, 19 yrs</td>
<td>750 m</td>
<td>20 Km</td>
<td>5 Km</td>
</tr>
<tr>
<td>Relays - (Junior)</td>
<td>400 m</td>
<td>10 Km</td>
<td>3 Km</td>
</tr>
<tr>
<td>- (Intermediate/Senior)</td>
<td>400 m</td>
<td>15 Km</td>
<td>4 Km</td>
</tr>
</tbody>
</table>

Students with disabilities can also compete. Please notify the organising committee prior to the event.