



**SCHOOL  
SPORT WA  
2024 ALL SCHOOLS  
TRIATHLON CHAMPIONSHIP**

**Thursday 31st October 2024**  
**Champion Lakes Regatta Centre**



**SCHOOL SPORT**  
- WESTERN AUSTRALIA -

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# 1. ACKNOWLEDGEMENTS

School Sport WA would like to thank the following people and organisations for their assistance in the presentation of this event:

**The Organising Committee  
Participating Schools and Competitors  
Course Officials and Marshalls  
Triathlon Western Australia**

# 2. INTRODUCTION

The 2024 All Schools Triathlon Championship involves 5 different races over different distances, allowing all students to compete in a fun and safe environment. The Championships include the State Selection Race for those students wishing to represent WA at the 2025 School Sport National Triathlon Championships, in Rockingham, Western Australia. Course descriptions and maps are included in this booklet.

# 3. TRIATHLON CHAMPIONSHIP PROCEDURES

## BACKGROUND

This booklet is designed to acquaint schools with administrative and logistical information pertinent to the conduct of a safe and efficient Triathlon Championship. School Administrators are requested to read this information and ensure all participating school commitments are honoured, and that all student competitors are aware of Championship procedures.

### 1. START TIME

The Program will begin at 7:30am, with registrations and an anticipated start time of 8:00am for the first wave. If schools need to travel over a distance, then there needs to be some provision for the early arrival of student participants to allow for events to begin on time.

### 2. PARKING

The grass on the island inside Champion Lakes is available for parking but access to and from the island is limited. The entire venue will be closed for racing from 8:00am – 10:45am and close again at 11:45am.

Vehicles will be allowed to move from the island between 10:45am and 11:45am.

### 3. REGISTRATION

Start Lists will be available on the SSWA website ([www.schoolsportwa.com.au](http://www.schoolsportwa.com.au)) from Monday 28<sup>th</sup> October. Race numbers will be published on Blue Chip Timing from Wednesday 30<sup>th</sup> October. <https://www.bluechipresults.com.au>

Schools are required to bring along a thick waterproof marking pen to mark the competitors, with their number. To make it easier for officials we request that numbers be marked on both arms and the front of the right thigh/shin depending upon student race wear.

### 4. PAYMENT

Following the event, schools will be issued with a tax invoice based on the number of students from their schools. Individual entrants pay online at the time of nomination.

### 5. SUPERVISION

Facility use and supervision are synonymous. To ensure high standards are maintained we request schools accept responsibility for supervising the behaviour of their own students on the day. It is a requirement that staff monitor toilets and surrounding areas.

**Please Note: If students wish to complete a swim warm up it must be done on the south side of the second pontoon with teacher supervision.**

### 6. FIRST AID

Sport Medicine personnel will be in attendance at the event to attend to more serious injuries. All schools are requested to provide their own basic First Aid Kit and ice pack for injuries of a less serious nature.

### 7. RACE RULES

Races will start at the scheduled race time. The Regatta Centre will be used as the central coordinating point. Administration/Registration will occur upstairs in the Regatta Centre. All races will be run under TWA sanctioning, and as such all TWA Race Rules will apply. Marshals will be stationed around the course, dressed in SSWA orange vests, and will be assisting athletes throughout the event. **It is up to the individual athletes to know and follow the course.**

#### **Race Rules for State Team Selection Race only**

- Bikes must be of a racing design, **no mountain bikes or bmx are allowed.**

### **8. TIMING**

Timing bands allow the event to run smoothly and allow athletes to review their race time and individual splits. **TIMING BANDS MUST BE WORN ON YOUR LEFT ANKLE.** Athletes are responsible for stepping on the timing mat at the end of each leg of their race. Timing mats are located at the entrance and exits of transition area and the finish line. For Relay Teams, the timing band becomes their relay baton, the swimmer must wear the band and then pass it to the cyclist and then cyclist to runner. Timing Bands will be issued based on race numbers and can be collected on the day at Registration.

#### **LOST TIMING BANDS**

Timing Bands are an expensive piece of equipment and become the responsibility of the participant once they are collected at registration. All participants must return the timing band to the buckets provided once they have crossed the finish line.

**Lost Timing Band Fee of \$40 will apply in the event that you do not return your timing band given to you at registration** (a window of 10 days following the event is allowed for participants to return your timing band if you forget to do it at the event). No exceptions will be granted or reasons accepted in relation to the issue. Participants who fail to complete the race are required to hand in the timing band at the finish line collection point located in the athlete recovery area.

### **9. GENERAL**

All competitors must have their torso covered for the bike and run legs; you will not be allowed onto the course with a bare torso. Runners must stick to the path and wear shoes. All students must wear enclosed shoes for both the bike and run. Athletes should be prepared for all kinds of weather. Competitors are also advised to bring drinks and food. Refreshments will be available on the day.

Occupational Safety and Risk Management Guidelines require that for an event of this nature each student must have their own water supply. School Sport WA will position water at selected locations on the run leg. School Sport WA highly recommends that all students bring their own water bottle and have it at a place near the finish line.

**SCHOOLS SHOULD ALSO NOTE THAT THERE IS LIMITED WEATHER PROTECTION AT THE VENUE SO SCHOOLS ARE ENCOURAGED TO BRING ADEQUATE SHELTER (TENTS) FOR THEIR TEAM.**

### **10. FINISHING PROCEDURE**

When competitors finish, they must file along the chute and return their timing chip to avoid incurring the extra cost.

### **11. AWARDS**

Awards are given to individual students in each category, to teams and to the individual school and team school champions. Individual School and Team School Champions are based on a points system with the highest total score winning each category. Points are awarded to the top ten finishers in each category. Points are awarded as follows:

- 1<sup>st</sup>: 10 points
- 2<sup>nd</sup>: 9 points
- 3<sup>rd</sup>: 8 points
- 4<sup>th</sup>: 7 points
- 5<sup>th</sup>: 6 points
- 6<sup>th</sup>: 5 points
- 7<sup>th</sup>: 4 points
- 8<sup>th</sup>: 3 points
- 9<sup>th</sup>: 2 points
- 10<sup>th</sup>: 1 point

The School with the highest total will win each category. Points are not cumulative and do not roll up for age groups with less than 10 finishers.

### **12. RESULTS**

A full list of results will be posted on the School Sport WA website on [www.schoolsportwa.com.au](http://www.schoolsportwa.com.au) .

### **13. QUESTIONS**

If you have further questions, please contact Stuart Denton via email [stuart.denton@education.wa.edu.au](mailto:stuart.denton@education.wa.edu.au)

## 4. PROGRAM OF EVENTS

Events will start at the scheduled time. Competitors should assemble 15 minutes prior to their event, for final briefing.

TIME	AGE GROUP	DISTANCE (Swim/Bike/Run)
7:45	Race Briefing	
8:00	Draft Legal State Team Selection (Females)	400/12/3
9:00	Draft Legal State Team Selection (Males)	400/12/3
10:00	Non-Drafting Year Group Individual Races	400/12/3
11:00 – 11:30	Transition Area Open to move bikes. (Transition Area will be open for all Teams to rack their bikes)	
11:45	Teams Relay Races	400/12/3
	<i>3-4 Waves depending upon entries 5min apart.</i>	
	<i>Presentations, will be held as soon as the last person crosses the finishing line</i>	
2pm	Event Finish	

### WAVE STARTS

Wave starts will be announced in the week leading up to race day. Wave starts will be colour coded and will relate to swim cap colours for each wave. **All athletes must wear the designated swim cap for their wave.** Swim caps will be distributed at the start line.

## 5. ATHLETE AGE CATEGORIES

### DRAFT LEGAL STATE TEAM SELECTION

Categories are determined by age as of 31<sup>st</sup> December 2024.

JUNIORS: 12 or 13 years of age, born in 2012 or 2011.

INTERMEDIATES: 14 or 15 years of age, born in 2010 or 2009.

SENIORS: 16, 17 or 18 years of age, born in 2006, 2007 or 2008.

Students will all race in a DL format and points will be awarded based on finishing position for each category.

### NON-DRAFTING INDIVIDUAL RACE

Individual races will be based on enrolled school year.

Year 7  
Year 8  
Year 9  
Year 10  
Year 11+

### TEAMS

Teams will be Male or Female and based on enrolled school year. If mixed gender they will be entered in the Male Team Category. Mixed years' teams will race in the oldest student's year.

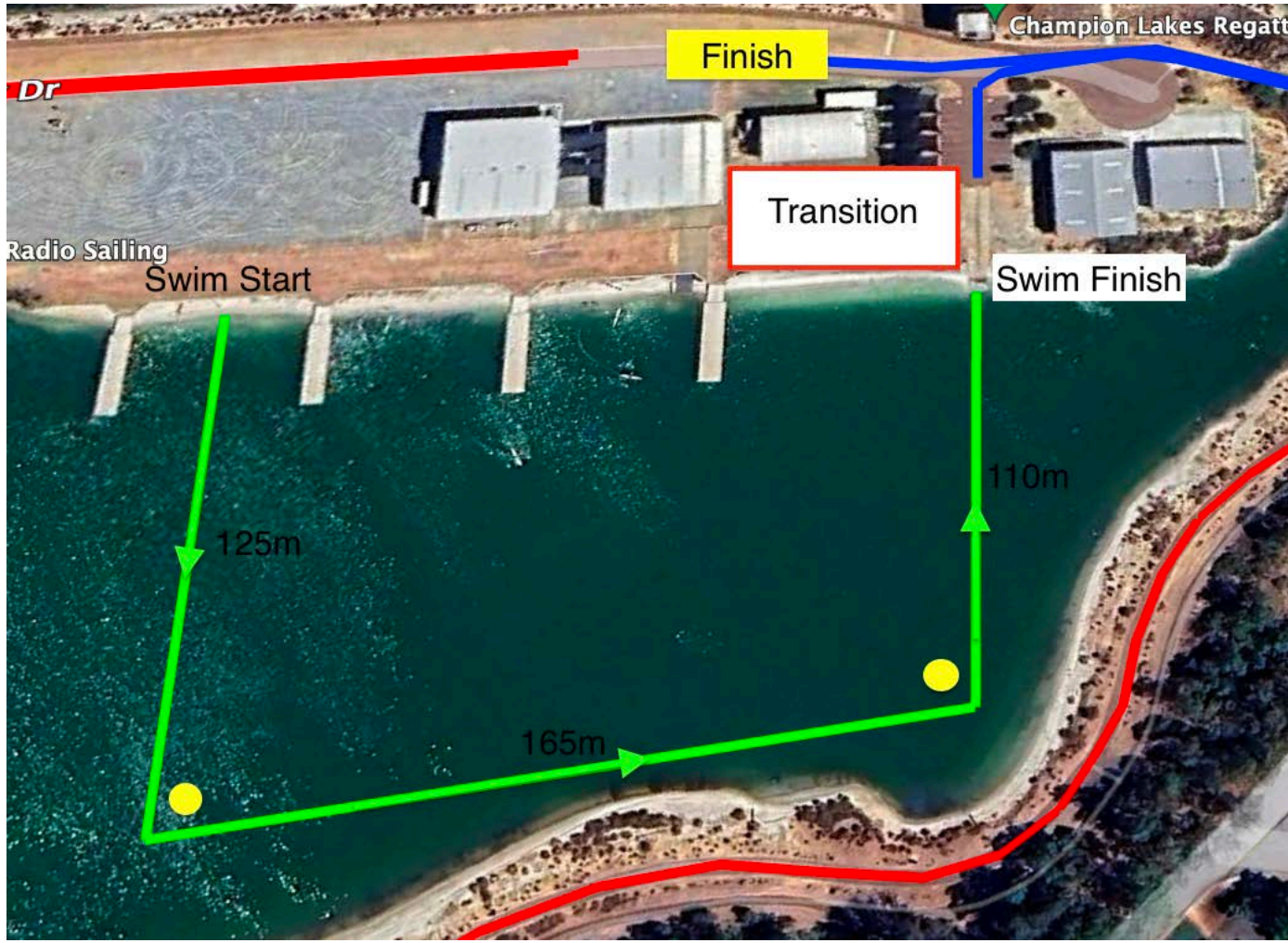
Year 7  
Year 8  
Year 9  
Year 10  
Year 11+

## 6. COURSE MAPS

[Please note that maps are intended as a rough guide only.]

### Swim Courses

Please note all athletes must complete the 400m swim course.



## Bike Course

Students are to exit transition area and ride along the island road, upon crossing the bridge students are to make a sharp left-hand turn onto the Events Path. Students are to follow the Events Path around the outside of the Lake past the pedestrian bridge, where they will veer right onto the island road, they will turn left and travel along the road to the end of the lake, turning left and heading back onto the Events Path and following it round to complete their lap. Upon returning to the main bridge students are to turn left and ride back towards transition. They will complete a U-Turn just before the Mount/Dismount line and repeat the lap. At the end of the second lap athletes will ride past the U-turn sign and dismount their bike. All athletes are to complete 2 laps of the bike course.









## Run Course

Students depart transition from the northern end and run through the carpark and turn right to head of the pedestrian bridge, turning left on the first footpath and running past the flag poles they turn left and run along the event path past the Aid Station and make a u-turn at the corflute sign signifying RUN TURN. Students then return along the footpath to the pedestrian bridge and run back onto the main island and straight down the road through the finish chute. All students are to complete 1 lap of the run course.



## Transition Area Set-Up



## 8. STATE TEAM SELECTION

### A. ELIGIBILITY

- Up to 6 males and 6 females will be considered for selection in each age category.  
Age categories are as follows:  
**Juniors – 12 / 13 years (born 2011/2012)**  
**Intermediates – 14 / 15 years (born 2009/2010)**  
**Seniors – 16 / 17 / 18 years (born 2006/2007/2008)**
- Age criteria for racing at the National Championships are determined as the age on 31<sup>st</sup> December 2025.
- Team members are required to be a full-time student at a secondary school or institution (eg. TAFE) in 2025.

### B. SELECTION CRITERIA

- The following events will be used as selection races:
  - Date: **Thursday 31<sup>st</sup> October, 2024**  
Event: State Schools Triathlon Championships  
Venue: Champion Lakes  
Distances: **Draft Legal Selection Race (400 / 12 / 3)**
  - Date: **Sunday 24<sup>th</sup> November, 2024**  
Event: EXSS Sprint Triathlon  
Venue: Champion Lakes  
Distances: **Juniors – Bolt (400 / 12.5 / 2.5)**  
**Intermediates – Bolt (400 / 12.5 / 2.5)**  
**Seniors – Sprint (750 / 20 / 5)**
  - Date: **Sunday 8<sup>th</sup> December, 2024**  
Event: City of Joondalup Coastal Quest  
Venue: Whitfords Nodes, Hillarys  
Distances: **Juniors – Bolt (250 / 7 / 2)**  
**Intermediates – TBC**  
**Seniors – TBC**

NB. \* School Sport WA accepts no responsibility for these selection races not being of accurate distance due to the organisation by private race directors. Parents / Guardians are responsible for entering their child in these selection races. School Sport WA or the child's school are not able to enter individuals.

- The selection committee will select each age group team in the following order of priority:
  - automatic selections
  - points achieved at selection events
  - wildcard to top national and state competitors if results are considered good enough and if unable to compete in selection races (written application)
  - nil race results (written application)
- Automatic selection to the team will be determined as follows:  
Placing first or second in the State Schools Triathlon Championships at Champion Lakes – Thursday 31<sup>st</sup> October 2024, providing these athletes continue to:
  - Race regularly in the TWA Series and Junior Series races during the 2024/25 season.  
\* Students living outside the metropolitan area and unable to attend TWA races, need to advise the team management in writing of their race schedule and provide a club race calendar.
  - Attend scheduled training sessions or team events.

3. Points for the events will be awarded for performances as follows:

- (i) 1<sup>st</sup> = 10 points
- 2<sup>nd</sup> = 7 points
- 3<sup>rd</sup> = 5 points
- 4<sup>th</sup> = 3 points
- 5<sup>th</sup> = 2 points
- 6<sup>th</sup> = 1 point
- 7<sup>th</sup> = 0 points

Points will be given to those competing in the race who have applied for selection in the team.

- (ii) Points will be cumulative to a maximum of two events.
  - (iii) Where an athlete has competed in more than 2 events, the best 2 results (based on points) will be used.
  - (iv) The points table will be used to select athletes after the automatic selections have been made.
  - (v) Athletes selected under the automatic criteria are able to race in other selection races, but will not be awarded points. The points will be rolled down to the next placed competitor.
  - (vi) Points will be awarded as per the results of the day.
4. Where two or more athletes have achieved the same points, the athlete with the highest individual placings will be selected.
5. The selection committee has the authority at its absolute discretion to make no more than one wildcard selection within each age category. (ie. one girl and one boy in each category). This discretion is provided to ensure School Sport WA sends its best possible team to the National Championships. Applications (in writing) for a wildcard position, including reasons why an athlete did not contest the selection events, must be submitted by **Monday 2<sup>nd</sup> December 2024**.

### C. APPLICATIONS

All athletes who wish to be considered for a position in the team must notify the Selection Committee of their availability for selection on the appropriate application form (this includes athletes who satisfy automatic selection criteria). This nomination form must reach the School Sport Coordinator by **Monday 25<sup>th</sup> November 2024**. Application forms can be obtained from the School Sport WA website [www.schoolsportwa.com.au](http://www.schoolsportwa.com.au) or from the School Sport Coordinator.

### D. FURTHER INFORMATION

The SSWA State Team Selection Policy can be viewed in full on the School Sport Website: [www.schoolsportwa.com.au](http://www.schoolsportwa.com.au) Please provide this information to your students entering the selection races. **The SSWA State Team will be announced on Monday 9<sup>th</sup> December 2024.**

### E. NATIONAL SPECIFIC RACE REGULATIONS

Athletes who successfully qualify to represent Western Australia at the School Sport Triathlon Championships must travel with a UCI Compliant Bike and ride on UCI Approved Wheels. School Sport Nationals will be **DRAFT LEGAL** and all travelling athletes will need to be members of Triathlon Western Australia and have completed their drafting endorsement.