

School Sport SA triathlon individual and team championships

Event specifications

Updated September 2017

Venue

West Lakes Canoe Club
Corner Bower Road and Old Port Road, Semaphore Park

Competitor information

The age of the competitor shall be calculated as 31 December in the year of competition.

For example: A student turning 15 years of age in 2018 must compete in Intermediate – under 17.

A student turning 17 years of age in 2018 must compete in Senior – under 20

Year 7 students competing in the individual event must turn 13 years old in 2018 and can only enter in the state trial category and they must have trained sufficiently to complete the event.

Year 7's can only compete in the male or female team event unless they turn 13 years or older in 2018.

Schools with a few individual or team entries will be required to provide one official on the day, therefore contact details of your official must be included on the nomination form.

Course maps

See the resources section on the triathlon page of the [website](#) for all course maps

Individual events

The state trials and come'n'try will begin at 9.30am.

Registration	10.00am to 11.40am
Officials meeting	11.40am
Competitors briefing	11.50am
Start time	9.30am
Presentations	11.20am approximately

Category	Gender	Age	Swim length	Cap colour	Cycle length	Run length
State championship	Boys	Senior under 20	750m	White	17km	4.5km
State championship	Girls	Senior under 20	750m	White	17km	4.5km
State championship	Boys	Intermediate under 17	600m	Yellow	17km	4.5km
State championship	Girls	Intermediate under 17	600m	Yellow	17km	4.5km
State championship	Boys	Junior under 15	300m	White	8.5km	2.25km
State championship	Girls	Junior under 15	300m	White	8.5km	2.25km
Come'n'try	Boys	Senior under 20	300m	Red	8.5km	2.25km
Come'n'try	Girls	Senior under 20	300m	Red	8.5km	2.25km
Come'n'try	Boys	Intermediate under 17	300m	Red	8.5km	2.25km
Come'n'try	Girls	Intermediate under 17	300m	Red	8.5km	2.25km
Come'n'try	Boys	Junior under 15	300m	Red	8.5km	2.25km
Come'n'try	Girls	Junior under 15	300m	Red	8.5km	2.25km



Team events

Under 15, under 17 and under 19 age groups there is male, female and mixed gender categories.

The year 7 age group only has male and female categories.

Students cannot compete in more than one age group/team or more than one leg of the teams' event.

Registration 10.00am to 11.40am

Officials meeting 11.40am

Competitors briefing 11.50am

Start time 12.20pm

Presentations 2.15pm approximately

Category	Gender	Age	Swim length	Cap colour	Cycle length	Run length
Senior	Boys	Under 20	450m	White	17km	4.5km
Senior	Girls	Under 20	450m	White	17km	4.5km
Senior	Mixed	Under 20	450m	White	17km	4.5km
Intermediate	Boys	Under 17	450m	Yellow	17km	4.5km
Intermediate	Girls	Under 17	450m	Yellow	17km	4.5km
Intermediate	Mixed	Under 17	450m	Yellow	17km	4.5km
Junior	Boys	Under 15	300m	White	8.5km	2.25km
Junior	Girls	Under 15	300m	White	8.5km	2.25km
Junior	Mixed	Under 15	300m	White	8.5km	2.25km
Year 7	Boys	Year 7	300m	Orange	8.5km	2.25km
Year 7	Girls	Year 7	300m	Orange	8.5km	2.25km

Competitors are encouraged to compete in both individual and team events. Individual competitors are encouraged to compete in one leg of the teams' event in their respective age category. The individual state championships will be used as part of the selection for the schools state triathlon team.

Awards and presentations

Secondary medallions will be awarded to first, second and third placegetters in the all age groups for the state championship and come'n'try and the senior, intermediate and junior teams categories.

The Sam White Overall Plaque is based on the state championship, come'n'try and teams events.

Scoring is worked out with the following system:

First	6 points	Third	4 points	Fifth	2 points
Second	5 points	Fourth	3 points	Sixth	1 point.

Year 7 student points are not included in the scoring system for the Sam White plaque

Primary medallions will be awarded to the first placegetter in the teams event.

All individuals and teams are asked to stay for the awards to each category winner and also for the random draw prizes supplied by our sponsors.

Swim leg

All entrants are to supply their own cap.

Caps must be worn throughout the swim leg. NO SWIM CAP – NO SWIMMING.

Swim cap colours for each category and age are:

Category	Senior under 20	Intermediate under 17	Junior under 15	Year 7
State championship	White	Yellow	White	White
Come'n'try	Red	Red	Red	N/A
Teams	White	Yellow	White	Orange

Wave start order will be male then female in each category and then mixed for teams in each category.

Swim starts will be in knee deep water.

Water safety will be provided, however it is strongly suggested that teachers or parents have witnessed that students are competent in open water swimming over the appropriate distances. If a competitor experiences difficulties they need not panic, but clearly raise one hand into the air and water coverage will give immediate assistance.

Cycle leg

All cyclists must wear a hard shell helmet.

Helmets must be securely fastened whenever the bike is in motion.

Shoes are recommended to be worn in transition when exiting and entering with the bike.

No time trial bikes are permitted for these events, road and mountain bikes only.

Clip-on bars will be permitted providing they do not exceed the foremost line of the brake levers.

Straight forward facing clip on bars must have a solid factory bridge or be touching each other

Bikes must not be ridden in the transition area.

Marshalls will assist at all turns. Please follow their instructions.

Cycling inside the coned lanes while on the cycle course.

Normal road rules apply. Watch out for parked cars on the cycle course.

We suggest that you start the ride with one full water bottle.

Drafting

Drafting is banned. Stop/start time penalties will be added for those who violate this rule.

Maintain a minimum distance of 10m, if passing, cyclists are allowed a maximum of 20 seconds.

If you derive benefits from a wind break provided by a competitor ahead or on the side of you, you are drafting – be warned.

Once you've violated this zone, you are committed to pass or drop back within 20 seconds or less.

Run leg

Run only on the footpath and or/ inside the designated lanes.

Runners need to keep to the right to avoid returning competitors.

The turnaround is anticlockwise.

Water stations will be located at the run start, turnaround and finish.

Officials will record competitor numbers and turnarounds, call out numbers when required.

Two lap runners (senior and intermediate competitors) will have their arm marked with texta on completion of their first lap.

Transition for teams

Competitors will change from swim to cycle legs and cycle to run legs by transferring the transponder from one team member to the next at the location in the bike rack where the cyclist has their bike racked. Cyclists will be instructed in groups (senior, intermediate, junior, year 7) to enter the transition area to stand by their bike at the appropriate time. The cyclist may have their helmet securely fastened before and after their leg. Once the cyclists have exited the runners will be instructed in groups to enter the transition at the bike location of their cyclist member.

Finish

At the finish, proceed through the finish chute and keep moving until you are off the mat. Your number will be recorded, your transponder collected and individual details will be taken from the top 6 in each age group of the state championships only. You may then collect refreshments from in front of the canoe club. Early finishers should consider those finishing later and leave sufficient refreshments for later finishers.

Teachers and team managers

Please check race maps carefully.

Any competitors who deviate from the stated course will be disqualified.

Please walk students through the transitions process.

Schools may be required to provide one official on the day. Your designated official on your nomination form will be contacted prior to the day if required.

Teachers and team managers are totally responsible for their competitor's knowledge of the course.

If competitors withdraw from the race please notify officials and return their transponder.

Race numbers and transponders

Individual competitors

Race numbering will be in black text on their right arm and right leg, numbers will be pinned to their front with four pins in each corner.

Transponders are to be worn on the left ankle with the blue section to the outside.

Team competitors

Male and female teams will be in green text on their left arm or left leg.

Mixed teams will be in red text on their left arm or left leg.

Swimmers must have their number on their left arm

Cyclists must have their number pinned to their lower back with four pins in each corner and on their left calf in text.

Runners must have their number pinned to their front with four pins in each corner and their left calf in text.

Transponders are to be worn on the left ankle with the blue section to the outside and only to be removed at your team members bike to be transferred to the next team member.

Parking

We ask that schools with buses drop students off at the canoe club then park on the opposite side of Bower Road to where the event is being held. Buses can return at the end of the day to pick students up. Parents are asked to park on the opposite side of Bower Road. This will help reduce congestion.

Sponsors

School Sport SA acknowledges and appreciates the sponsorship of:

- Event Strategies Pty Ltd
- CMI Toyota

Further information

For more information on the triathlon championships, please see the resources section on the website or contact the School Sport Team on 8416 5900 or [email](#)