



Your local club



YOUR LOCAL CLUB ACADEMY GAMES 2023 ATHLETE INFORMATION GUIDE

Proudly hosted by



**SOUTHERN
SPORTS
ACADEMY**



Your local club



Contents

Welcome	3
Venue Map	3
Course Map	4
Schedule	5
Finals Allocation and Overall Placings	5
Spectators	6
Parking	6
Registration	6
Timing Chips	6
Swim Caps	6
Race Tattoos	6
Race Stickers	7
Race Rules	7
Race Briefing	7
Transition	7
Race Results	7
Race Format	7
Mixed Relay Teams	8
Course Details	8
Food and Drink	8
Medical	8
Race Timing and Withdrawals	8
Rubbish	8
Toilets	9
Track Crossing	9
Participants List	9



Welcome

Hello and welcome back to Wagga Wagga for the 2023 Your Local Club Academy Games. This year we are taking on an exciting new course for the triathlon. It will be a fast-paced course in the middle of town and close to your Academy ??? who are playing basketball and volleyball so encourage them to come out and cheer you on!

The race will take part in the Bolton Park Sporting Precinct which is home to many of Wagga's main sporting fixtures including Australian Rules Football, Cricket, Basketball and Swimming. The area is also home to our local polo players, gymnasts, skateboarders, roller-skaters and many other groups who utilise the facilities.

I would like to say a huge thank you to the Wagga Wagga Triathlon Club for all their help, effort, and advice in putting the race together for you to have an enjoyable experience, we couldn't have done it without them. I'd also like to thank Robyn Low-Hart, David Williams and all the others at Triathlon NSW who supported the event.

We are sure all competitors will compete in the spirit of the games, and we look forward to the friendly rivalry between academies (Go SSA!!!). We hope everyone enjoys their race and their visit to the Riverina.

On behalf of the Regional Academies of Sport, I wish you all the best in your races.

CBreese

Cathy Breese
Southern Sports Academy
Triathlon Convenor

Venue map



Course Maps



Schedule

<u>Time</u>	<u>Event</u>	<u>Location</u>
Saturday 21st April 2023		
0630	Registration Open	Wagga Tigers clubroom verandah
0630	Transition Open	Transition
0715	Athlete Welcome and Briefing	Transition
0730	Individual Draft Legal Heat 1	Swim Start
0800	Individual Draft Legal Heat 2	Swim Start
0830	Individual Draft Legal Heat 3	Swim Start
0900	Individual Draft Legal Heat 4	Swim Start
0930	BREAK	
1000	Individual Draft legal D FINAL	Swim Start
1030	Individual Draft legal C FINAL	Swim Start
1100	Individual Draft legal B FINAL	Swim Start
1130	Individual Draft legal A FINAL	Swim Start
1200	PRESENTATIONS	Grass Area
Sunday 23rd April 2023		
0700	Registration Open	Wagga Tigers clubroom verandah
0700	Transition Open	Transition
0745	Athlete Welcome and Briefing	Transition
0800	MIXED TEAM RELAY YOUTH AND JUNIOR	Swim Start
1015	PRESENTATIONS	Grass Area

Finals Allocation and Overall Placings

Heat times will determine the finals. The fastest times will make the A final. The number of athletes in each final will be dependent on how many athletes are racing and will be determined on race day. The overall winners will be decided in order of finals finishing places with priority given to A Final, then B final, then (if necessary) C final.



Spectators

All spectators will need to enter the Oasis Swimming Pool through the FRONT DOOR and purchase a spectator ticket from the desk for \$2. You will receive an armband which will allow you to come and go to the pool to spectate throughout the event for the day. Please note: the entry is only valid for 1 day per day.

Parking

There will be no car parking at the Bolton Park Carpark as it is closed to general traffic. There is plenty of carparking across the road in a council carpark (unlimited time on the roof) and there is also 3-hour parking underneath the Wagga Wagga Marketplace.

Registration

Registration will be open from 6.30am on Saturday and 7.00am on Sunday. Your name will be checked off, race number confirmed/marked, and you will be issued with your timing chip and race numbers.

Timing Chips

PLEASE CHECK your timing chip and race number in your race pack are correct (NB these numbers may be different). You will re-use the same chip for your race on Sunday so please make sure you don't lose it and remember to bring it back. (NB a fee will be charged for failing to return chips).

TIMING CHIPS ARE TO BE WORN ON YOUR LEFT ANKLE.

Swim Caps

We would like to thank Miklin & Co for providing us with the swim caps for the games. Please note: you will only receive 1 swim cap and need to bring it back for Sunday's race. If you need any swimming gear, please check out their website - <https://miklin.com.au/>. They provide the opportunity for you to personalise caps, towels etc and have some fun reversible caps already available. Miklin also provides lots of other merchandise eg sports, workwear and business.

Race Tattoos

You will be provided with a race tattoo to be worn on your left upper arm. There will be paper towel provided for you to wet for the application of the tattoo. Please remove the clear cover on the tattoo before placing ink side down on clean skin, place the wet towel over the area and completely wet the paper. Leave the wet towel on for at least 30 seconds before removing along with the tattoo backing paper. You will also be provided with an alcoholic wipe which you can leave over the tattoo for a minute to make it easier to remove. Tattoos may be left on for the Sunday race or you can get a new one on Sunday morning.



Race Stickers

Race number stickers will be included in your pack. They include a race number to be put around your seat post (with the number protruding out the back of the bike), a helmet (which must be applied before entry to transition. A pump and bag drop number will also be included and are optional for you to use. You will need your helmet number on when entering the transition area and to collect your bike.

Race Rules

This event will be conducted under the Triathlon Australia Race Competition Rules and the World Triathlon Competition Rules. These include bicycle, wheels (UCI approved), handlebar and wetsuit restrictions.

It is the athlete and coach's responsibility to know, understand and adhere to the World Triathlon and TA Draft Legal rules.

Triathlon Australia Technical Officials will be on site to oversee compliance with race rules and provide advice.

TA Race Competition Rules: http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

World Triathlon Race Competition Rules
http://www.triathlon.org/about/downloads/category/competition_rules

Race Briefing

The Race Briefing is a compulsory part of the race day. You must attend the Race Briefing which will be held 15 minutes before race start.

Transition

Transition will be open once registration commences. Transition will close prior to the race briefing. There is an allocated time after the heats for you to reset your transition area.

Race Results

Race results will be live and available on the My Split website (<http://mysplit.com.au/>) and the Academies website (<https://www.regionalacademies.org.au/academy-games/>)

Race Format/Heat Allocation

Heat Format: All athletes will compete in 1 of 4 Heat Races. Start lists will be determined in advance and will be available Friday at 5pm on the results webpage (<http://mysplit.com.au/>).
<https://www.regionalacademies.org.au/academy-games/>

Heat Distance: 200m Swim/5.6km Bike/1.5km Run.

Finals Distance: 200m Swim/5.6km Bike/1.5km Run



Mixed Relay Teams

The Mixed Relay Teams will be selected by each of the Regional Academies of Sport. Teams will be made up of 4 competitors. The teams can have any combination of youth and junior athletes from your academy. The recommendation is to field your first team based on the performances of Saturdays racing. Remaining athletes from each academy will still race and Triathlon NSW will place these athletes in combined teams. Combined teams will not be eligible for placings in the MR Academy Challenge. A reminder that MR events now start with male athletes.

Course Details

Course Details:

- Swim: The swim leg is a 200m course starting from the western side of the pool, swimming clockwise around the buoys (6 right hand turns). Exit is at the deep end on the eastern side of the pool, either via the ladder or the pool side past the ladder
- Enter the transition and put your helmet on (straps done up) before removing your bike and heading out of transition.
- Turn left and wheel your bike down the lane towards Morgan St, do not mount your bike until you are past the Mount Line.
- Ride 6 full laps of Morgan St in a clockwise direction, taking care of the end turns. The southern 2 lanes will be closed to traffic for the event. All riders are to keep left.
- You must dismount your bike prior to the Dismount Line on Morgan St and wheel your bike back to transition.
- Rack your bike before removing your helmet
- Exit the transition for the run, be aware of other athletes who may be wheeling their bikes back to transition.
- Run around Robertson Oval, keeping the witches hats on the right.
- Continue around the oval where you will pass through the finish chute. You must continue running until you have crossed the finish line for the 3rd time.
- Please be aware of any spectators that might be on the course.

Food and Drink

The location of the event is just across the road from the Wagga Wagga Marketplace where there is plenty of food options to choose from. It is also just a block away from the main street that also has a variety of shops for you to choose from.

Medical

First Aid will be on site during the event should anyone require assistance.

Race Timing & Withdrawals

Electronic race timing will be in use. Please notify the timing staff in the event of a withdrawal. Remember to hand your timing chip back to avoid a replacement fee.

Rubbish

Bins will be provided within the area. Please either take your rubbish with you or place it in the bins provided. Any cups taken from a drinks stop must be discarded within the Rubbish Zone.



Toilets

There are several toilets nearby, including in the Oasis Aquatic Centre, around the oval and near the Bolton Park carpark.

Track Crossing

Please make sure you keep a watch for competitors when crossing any parts of the race course and please don't cross during the race unless absolutely necessary.

Participants List

CENTRAL COAST ACADEMY OF SPORT

Kayla Skye Hart	Tia Hart	Korbin Heathwood	Peyton Heathwood
Bryson Norris	Ariella Northey	Caleb Northey	Isaiah Ryan
Ryan Vesper			

HUNTER ACADEMY OF SPORT

William Apps	Rohan Barnes	Luke Hall	Mitchell Jeffery
Lachlan Jones	Kenzie Mcpherson	Jazmine O'brien	Grady Platt
Madeline Platt			

ILLAWARRA ACADEMY OF SPORT

Zane Ashcroft	Jake Barritt	Alexis Bell	Skye Bell
Callum Burge	Harry Fraser	Jack Gibson	Sienna Lay
Milton Stepanovski			

NORTHERN INLAND ACADEMY OF SPORT

Emma Carter	Samuel Ferguson	Cody Uebergang	
-------------	-----------------	----------------	--

SOUTH WEST SYDNEY ACADEMY OF SPORT

Zoe Bruce	Kade Burgess	Bodhi Jackson	Harry Lindbom
Charlotte Tarbotton			

WESTERN REGION ACADEMY OF SPORT

Angus Argent-Smith	Samuel Bayada	George Hogg	Halle Potter
Will Robinson	Flynn Wolfe		

WESTERN SYDNEY ACADEMY OF SPORT

Ella Dickson	Leila Dickson	Alexander Eason	Matthew Engesser
Zacary Green	Alexander Mackie	Ethan Mackie	Keir Mercer

ROSTA

Austin Crump	Lachlan Brinckley	Jack Caldwell	Jeremy Cannon
Petra Fransen	Ella Hardie	Leif Ingwersen	Kyle Mason
Angus Sampson	Bella Walley		

