

Your local club



REGIONAL  
ACADEMY  
GAMES

# 2024 Academy Games TRIATHLON

12th-14th April 2024  
Wagga Wagga



@yourlocalclubacademygames



@regionalacademiesofsport



[www.academygames.com.au](http://www.academygames.com.au)



#AG2024

# Forward

The Your Local Club Academy Games has been developed by the members of the Regional Academies of Sport Inc. as an exciting initiative that enables all our athletes to come together - not only to compete against other talented athletes in their chosen fields - but to celebrate sport and the skills and commitment of all our talented athletes.

The Triathlon competition will see Individual and Team events being run on both Saturday and Sunday at Bolton Park, Wagga Wagga. There will be nearly 50 Academy competitors from 6 regional academies, the Triathlon NSW Rest Of STATE (ROSTA) and ACT Triathlon Junior Development Pathway (TACTTA) squads.

On behalf of all the Academies, I wish to extend my sincerest thanks to our major partner Clubs NSW whose continued support allows the Academies to do such great work not only for the Games, but also providing professional and educational support to athletes, coaches and sports throughout the year. I would also like to thank the NSW Government and the Office of Sport; your longstanding support is vital in enabling the Academies to continue the development of athletes and coaches throughout the state.

Finally, and on behalf of all Academies, I wish to extend my thanks to the Southern Sports Academy for organising the Games and to all the supporters and volunteers who make the coordination and running of the Triathlon event a possibility.

## Endorsed by

**AUS**  
**TRIATHLON**



**REGIONAL**  
**ACADEMIES**  
**OF SPORT**

## Special Thanks

On behalf of the RASi and Academy Games athletes, staff and volunteers, we wish to say a special thank you to the following people for their fabulous efforts in planning and executing the Triathlon Competition at the Academy Games.

- Our race coordinators Geoff Breese and James McMaster, Sharon McMaster, Emma Pocock, Jake and Kieran Eady (Wagga Triathlon Club)
- Marc Geppert and Patrick Metcalfe (Oasis Aquatic Centre)
- The staff of the Wagga Wagga City Council
- Mark Calverley and the staff at the Southern Sports Academy
- Triathlon NSW & Triathlon Australia Technical Officials and Staff, in particular Robyn Low-Hart, David Williams and Thomas Warren
- Active Health Riverina, medical students from UNSW and physio students from CSU

# Athlete Information

## *Spirit of Sport*

All athletes and officials are expected to observe the “spirit of sport” requirements when participating in the Games, and adhere to the Academies’ Code of Conduct. Athletes who do not observe these fundamental requirements will not be permitted to participate further in the Games.

## *Officials*

Persons officiating during the Academy Games are doing so as Volunteers and are committed to assisting our athletes enjoy their participation in the Games. Officials are to be treated at all times with courtesy and respect.

Abuse of officials or volunteers will not be tolerated at any time.



## *Injuries*

Academy Squads are advised to **bring their own supplies of Ice, strapping, bandages etc.**

All injuries should be reported by athletes to the Race Organiser. Team officials are responsible for the transport, treatment and care of their injured athletes.

## *Preparation*

Athletes are encouraged to ensure sufficient fluid intake prior to, during and post competition.

All athletes are required to wear their relevant Academy uniform and appropriate racing suit during the competition including the swim cap that has been provided.

All racing rules are in accordance with Triathlon Australia’s Competition Rules. For more information please visit

[http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

# Athlete Information

## Registration & Timing Chips

**SATURDAY** - Registration & collection of your timing chip will occur from 6.30am - 7.15am. You will receive a new timing chip on Sunday for racing. Timing Chips **MUST** be returned at the end of each days racing to avoid being charged a replacement fee.

**SUNDAY** - Registration and collection of your timing chip will occur from 7.00-7.45am. This timing chip will be your chip for the team relay races. Timing Chips **MUST** be returned at the end of each days racing to avoid a replacement fee being charged to the athlete.



## Briefing

Race briefing will occur on the start line 15mins before race start

## Venue

SATURDAY & SUNDAY - Bolton Park, Morgan St, Wagga Wagga

# Athlete Information

## Presentation

The Academy Games Triathlon Competition will recognise the top three finishers for each of the below categories:

- Youth Academy - 13-14 Years
- Junior Academy - 15-17 Years
- Paratriathlon
- Mixed relay

## Race Format

### SATURDAY 13th APRIL 2024

6.30am

Registration and Transition Open

7.15am

Athlete Welcome and Briefing

7.30am

Individual Draft Legal Heat 1 (200,5.5, 1500m)

8.00am

Individual Draft Legal Heat 2 (200,5.5, 1500m)

8.30am

Individual Draft Legal Heat 3 (200, 5.5, 1500m)

9.00am

ATHLETE BREAK

9.30am

Individual Draft Legal C FINAL (200, 5.5, 1500m)

10.00am

Individual Draft Legal B FINAL (200,5.5, 1500m)

10.30am

Individual Draft Legal A FINAL (200,5.5, 1500m)

11.30am

PRESENTATIONS

### SUNDAY 14th APRIL 2024

7.00am

Registration and transition open

7.45am

Athlete briefing

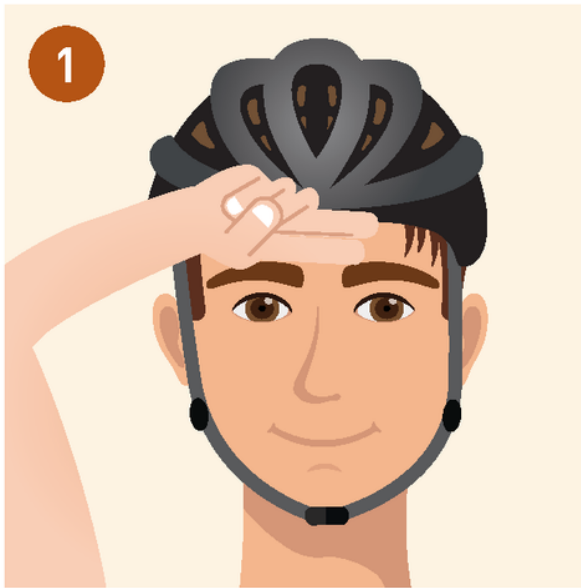
8.00am

MIXED TEAM RELAY YOUTH & JUNIOR (200 swim, 5.4, 1500)

10.15am

YOUTH PRESENTATIONS





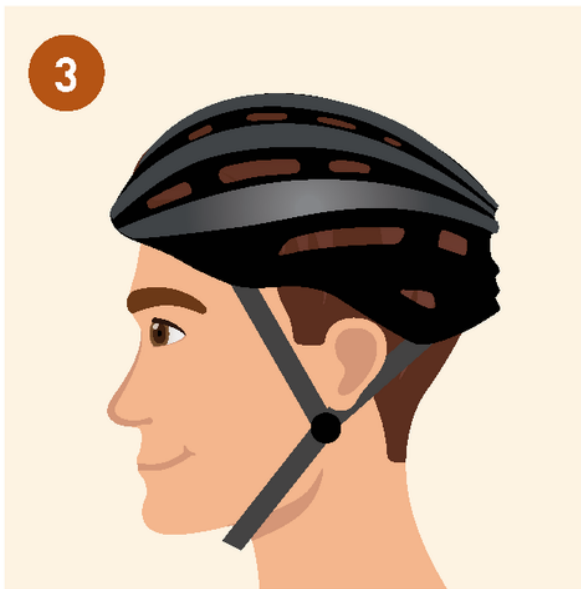
**1**

**Position the helmet** so that it protects your forehead. (1-2 fingers above your eyebrows).



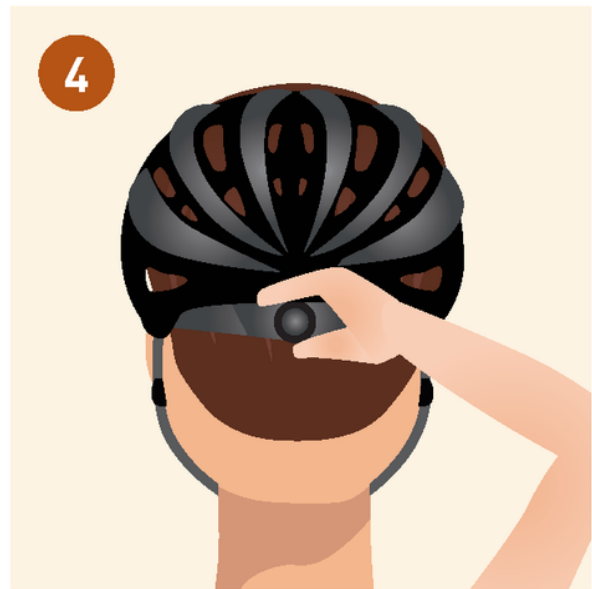
**2**

**Fasten the clip** on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



**3**

**Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.



**4**

**Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

# Academy Squad Lists



Kayla Hart, Tia Hart, Korbin Heathwood, Peyton Heathwood, Bryson Norris, Ariella Northey, Emily Rice, Isaiah Ryan, Ryan Vesper



Millie Coxon, Lucas Doherty, Hamish Kirkman, Frankie Leach, Joey Lim, Kenzie McPherson, Madeline Platt, Grady Platt, Zoe Webb



Emma Carter, Samuel Ferguson, Jethro Gossen



Lachlan Arentz, Zoe Bruce, Kade Burgess, Matthew Fosse, Phoenix Jackson, Alyssa Persen, Joshua Persen



Josiah Dirs, Samuel Bayada, Halle Potter, Will Robinson, Flynn Wolfe, Matilda Wylie



Alex Eason, Benjamin Green, Zacary Green, Alex Mackie, Ethan Mackie



Austin Crump, Ben Devries, Petra Fransen, Ria Havlicek, Annika Ingwersen, Leif Ingwersen, Charli Lehmann, Jack Page, Phoenix Rostorn, Lachlan Targett, Ash Watts

## Course Map



# Proudly Supported by



Your local club



activehealth™

SCA

## Participating Academies

Central Coast Academy of Sport  
Northern Inland Academy of Sport  
Western Region Academy of Sport

Hunter Academy of Sport  
South West Sydney Academy of Sport  
Western Sydney Academy of Sport

## Contact Details

Host Academy contact details:  
Cathy Breese  
Southern Sports Academy  
Tel: 0413 578650

Regional Academy Triathlon Convener:  
Cathy Breese  
Southern Sports Academy  
Tel: 0413 578650