

REGIONAL 11-12YRS (Age for 2025) Boys & Girls Aquathlon Trials Newsletter

Students & Parents

COMPULSORY TRIAL REQUIREMENTS for STUDENTS ATTENDING REGIONAL TRIALS

1. REGIONAL TRIAL PAYMENT

- Online Payment Only!
- Payments close by the Sunday prior to the trial date
- Instructions follow or <https://southcoastschoolsport.eq.edu.au/Supportandresources/Uniforms/Pages/Uniforms.aspx>
- No registration & payments will be accepted on the day.
NB. Students who have not paid online prior to trial will not be permitted to trial.

2. SCHOOL SPORT SOUTH COAST (SSSC) PERMISSION & DETAILS BOOKLET

The process for completing is as follows. All Students / Parents:

1. Must complete the online version SSSC Permission & Details Booklet. Found on SSSC website “Home Page under Quicklinks” or direct link <https://southcoastschoolsport.eq.edu.au/support-and-resources/forms-and-documents>
2. Must take printed online completed SSSC *Permission & Details Booklet* to the students’ school to get the Principal (or nominee’s) signature.
3. Must then bring this fully completed booklet to the regional trials and hand it in to the South Coast Sport Office representative at the check in table prior to competition. *NB. If the steps above are not followed the students will not be permitted to trial.*

REGIONAL TRIAL DETAILS

COST \$25 gst incl. / per student **Online Payment Only!** See Regional Trial Payment Requirements above

REGIONAL CONVENOR Julie Grant

TRIAL DATE Monday 28th October 2024

NOMINATIONS DUE **Appendix A** – Nomination Form & **Appendix B** – Participants Agreement due **Monday 21st October 2024**

Email to: southcoastschoolsport@qed.qld.gov.au

TIME
Boys race Start 7:15am NB. Need to exit park by 7:50am (conclude approx. 7:40am)

Girls race Start 8:15am NB. Need to not enter park prior to 8:00am (conclude approx. 9:00am)

- EQUIPMENT**
- Each athlete will need to supply their own warm up equipment.
 - It is compulsory that:
 - all competitors wear the same footwear in **BOTH** the run legs of this event.
 - all competitors to wear a swim cap during the swim leg (provided on the day).
 - all **male** competitors **MUST** wear a swim vest throughout this event, must swim in the vest. (It is advisable that this vest is relatively tight fitting).
 - It is advisable to bring a towel for the transition process. This also helps competitors recognise their equipment when returning to the transition area.
 - Be advised that sun screen and personal water will be essential. Water will be provided for the race

- COMPETITION RULES**
- Qld School Sport 11-12yrs Aquathlon State Championship is run in conjunction with the Qld Representative School Sport (QRSS) 13-19yrs Triathlon State Championships.
 - Only students aged 11 & 12 years in **2025** are eligible to enter. Due to the timing of the 2025 State Championships (early in 2025 school year 13th – 15th Feb 2025), it is necessary to conduct the South Coast Aquathlon Regional trial in October of this current year.
 - Consequently, this event is only available to students who are turning 10 years old or 11 years old **THIS** year (2024) ie. aged 11 & 12 years in 2025.

DISTANCES 1.0 km Run 200m Swim 1.0km Run (no bike leg)
 Note students must be strong competent and confident swimmers to participate in this event.

Please Note – to be considered for selection for the South Coast Aquathlon Team for 2024 you must compete at this trial.

Multi-Class Athletes MUST compete at the All Schools Triathlon event at Kawana Sunshine Coast.