

- Please **copy and distribute** the following to interested students:

Appendix A

Newsletter for Students & Parents

1. SOUTH COAST SCHOOL SPORT (SSSC) TRIALS DETAILS

The following event is the nominated event for the selection of the 2024 South Coast Triathlon Team to contest the Queensland School Sport Triathlon State Championships that will be held in 2024. **NB.** All students trialling for the South Coast 2024 Triathlon team **MUST** compete in this event.

Details in relation to this designated Regional Trial race for the 2023 South Coast Triathlon team will be:

- Designated Regional Trial:** Triathlon Queensland All Schools
Regional Trial Venue: Quad Park, Lake Kawana, Sunshine Coast
Regional Trial Date: Saturday 28nd & Sunday 29rd October 2023
Distances & Age Divisions:

Multiclass - Saturday 28nd October 2023

<u>Age Division</u>		<u>TQ – All Schools event (TQAS)</u> <small>Designated Regional Trial (conducted in 2023)</small> <small>NB. Ages are as at 31 December 2023</small>	<u>State Championship (State)</u> <small>(conducted in 2024)</small> <small>NB. Ages are as at 31 December 2024</small>	<u>Distances</u>
Multi- Class				
(11/12yrs) & (13/14yrs)	Born 2013 / 2012 /2011/2010	(2023) - 10/11 & 12/13yrs	(2024) - 11/12yrs & 13/14yrs	<u>(TQAS) & (State)</u> 100m swim / 1k run
(15/16) & (17/18/19yrs)	Born 2009/2008/2007 /2006 /2005	(2023) - 14/15/16 & 17/18yrs	(2024) - 15/16yrs & 17/18/19yrs	<u>(TQAS) & (State)</u> 200m swim / 2k run

Junior / Intermediate / Senior - Sunday 29th October 2023

<u>Age Division</u>		<u>TQ – All Schools event (TQAS)</u> <small>Designated Regional Trial (conducted in 2023)</small> <small>NB. Ages are as at 31 December 2023</small>	<u>State Championship (State)</u> <small>(conducted in 2024)</small> <small>NB. Ages are as at 31 December 2024</small>	<u>Distances</u>
Junior (13 /14yrs)	Born 2011 /2010	(2023) - 12/13yrs	(2024) - 13/14yrs	<u>(TQAS)</u> 300m swim/10k cycle/ 2.5k run <u>(State)</u> 300m swim/10k cycle/ 2k run
Intermediate (15/16yrs)	Born 2009/2008	(2023) - 14/15yrs	(2024) - 15/16yrs	<u>(TQAS) & (State)</u> 500m swim/15k cycle/ 4k run
Senior (17/18/ 19yrs)	Born 2007 /2006 /2005	(2023) - 16/17/18yrs	(2024) - 17/18/19yrs	<u>(TQAS) & (State)</u> 750m swim/20k cycle/ 5k run

2. NOMINATION

Triathlon and Multi Class Aquathlon competitors MUST nominate via Triathlon Queensland All Schools event and race at this event to be considered for the 2024 South Coast Triathlon team.

A. In relation to the nomination process:

- Athletes can enquire about the Triathlon Qld All Schools Race through the event webpage. You can find appropriate information about the event including: Race Entry, schedule & costs, Athlete guide & Course Maps
https://www.triathlon.org.au/State_Associations/QLD/qld/Events/Our_Events/All_Schools_Triathlon.htm

- NB.** Whilst Aquathlon events are offered at the TQ All Schools event, the designated 2023 able bodied SSSC Aquathlon Trials for the selection of this team is on Monday 30th October 2023 at Evandale Parklands Gold Coast.

- Multi-Class Aquathletes **must** compete at All Schools

Entries

- Entry into the **Triathlon Qld All School Triathlon event** **MUST** be done **ONLINE**
- Entry is the **individual athletes / parents' responsibility**. South Coast School Sport **WILL NOT** be entering students into the Triathlon Qld All Schools Race.
- **Entries close on 18 October at 9:00am. * Late entries are NOT available**
- You are more than welcome to contact TQ on phone 3369 9600 or email events@gldtriathlon.org.au and they can confirm your registration, however you should receive a confirmation e-mail from the registration system.
- **Do not nominate with South Coast Sport Office (as per past processes).**

3. PROCESS at TQ ALL Schools Event

- **ALL** South Coast competitors should be sized for a Tri-Suit at the event (if it is your preference, if selected, to compete in this garment) – as SCODY will **ONLY** be available for sizing on Sunday 28th and Sunday 29th October 2023.
- If a student is unable to finish the selection race due to illness, injury, accident or mechanical fault, they must notify the South Coast School Sport Office Monday 30th October.

4. REGIONAL TEAM SELECTION CRITERIA

- A maximum of **10 males** and **10 females per division (Junior) / Intermediate / Senior** may be selected in the South Coast Regional Triathlon Team to represent the region at the 2024 QSS State Championships (To Be Advised).
- Performances in the trial race listed above will be used to select the team. NB. As per South Coast policy, if approved, special consideration applications will also be considered.

Special Consideration

If a student is unable to compete in this selection race due to injury/illness or competition at a higher level and they wish to be considered for inclusion in the regional team

- *Students must complete the **Absentee Application for Exemption Form**.*
- *The SSSC office must be contacted directly in order to obtain a copy of this form*
- *The nomination form must be returned by Thursday 18th October 2023.*
- Successful / unsuccessful competitors will be **notified by email** by the end of the week following the All Schools event of the trials re their inclusion / non-inclusion in the South Coast Team after official results have been finalised.
- All selected team members will receive via email:
 - Detailed team letter
 - Instructions re online payment of levy and ordering team apparel
 - Any other paperwork that may be required
- Students who are selected and unable to compete at the 2024 QSS State Championships **should notify** the South Coast School Sport Office as soon as possible so a reserve can be notified.
- **No additional competitors** to the selected team will be permitted to enter directly into the Queensland School Sport 13-19yrs Triathlon Championships.
- If selected in the 2024 South Coast Triathlon Team, you will need to make your own travel and accommodation arrangements in Hervey Bay. Specific details with respect to the schedule at the 2024 State Championships will be included with the detailed team letter emailed to all students selected in the South Coast team. The State Championship 8th – 10th February 2024.

5. STATE CHAMPIONSHIPS

State Championship:	QSS Triathlon State Championships
State Championships Date:	Thursday 8 th – Saturday 10 th February 2024
Venue:	Hervey Bay
Events schedule:	To be confirmed
Relay:	To be advised

8. CONTACT DETAILS

Should you have any queries with respect to South Coast **Triathlon** please contact the South Coast Office:

Email: southcoastschoolsport@qed.qld.gov.au

Phone: 5656 6761

SUMMARY

FOR TRIATHLON 13 – 19 yrs & MULTI-CLASS AQUATHLON 11-19 yrs

(year born as at 31 December 2024)

Race Categories and Distances at TQAS All Schools – Lake Kawana, Sunshine Coast – 28 & 29 October 2024

<u>Category</u>	<u>Distance</u> <i>(Swim / Cycle / Run)</i>	<u>Year of Birth</u> <i>(year born as at 31 December 2024)</i>	<u>Race Start</u>
Multi-Class Aquathlon 11-14yr	100m Swim / 1km run	2013-2010	Sat 28 Oct
Multi-Class Aquathlon 15-19yr	200m Swim / 2km run	2013-2010	Sat 28 Oct
Senior Triathlon	750m/20km/5km	2007-2005	Sun 29 Oct
Intermediate Triathlon	500m/15km/4km	2009-2008	Sun 29 Oct
Junior Triathlon	300m/10km/2.5km	2011-2010	Sun 29 Oct

As age calculations for the Queensland School Sport Triathlon are based on school year, instead of Triathlon season. Year of birth is used to identify correct race category for the athlete.

Race Schedule * Updated Event Schedule will be coming soon.

- These races will be the selection trial for the South Coast Schools Triathlon & Multi-Class Team. Please be aware that **NO OTHER** event will be considered as a trial event for selection in the South Coast School Sport Triathlon Team.
- Athletes MUST enter the appropriate race for their respective age group for this event. Selections cannot be made across events particularly if those events are conducted over different distances. Interested athletes MUST go to the website and enter online if interested.
- Normal TQ All School fees are applicable for this race. Please see the website for details.
- Usually, a maximum of 10 males and 10 females will be selected from each combined age group (ie. 13/14, 15/16 and 17/18/19 years old). The quantity of competitors is to be advised.

Please note:

- All able bodied 10 & 11 year old Aquathlon athletes students MUST trial at the South Coast Aquathlon Trial on the Monday morning 30th October at Evandale Parklands Gold Coast, to be considered for the South Coast Team.
- Please review the South Coast Aquathlon Regional Trial Newsletter – for further Trial & Registration information.