



# **2010 Australian Interschools Mountain Bike Championships**

**19<sup>th</sup> to 21<sup>st</sup> March 2010**

## **Information Sheet**

South East Mountain Biking Company welcomes you to the Australian Interschools Mountain Bike Championships in Thredbo.

Sth East MTB Co are keen to carry on the tradition of the Interschools Mountain Bike Championships. The 2010 Australian Interschools will be the thirteenth year the event has been run. The event is a joint venture between mountain biking's governing body, Mountain Bike Australia (MTBA) and Sth East MTB Co.

The 2010 Australian Interschool Mountain Bike Championships gives riders a special chance to experience their mountain bikes and the enthusiasm and energy of this popular style of riding in a competitive, educational and supportive atmosphere.

This year the Championships will have four events: a Downhill (DH), 4X, Cross-Country (XC) circuit and a short course Cross Country (SXC) event. Racing four events over two and a half days does have its scheduling challenges, so keep an eye on the updated schedules. The courses are designed for the age level and skill of participants and will be run to a strict set of rules supplied by Cycling Australia and the International Cycling Union. (UCI).

The primary aim is to promote future participation in competitive cycling and develop future Australian Olympic athletes. SE MTB CO will be conducting MTB clinics in Thredbo in the week leading up to the event, which will introduce young riders to the rigours of mountain biking and also serve as a valuable pre-race training program.

## **1.0 Aims of Interschools Mountain Biking**

School activities can be the most satisfying part of a teacher and students relationships. The Championships are an activity that you will all talk about for many years.

Students will benefit from:

Motivation to take part in a team and responsibility building activity

Personal challenge

Memorable fun



Motivation to take more exercise

Motivation to take part in a sport that fosters physical development

Discovery of a sport for those who haven't found their niche

The school will benefit from meeting students and parents needs in an innovative way. The Championships Series will complement current school outdoor education, sport, recreation and physical education programs.

### **1.1 Cycling Aims:**

SE MTB Co and MTBA's aims are to:

Expand the range of organized cycling opportunities available to schools;

Provide an opportunity for students to experience 'real' mountain biking in a safe and supervised manner.

Develop bike-handling skills.

Develop the base for mountain bike competition in Australia.

Stimulate future participation in competitive cycling and develop Australian Olympic athletes like Lisa Mathison, World Champion Sam Hill and World Cup Champion Nathan Rennie.

### **1.2 Race Aims**

The courses set by the Race Director will be suitable for the age groups attempting the course and be of a standard relevant to open mountain bike competition.

### **1.3 Championship Aims:**

The Championships will:

Recognise participation.

Record a personal challenge (all participants receive a record of their performance).

Build team spirit, all teams receive a record of their performance.

Build a friendly Interschool rivalry, schools and teams will compete for a number of trophies related to the age group and event.

## **2.0 The Championships Overview**

There are four events in the National Interschools Mountain Bike Championship:



### **2.1 Downhill (DH):**

The Downhill event tests rider's bike handling ability, while descending a challenging course. Pedalling is used more for agility and balance. The course is accessed via Thredbo's Kosciusko Express Chairlift. A full practice day is provided within the Entry Fee.

### **2.2 Mountain Cross of Four Cross (4X):**

Raced on a BMX style course, MTNX is the latest race design from the UCI. It is a test of technical and daredevil skills in a closed short course.

### **2.3 Cross Country (XC):**

Cross Country tests rider's ability to negotiate off road obstacles downhill, uphill and on the flats. The cross-country event tests aerobic fitness, physical endurance, strength and handling skills.

### **2.4 Short Course Cross Country (SXC):**

Short circuit cross country racing, provides action packed and fast paced racing around a short course (up to 800m). Small uphill, downhills and obstacles are designed to push aerobic, strength and handling skills.

Division 3 - 10 Minutes + 3 laps

Division 2 - 15 Minutes + 3 Laps

Division 1 - 20 Minutes + 3 Laps

## **3.0 The Organisers**

SE MTB Co is responsible for all registration, organization, course set-up, presentations and information for the event.

MTBA will be responsible for Event Insurance, sanctioning courses and for the adherence to UCI Technical Regulations.

Thredbo Alpine Resort will be responsible for emergency back up and lift operation.

### **3.1 Cancellations or Postponement:**

The organisers reserve the right to cancel or postpone the Championships. In this unlikely event, School Coordinators will be notified on the Thursday prior to the advertised date of each race weekend.

The organisers reserve the right to postpone or cancel events during the Championships. This may occur due to bad weather or unsafe riding conditions.



### **3.2 Groups and Teams:**

School Groups: a School Coordinator will coordinate each school group of one or more teams. All contact with the Organisers will be through the School Coordinator.

#### **Divisions:**

Division One - Year 11 & 12 Male/Female

Division Two - Year 9 & 10 Male/Female

Division Three - Year 7 & 8 Male/Female

#### **Teams:**

Teams are made up of three or four riders enrolled full time at a school campus.

Results of the top three riders in each team will be used to establish Team ranking in the event entered.

Teams must be single sex.

A participant can only be a member of one team.

Teams will compete in Divisions.

Individuals or Teams may compete in a higher Division than their school year enrolment but not in a lower Division.

Schools may enter more than one team in a Division.

#### **Individuals:**

Individuals are encouraged to enter. They will not be eligible for a team prize unless they are part of a team. Individuals do need to complete a Schools Summary Sheet.

#### **Team Manager:**

Each team will have a Team Manager, teacher or parent, agreed by the school to be responsible for the team. The Team Manager's responsibilities include:

Complete a Schools Summary Sheet.

Be responsible to the Coordinator for attendance and preparation of team members.

Attend the pre-race meetings as defined in the Event Guide.

Ensure Team members understand race rules.

Collect, distribute and return race number plates.



Ensure that all competitors have their correct race number plates.

Supervise course inspection.

Supervise warm up.

Ensure competitors are ready to start at the correct time and in the correct place.

Ensure correct race order.

Ensure team has appropriate protective clothing food and drink including race day breakfast.

Monitor Communication Board and submit protests as appropriate.

Complete race entry forms.

Supervise cool down.

#### **Entry Details:**

Three things are required:

- Signature of parent or guardian for each individual competitor, on the Entry Form.
- Team Summary Details Form.
- School coordinator, team leader, and race official details.

All registration and pre-event administration will be conducted through SE MTB Co in Thredbo.

The registration fee of **\$120 per competitor** covers administration of the event, 2 day lift ticket (Friday & Saturday), course preparation and race support.

There will be a **\$20 late fee** for entries received after Tuesday 16<sup>th</sup> March 2010.

#### **Withdrawals and cancellations:**

Individual participants who wish to withdraw must notify their team manager or School Coordinator. The organisers have no responsibility in handling individual withdrawals.

Schools may withdraw particular Teams or School Groups until close of business 14 days prior to each event and receive an 80% refund on their entry fee. After this date withdrawals will receive no refunds.

## **4.0 Insurance**



#### **4.1 Public Liability:**

Sth East MTB Co, Thredbo Alpine Resort and MTBA Public Liability Insurance Coverage will cover the events and activities.

As a sanctioned school activity, school coordinators should investigate insurance provided by the school to their team members.

MTBA Day Licences will be available at Race Registration, from the Snowy Mountains Bike Club. Cost \$15 per rider.

Annual Junior MTBA Memberships will be available at \$75 from Snowy Mountains Bike Club. Contact SE MTB Co for more info.

#### **4.2 Personal injury and third party cover:**

All members of MTBA do not have this cover while cycling, including competition.

## **5.0 Travel and Accommodation**

#### **5.1 Driving Time to Thredbo:**

6 hours from Sydney via Canberra, Cooma and Jindabyne. There is a 2.5 hours from Canberra via the Monaro Highway.

#### **5.2 National Parks Entry Fees:**

Day passes are \$16 per car per day payable at the Entry Gate on the way up to Thredbo after Jindabyne. Year round passes for all NSW National Parks are \$190 and can be purchased at the gate.

#### **5.3 Accommodation in Thredbo:**

There are a number of accommodation options on the mountains available at different prices from bunkrooms & lodges to luxury accommodation. The Championships and the lead up weekends are off-peak times in the villages and there are some bargains to be had.

Thredbo Resort Centre	1800 020 589.
Thredbo Accommodation Services	1800 810 982
Visit Snowy Mountains	02 6457 7132
Lantern Apartments	1800 020 859
House of Ullr	02 6457 6210
Candlelight Lodge	1800 020 900



## **5.4 Other Village Services:**

### **Bike Shop:**

SE MTB Co bike shop in Thredbo will operate during the Championships offering suspension bike hire, hire of protective equipment, spare parts and repairs. Please book early for bikes and equipment, as there is only limited available.

### **Supermarket, Service Station, Chemist etc**

Thredbo is a fully self-contained village with all the facilities you would expect including supermarket, service station, doctor and chemist.

## **6.0 Team Preparation – MTB Training Camps**

### **6.1 Clinics:**

SE MTB Co will be conducting MTB skills camps in the week prior to the event. The clinics are an ideal way to prepare and become oriented with the courses. Ben Corey, ex Junior World Champion & Claire Buchanan will be taking coaching clinics on the Thursday & Friday leading up to the racing. The cost is \$170 for one day including lift ticket or \$330 for 2 days including lift tickets.

### **6.2 Bicycles:**

It is vital that bikes used for the Championships are in sound mechanical order. It is advised that you organize a bike safety check, perhaps with the cooperation of your local bike shop.

### **6.3 Bike and Equipment Rental:**

SE MTB Co Thredbo has top quality Downhill and Cross Country bikes available for rental before and during the Championships. All carry suspension and come with helmets and body armour packages. All bikes are fully serviced and ready for racing and range from XC Hardtail and Dirt Jump Bikes to Kona Stab Supreme DH Bikes, and can be rented with full body armour packages.

Please note that the hire equipment will book out so please book early to avoid disappointment.

### **6.4 Riding Equipment:**

Participants will need a full set of riding equipment including:

Helmet (Full Face is compulsory for DH & 4X competition and training)

A neck brace or body armour is **strongly recommended for downhill competition**



Water Bottle

Gloves

Shoes

Rain Gear

Sunscreen

Sunglasses/ goggles

Bike Lock

Event Clothing – please remember that Thredbo is known to experience 4 seasons in 1 day!

Riders should consider wearing long sleeve tops and long trousers, particularly in Downhill

MTBA and SE MTB Co require Downhill and 4X riders to use full face helmets at all times. Neck braces or body armour is **strongly recommended** for downhill competition. This equipment can be hired from SE MTB Co.

**Please note that the hire equipment will book out so please book early to avoid disappointment.**

## **7.0 The Day of the Championships**

### **7.1 Race Registration**

On arrival at Thredbo Village, the Team Manager will be responsible for registering their team at the Race Registration Centre. From registration they will receive:

Race Number Plates.

Lift tickets for Downhill practice day and race day;

T Shirt & Event Merchandise as ordered prior to the event;

Accommodation information if not otherwise stated.

### **7.2 Downhill Racing:**

The course will be around 3.8km with a vertical drop of 600m.

There will be a number of Official Training Sessions that will be outlined in the Event Guide Timetable.



Riders must complete a minimum of 2 compulsory practice runs during official practice. There will be one timed run for each rider. Participants must start through start gates. A participant may leave the course but must return at the point of exit to complete a valid run.

A participant may not be physically assisted during the run.

Team place rankings will be accumulated – the three best placings are totalled. The winning team will have the lowest point score.

Individual results are not affected by team results including team disqualification.

A rider may overtake another rider. The slower rider must give way to the faster rider. This rule does not apply in the final 200m of the course.

After the race the participant must turn and show their Race Number to the Finish Referee and then leave the run out zone.

### **7.3 Cross Country racing:**

The circuit will be approximately 6 km long. Depending on weather and trail conditions the following distances will apply:

Division One – 3 or 4 laps

Division Two – 2 or 3 laps

Division Three – 1 or 2 laps

The Course will be open for practice on every day for the week prior to each event.

A "Feedzone" will be provided in a suitable location near the Start/Finish Line. Team Managers can pass bottles & food in this area only.

### **7.4 Decisions of the Chief of Race are final.**

The Chief of Race may disqualify any participant before, during or after a race.

Disqualifications will be listed on the Communications Board at the Finish Area.

It is the responsibility of the Team Manager to check the Communication Boards.

Disqualification may occur for:

Late arrival

Failure to obey Chief of Race or Course Stewards

Unsporting behavior



False Name

No race number plate

False start

Assistance during the race

Team Manager enters the run out zone

At least three of the four team members must complete the course in each race, otherwise the team will be disqualified

#### **7.5 Protest procedure:**

Protests may only be lodged with the Chief of Race or their designated

representative by the Team Manager and only under the following conditions:

In writing within 30 minutes of the posting of results or 15 minutes of the

Incident, accompanied by a \$30 fee. The fee will be refunded if the protest is upheld.

## **South East Mountain Biking Company**

**MTB Camps**

**Training Information**

**Bike Hire**

**Equipment Hire**

**Phone: (02) 6457 6282**

**Fax: (02) 6457 6334**

**Web: [mountainbiking.com.au](http://mountainbiking.com.au)**

**Email: [info@mountainbiking.com.au](mailto:info@mountainbiking.com.au)**