



Teacher and School Co-ordinator Guide

2009 NSW Interschools Mountain Bike Championships

South East MTB Co invites you to the 2009 NSW Interschools Mountain Biking Championships. This event gives riders a special chance to experience mountain biking and the enthusiasm and energy of this popular sport in a competitive, educational and supportive atmosphere.

The 2009 NSW Interschools Mountain Bike Championships will be held on Friday 20th February to Sunday 22nd February 2009 in Thredbo NSW, and will feature three events including; Downhill (DH), 4X, and Cross-Country (XC) events. 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 Union Cyclist Internationale (UCI).

In 2009, the NSW Interschool Mountain Bike Championships will be celebrating its 12th anniversary. The event is mutually presented by Mountain Bike Australia (MTBA) and South East MTB Co.

With years of experience running mountain biking in Thredbo, South East MTB Co has great local knowledge and a passion for the sport, as their primary aim is to promote participation and evoke interest in competitive cycling in the younger generation.





2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

1.0 AIMS OF INTERSCHOOLS MOUNTAIN BIKING

School activities can be the most satisfying part of a teacher's relationship with students. The Interschools MTB Championships are an activity that will assist to build relationships between students and teachers as well as obtain lasting skills both social and physical in a sport that is growing in popularity each year. Mountain Biking is a great sport that promotes a general wellbeing, healthy lifestyle, physical activity, as well as assists competitors to challenge themselves and learn skills for life.

Some of the benefits include:

- Motivation to take part in a team and responsibility building activity
- Personal challenge
- Memorable fun
- Motivation participate in exercise
- Learn about incorporating sporting activity as well as healthy lifestyle habits into every day life
- Motivation to take part in a sport that fosters physical development
- Discovery of a new exciting sport for those who haven't found their niche
- The Interschools MTB Championships will complement current school outdoor education, sport, recreation and physical education programs.

1.1 Cycling Aims:

South East MTB Co and MTBA's aims are to:

- Expand the range of organised cycling opportunities available to schools
- Provide an opportunity for students to experience 'real' mountain biking in a safe, competitive and supervised environment



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

- Develop bike-handling skills
- Develop the base for mountain bike competition in Australia
- Stimulate future participation in competitive cycling and develop skills and interest in mountain biking.
- Promote mountain biking as a fun and exciting sport for all ages
- Teach the general benefits that exercise offers through active participation whilst incorporating the healthy life style that the sport brings

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



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

2.0 THE INTERSCHOOLS CHAMPIONSHIPS

OVERVIEW

There are three events in each of the NSW Interschools Mountain Bike Championship races:

2.1 Downhill:

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 Four Cross (4X):

Raced on a BMX style course, 4X 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:

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.



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

3.0 THE ORGANISERS



- South East MTB Co is responsible for all registration, organisation 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 responsible for emergency back up and lift operation
- South East MTB Co is responsible for the racing activity of all participants including registration, course set-up and presentations.

3.1 Cancellations or Postponement:

The organisers reserve the right to cancel or postpone the 2009 NSW Interschools MTB Championships. In this unlikely event, school coordinators will be notified on the Thursday prior to the advertised date of the 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 South East MTB Co will be through the school coordinator.



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

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 that are 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, however they will not be eligible for a team prize unless they are part of a team.

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:

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



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

- Attend the pre-race meetings as defined in the Event schedule
- 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

Volunteers:

Volunteers are an essential part of any event and such we can't do events like the NSW Interschools Mountain Bike Championships without them. All of their time and effort that volunteers provide is essential to the success and production of the event. Each school that participates in the Championships must provide a volunteer either a teacher or parent over the weekend to help out in at least 1 race.

Entry Details:

Three things are required:

- Signature of parent or guardian on the entry form for each individual competitor
- Team summary details form
- School coordinator, team leader, and race official details

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



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

The registration fee of **\$109 per competitor** covers administration of the event, 2-day lift ticket (Friday & Saturday), course preparation and race support. Please note that there is one entry fee for the entire weekend, and students are encouraged to enter in all three events.

King and Queen of the Mountain:

The title of King and Queen of the mountain will be awarded to the students with the best results for all 3 events in their age group.

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 the 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:

South 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 South East 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.

Annual Junior MTBA Memberships will be available at \$70 from Snowy Mountains Bike Club.

Contact South East MTB Co for more info.

5.0 TRAVEL AND ACCOMMODATION

5.1 Driving Time to Thredbo:

Thredbo is situated in the heart of the Snowy Mountains. It is an easy 5-hour drive south of Sydney, mostly on a dual carriageway with plenty of stopovers along the way. From Melbourne it takes around 7 hours via either a direct route along the Murray Valley Highway and Alpine way or a little longer via the scenic Kosciuszko Alpine way.

The closest airport to Thredbo is the Canberra

Airport, which is around a 2.5-hour drive. Murrays coaches are available for shuttle runs to Thredbo departing from Canberra, and offer a range of buses in NSW and ACT for hire from their fleet – www.murrays.com.au.

5.2 Accommodation in Thredbo:

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





2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

Thredbo Resort Centre 1800 020 589

Thredbo Accommodation Services 1800 810 982

Lantern Apartments 1800 020 859

5.3 Other Village Services:

Bike Shop:

The South East MTB Co Bike Shop in Thredbo will operate during the Interschool 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.

For more information on Thredbo Village, please visit www.thredbo.com.au.



2009 NSW
interschools
MOUNTAIN BIKE CHAMPIONSHIPS

6.0 TEAM PREPARATION – WOMEN'S MOUNTAIN BIKING CLINICS

On the 7th and 8th February 2009, South East MTB co will be offering a 2 day women's mountain biking clinic. The clinic will be open to female mountain bike riders of all ages & levels, including beginner (some off-road riding experience helpful!). Women are a minority in the mountain biking social and racing community. Our aim is to get more women out there riding bikes confidently, firmly establishing themselves in the sport.

For the more experienced riders, including those who have already ridden the Thredbo Downhill, this is a perfect chance to learn new skills and improve your existing ones in a non-competitive environment – to book please visit www.mountainbikingco.com.au/

6.1 Bicycles:

It is vital that bikes used for the Interschools MTB Championships are in sound mechanical order. It is advised that you organise a bike safety check, South East MTB Co offers bike servicing, with a basic service starting at \$60. Services can be booked during the week leading up to the Interschools Championships – call 02 6457 6282 to book.

6.2 Bike and Equipment Rental:

South East MTB Co Bike Shop situated in Thredbo Village has top quality Downhill and Cross Country bikes available for rental before and during the Championships. All of the bikes available carry suspension and come with helmets and body armour packages. See www.mountainbikingco.com.au/ for more information.

6.3 Riding Equipment:

Participants will need a full set of riding equipment including:

- Helmet (Full Face is compulsory for DH & 4X competition and training)
- Water Bottle
- Gloves
- Shoes
- Rain Gear
- Sunscreen
- Sunglasses
- Bike Lock
- Event Clothing
- Downhill riders should consider wearing long sleeve tops and long trousers



MTBA and South East MTB Co require Downhill and 4X riders to use full face helmets at all times. Body armour is highly recommended. This equipment can be hired from South East MTB Co Bike Shop.

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. A deposit of \$10 per race plate is required. Race numbers must be returned at the end of the Interschools MTB Championships where the deposit of \$10 will be refunded
- Lift tickets for Downhill practice day and race day

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 in the event schedule timetable which will be sent to you on receipt of your race entry
- 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
- Place rankings will be accumulated – the three best placing 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 - 3-4 laps
- Division Two - 2-3 laps
- Division Three - 1-2 laps

The course will be open for practice on every day for the week prior to the event. Racing will start at 9am Sunday morning.

- 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 Race Director are final.

- The Race Director 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 Race Director 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 Race Director 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 \$30
- The fee will be refunded if the protest is upheld

For more information please contact South East MTB Co at www.mountainbikingco.com.au

or (02) 6457 6282

