



2013 Australian Interschools Mountain Bike Championships

15th to 17th March 2013

Information Sheet

Thredbo Alpine Village welcomes you to the Australian Interschools Mountain Bike Championships in Thredbo.

Thredbo Alpine Village is keen to carry on the tradition of the Interschools Mountain Bike Championships. The 2013 Australian Interschools will be the sixteenth year the event has been run and is a joint venture between mountain biking's governing body, Mountain Bike Australia (MTBA) and Kosciuszko Thredbo P/L.

The 2013 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 be conducted in the same format as the 2012 event; Downhill (DH), Cross-Country (XC) and a Dual Compressor (DC) event. An additional participation event will be run on Saturday evening, utilizing Thredbo's newly constructed pump track, located at the Village Green. This event will not contribute to the overall standings.

The courses will still be designed for the age level and skill of participants and will be run to a strict set of rules supplied by MTBA.

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

1. Aims of Interschools Mountain Biking

School activities can be the most satisfying part of a teacher and students relationships. The Championships are an activity 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 sporting 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:

Thredbo 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.

1.2.Race Aims

The courses will be set by Race Director; Daniel Taliana, and 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:

- Encourage participation in all events within the championships.
- 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 between schools and teams will compete for a number of trophies related to the age group and event

2. The Organisers

Kosciuszko Thredbo P/L is responsible for all registration, organization, course set-up, course maintenance, first aid, presentations and information for the event.

2.1.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 race date.

The organisers reserve the right to postpone or cancel events during the Championships with incurring liability. This may occur due to bad weather, unsafe riding conditions or other conditions deemed unsuitable by the race director or event organiser.



2.2. Divisions, Individuals, Teams and School Groups:

2.2.1. Divisions:

Division One - Year 11 & 12 Male/Female

Division Two - Year 9 & 10 Male/Female

Division Three - Year 7 & 8 Male/Female

2.2.2. Individuals:

Individuals are encouraged to enter. They will only be eligible for prizes within the individual categories. Individual results cannot be added to a team result subsequently.

2.2.3. Teams:

Teams are made up of three riders in the same division 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.

Team members maybe specified prior to the event or the teams results will automatically be compiled by placing the first 3 riders in the same division into a team.

Teams must be single sex.

A participant can only be a member of one team.

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.

2.2.4. School Groups:

A School Coordinator will coordinate each school group of one or more teams. Teams will be made up of 3 participants. All contact with the Organisers will be through the School Coordinator. School Coordinators should:

- Compile a summary of all competitor entries from their school
- 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 and distribute 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.
- Assist start referee by ensure schools competitors are in the 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.

With our new online entry system for this event, we have built some functionality that allows students to enter competitor details via our Estore, and then have the event fee charged back to the school. School coordinators wishing to provide their students with this functionality should contact Adam Hosie at adam_hosie@thredbo.com.au for further details.

2.3. Entry Details:

All entries for the 2013 Australian MTB Interschools event will be conducted via Thredbo's Estore. This can be accessed from Thredbo's website (www.thredbo.com.au) from the Monday 14th January 2013 through until midnight on Wednesday 13th March 2013. All payments will be processed via secure credit card processing.

The registration fee of **\$140 per competitor** covers administration of the event, 2 day lift ticket (Friday & Saturday), course preparation and results compilation.

A Cross Country only event fee is available for a total of **\$65 per competitor**.

Any late entries will need to be processed in person on your arrival in Thredbo and will attract a **\$40 late fee**.

Withdrawals and cancellations:

Individual participants who wish to withdraw should contact Thredbo Mountain Biking at mountainbiking@thredbo.com.au.

If entrants are part of a school group they should notify their team manager or School Coordinator.

Cancellations prior 1st March 2013 will receive a 50% refund on their entry fee. After this date, competitors withdrawing will not be eligible for any refund of their entry fee.

3. Insurance

3.1. Public Liability:

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 Licenses will be available at Race Registration, from the Snowy Mountains Bike Club. Cost \$20 per rider. A day license covers riders for the 3 days of the event. Contact Thredbo Mountain Biking for more info. mountainbiking@thredbo.com.au .

3.2. Personal injury and third party cover:

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

4. Travel and Accommodation

4.1. 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.

Thredbo can be accessed from Victoria via the Alpine Way from Corryong.

4.2. 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.

4.3. 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.

School groups can contact us for Club Lodge details that take larger groups;

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|----------------------------------|----------------|
| • 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 |

4.4. Other Village Services:

4.4.1. Bike Shop:

Thredbo Mountain Biking have a fully equipped service center operating during the Championships offering suspension bike hire, hire of protective equipment, spare parts and repairs. If you are interested in hiring any equipment during the championships we strongly encourage you



to book well in advance to avoid disappointment. Bookings can be made by emailing mountainbiking@thredbo.com.au

4.4.2. Supermarket, Service Station, Chemist, Restaurants, etc.

Thredbo is a fully self-contained village with all the facilities you would expect including supermarket, service station, doctor and chemist. Additionally, there will be a variety of restaurant open throughout the event.

4.4.3. Food/Drinks at the event areas

Thredbo Early Childcare Center will be holding a BBQ/Sausage Sizzle for each of the Friday Flat events again this year. In addition to Sausages Sandwiches and Bacon and Egg Rolls, they will be selling a variety of home cooked goods and cold drinks.

Avalanche café is located at the base of the Kosciuszko Express chairlift and has a wide selection of hot and cold food and drink.

5. Team Preparation – MTB Training Camps

5.1. Clinics:

Thredbo MTB will be conducting skills camps in the week prior to the event. The day long clinics are an ideal way to prepare for competition and become oriented with the courses competitors will race for only \$99/rider. With limited availability for these clinics please book early at mountainbiking@thredbo.com.au to avoid disappointment.

5.2. 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, prior to your arrival in Thredbo.

5.3. Bike and Equipment Rental:

Thredbo MTB has top quality Giant Downhill and Cross Country bikes available for rental before and during the Championships. We have a variety of full suspension and front suspensions bikes that come with helmet and body armour packages. All bikes are fully serviced and ready for racing. **NB: Our hire equipment will book out quickly, so please book early to avoid disappointment. You can email your requirements to mountainbiking@thredbo.com.au .**

Any personal equipment, such as gloves, goggles, etc. are not available for hire. Thredbo Sports stocks a full range of this equipment available for retail purchase.

5.4. Riding Equipment:

A full-face helmet & body armour are compulsory for downhill competition. Neck braces are **strongly recommended** for downhill competition.



Participants will need a full set of riding equipment including:

- 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.

6. The Day of the Championships

6.1. Race Registration

On arrival at Thredbo Village, the Team Manager will be responsible for registering their team at the Race Registration Centre. This will be located at Thredbo Sports in the Valley Terminal building. 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.

6.2. Downhill Racing:

In 2013, we will be utilizing sections of the newly constructed "Kosciuszko Flow" Trail for the competition, in recognition of the "entry level" nature of this event. The course will be around 3.8km with a vertical drop of 600m.

Riders must complete a minimum of 2 compulsory practice runs during official practice; one of these being on the race day. There will be one timed competition run for each rider.

These other rules apply to the competitor's competition run;

- Participants must start through start gate
- A participant may not be physically assisted during the run
- A participant may leave the course but must return at the point of exit to complete a valid run.
- Team place rankings will be accumulated – the three best placing's are added together to generate a team score. 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 as quickly as possible.

6.3. Cross Country racing:

The circuit will be approximately 4.5 kms long. Depending on weather and trail conditions the following formats will be employed for the respective divisions:

<u>Division</u>	<u>Boys</u>	<u>Girls</u>
1	3 laps	2 laps
2	2 laps	2 laps
3	2 laps	1 lap

This year's event will again be conducted on the Bridle loop and the Friday Flat area (Trail 2 and 6 on the Thredbo MTB map). Over the past 12 months, consolidation works have been carried out on the Friday Flat trail area to ensure a consistent surface over the full length of the course.

The Course will be open for practice on each day of the week prior the 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.

6.4. Dual Compressor racing:

The Dual Compressor pits 2 riders against each other in a head-to-head format on a flat course incorporating slalom turns, rollers and table tops. Competitors will exit the drop start on the starters command and complete several turns in a designated red or blue course before merging halfway down the course. The remainder of the course will feature rollers, table tops and other features. The course will be roughly 300 metres long.

Race format is head to head elimination style, with the winner progressing to the next round of the event and the loser being eliminated from competition. This continues in each race category until one rider remains in each division.

The draw for each division will be posted at the registration office on Friday 15th March and will be available at the Dual Compressor start area on Friday afternoon/evening.

6.5. Pump Track Challenge

This event is designed to bring all competitors together in a fun and entertaining format on Thredbo's newly constructed Pump Track, located on the Village Green. Competitors will be tasked with riding as many laps of the course in 30 seconds without pedaling. The winner will be judged by the Race Director. No championship points will awarded for this event.



Schools should nominate one competitor to represent their school in the "Pump Track" challenge. Entries should be made at the race office when first registering for the championships.

6.5.Chief of Race decisions 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 Officials
- Unsporting behavior
- False Name
- No race number plate
- False start
- Assistance during the race
- Team Manager enters the run out zone
- Altering course by not following trail designated by race bunting

At least three of the four team members must complete the course in each race; otherwise the riders will not qualify for team points but will still get their individual points

6.6.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 within 15 minutes of the incident, accompanied by a \$30 fee.
- The fee will be refunded if the protest is upheld.

Thredbo Mountain Biking

Phone: (02) 6459 4119

Web: <http://www.thredbo.com.au/summer-activities/biking/>

Email: mountainbiking@thredbo.com.au