



Sports Skills Program

2012 TRIATHLON INFORMATION PACKAGE





2012 Triathlon General Information XO Size Tri Series

What is it all about?

For a great fitness challenge, in a supportive environment and with a cheer squad on the side lines, why not try the GSV Triathlon? GSV is working in partnership with Start to Finish Event Management to enable GSV students to compete in our own GSV 'starting wave' for both a mini and sprint race in the 'XO Size Tri Series'. You can choose to enter as an individual or join with other girls from your school to form a team. Start to Finish will raffle a major prize for the three schools with the most entries, so gather your friends to be a part of the 2012 GSV Triathlon!

GSV medals will be presented to the winners of the following categories:

INDIVIDUAL – MINI	INDIVIDUAL – SPRINT	TEAM – MINI	TEAM - SPRINT
12-13yrs (Junior)	n/a	12-18yrs (Overall)	12-18yrs (Overall)
14-15yrs (Intermediate)	14-15yrs (Intermediate)		
16-18yrs (Senior)	16-18yrs (Senior)		

**NB: DOB as of 31/12/2011, age group criteria as set according to Triathlon Australia rules*

Race results will be sent to your Head of Sport in the week following the event.

How do I register?

See your Head of Sport for the appropriate registration and medical form. These must be returned by **Tuesday 21st February 2012** to secure a place in the event.

When: Sunday 26th February 2012

Race Start: Mini – 7.00am (250m swim, 10km bike, 2km run)
Sprint – 7.40am (750m swim, 20km bike, 5km run)

Where: Trevor Barker Oval, Beach Rd, Sandringham (Mel Ref 76 F8)

Meeting Point

Meet GSV staff at the GSV tent (look for GSV banner) 60 minutes prior to the start of your race. GSV staff will provide support and assistance for competitors and parents with race registration and transition set up.

Cost

INDIVIDUAL				
Mini	Triathlon Australia Member	\$49.50	Non-Member	\$55.00
Sprint	Triathlon Australia Member	\$66.00	Non-Member	\$77.00
TEAM (2 or 3 members)				
Mini	Triathlon Australia Member	\$55/team	Non-Member	\$60.50/team
Sprint	Triathlon Australia Member	\$77/team	Non-Member	\$99/team

Minimum Age

- Mini Tri is 12 years (as at 31/12/2011)
- Sprint Tri is 14 years (as at 31/12/2011)

** Sprint Distance teams can have a 12 year old team member (as at 31/12/2011)**

What to bring/wear

Swim – school bathers, goggles, wetsuit (optional)

Ride – bike (in good working order), helmet, school polo shirt, shorts, runners, water bottle, bike shoes (optional)

Run – runners, school polo shirt, shorts, cap

General – sunscreen (preferably 30+), sunglasses, water bottle and refreshments (fresh fruit, fruit bars).

First Aid

Provided by Start to Finish Event Management for the event.

Photographs

GSV's photographer (Kids Klix) will be in attendance. Their photos will be available for purchase via your school Head of Sport in the weeks following the event. Start to Finish will also have a professional photographer/s in attendance. Their photos will be available via the Start to Finish website following the event.

Cancellations/Withdrawals

Cancellation will only occur in the event of extreme weather conditions (e.g. lightning storms).

Registration is confirmation of your attendance. On the date of close of entry, GSV is required to confirm numbers and staffing with the service provider (Start to Finish Management) and, as such, no refunds can be given after this date.

Free Training Clinics

Start to Finish is conducting free training clinics in the lead up to the Omara Cycles Tri-It Women's Triathlon (29th January 2012) and the XO Size Tri Series (our event, 26th February 2012). For more information about these training sessions (and other Start to Finish Triathlon events) follow this link:

<http://www.starttofinish.com.au/default.aspx?s=eventdisplay&id=2307>

Helpful Hints

Visit the Start to Finish website for some useful training and race day information:

<http://www.starttofinish.com.au/default.aspx?s=eventdisplay&id=829>

GSV Contact Details

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