



AUSCYCLING

MTB

Technical Guide - Tasmanian All Schools Mountain Bike Championships Glenorchy 10 May 2024

Version	Date	Description	Author
1	15/1/24	Initial guide for event registration	Rick Inglis
	21/1/24	Guide submitted to GCC for event application	Rick Inglis

1 Welcome/Introduction

This Technical Guide is for the information of participants competing in the Tasmanian All Schools Mountain Bike Championships at Glenorchy on 10 May 2024.

2 Event Details

2.1 Event Description

The Dirt Devils Mountain Bike Club is hosting the All Schools Championships under the umbrella of AusCycling which is providing insurance for the event. This event will be conducted under the guidance of the AusCycling Technical Regulations.

2.2 Event Location

Event Address: Glenorchy Mountain Bike Park – see Appendix B

Venue Details:

The event is being conducted within the Glenorchy Mountain Bike Park. Parking within the Park will be available for buses, official school vehicles with bike trailers and approved officials. All other parking and vehicle access will be outside of the Park and available within Tolosa Park (entry 100m prior to the Park entry).

Briefings will be held at the entry to the Park (end of Tolosa Street) with races to start from this point. Spectators are able to enter the Park to view the races.

Venue Access:

Access to the venue will be open for competitors from 9am until the completion of presentations (around 2.30pm).

Registration/Event Sign-on:

Event registrations will be at the entry to the Park. Registration will be open from 9 to 9.45am.

Race numbers will be allocated by the organisers and be ready for collection by schools at registration. It is the school coordinator's responsibility to ensure that the numbers are placed on the correct riders' bikes. Attach numbers with at least 2 cable ties, at the top, onto the handlebar. Numbers are to be returned at the end of the race, they are reused each year.

2.3 Event Start and Finish Times

The event will run from 10am until approximately 2pm, to be followed by presentations.

For male students there will be a separate lap race for each age group, as shown in the race schedule. The races will be held in age groups with the number of laps and duration of the race increasing with age group. There will be a single separate race for females with age groups starting at staggered times. Hopefully this will encourage more girls to come out and have a go at mountain bike racing without the added pressure of having to race against a large number of boys.

The tracks chosen are relatively easy trails to ride with "B lines" for technical sections. Although trail riding experience is advised, students do not need racing experience. As the races are XCO (Cross Country) format they are a fixed number of laps, however if a rider is lapped they will finish a lap down (once the winning rider has finished other riders will not start another lap).

Students will also complete a separate timed XC stage using a time trial format (ie one rider starting at a time) on a different (mostly downhill) course.

TIMED STAGE

This will be on a separate course to the lap race. The course is mostly a descent which has some jumps and drops, all of which have “B lines”. Gloves, knee pads and a full face are recommended but not required for this stage.

Note that participation in this stage is NOT compulsory, it is suggested only for riders whom you know can handle this sort of track. Only riders who have completed at least one lap of the XCO will be eligible for the Timed Stage. If they don't complete a lap of the XCO then their results on the timed stage will not count.

Students will need to ride from the event village up to the top of the track, and then back to the village from the end of the stage. The track will be open for limited windows for practice. Any riders who have not ridden this section of track before are encouraged to do a practice run.

As riders may be doing the timed stage at the same time as riders are racing the loop course, riders returning from the timed stage must give way to riders racing the XCO.

The full event schedule can be found in Appendix A.

2.4 Key Contacts

The contact details are as follows:

Name	Position/Title	Phone	Email
Adrian Cooper	Race Director	0458 035 599	adrian.cooper@stpatricks.tas.edu.au
James Ryan	Event Manager	0409 532 994	james.ryan@lifelinetasmania.org.au
Rick Inglis	Commissaire	0407 396 744	rick.inglis@utas.edu.au

Volunteers will be assigned roles and responsibilities to facilitate the planning and running of the event.

2.5 Course Location & Maps

The event will include both a series of laps for each age group around an XC course, as well as a separate timed XC stage which will be run as a time trial.

Course maps can be found in Appendix B.

2.6 Facilities

2.6.1 Toilets

8 portaloos will be available within the Park (in the main internal carpark). Additional public toilets are available in Tolosa Park (where spectators will park).

2.6.2 Food vendors

A food vendor providing hot drinks and some food options will be on site for the duration of the event, primarily for spectators. Students should bring their own food and nutrition for the event.

2.6.3 Water

Water is available at Tolosa Park, but all competitors should bring their own hydration supplies.

2.6.4 Spectator viewing areas

Spectator viewing areas are provided within the Park.

Note that there are no other facilities onsite. Riders/schools will need to bring their own nutrition, water, chairs, shelter, etc. There closest shops are at the bottom of Tolosa St, about 2 km away.

3 Competitor Information

3.1 Technical Regulations

The event will be conducted under the guidance of the [AusCycling Technical Regulations](#) both General and Mountain Bike specific.

AusCycling regulations require that all riders must wear closed toe shoes and correctly fitted helmets, that comply with Australian Standards. If you are unsure how to fit a helmet correctly, please check with staff on arrival. Bikes must have working brakes (front and rear) and bar plugs must be fitted. Singlets are not permitted while practicing or racing – please bring a top that covers shoulders (sports t-shirt, etc.). Gloves and glasses are strongly recommended.

3.2 Competitor Responsibilities

Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Be required to wear minimum safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Be responsible for ensuring they are fit enough for the activity.

Please speak to your riders about trail etiquette and sportsmanship, there will be riders of a wide range of abilities on the trail and we need an encouraging atmosphere. If there are any concerns of inappropriate behaviour on the track please report it to an official.

Littering will not be tolerated, please speak to your students about the requirement to not drop litter on the track and ensure that your area is clear of rubbish before leaving at the end of the day.

3.3 Participant Details and Entry Process

To make it fairer for schools that need to travel numbers are limited to 30 riders per school. Entries via EntryBoss. This is a hidden event so you will need to email Adrian to get access (adrian.cooper@stpatricks.tas.edu.au), this is to prevent individual entries without permission from the schools. The staff member doing the entries will need to have an EntryBoss account. **Entries are due by end of the day, 5pm Monday 6th May.** You may add riders up to the close of entries and we (admin) can scratch individual riders up to the close of entries, just send us an email.

Priority riders

Due to the number of riders on the course and the wide range of abilities each school is invited to nominate one "priority rider" in each category. This rider will be placed on the front row at the start of their race. Priority riders will be nominated by highlighting in yellow on the entry spreadsheet.

Changes in riders

Riders may be scratched or added up to 5pm on the 6th May. After this time changes become difficult. We cannot add riders after this date. If a rider is not present on race day then please let the timing team know. If there are substitute riders see the timing team know at Rego on the day of the event. It is much easier for all if changes are kept to an absolute minimum.

Tops

To add to the atmosphere and to make it easier for the timekeepers and officials all competitors are required to ride in school coloured tops. Riders not in school colours will not have their points allocated to their school. As per AusCycling guideline, singlets are not permitted.

Entry fees

The entry fee is \$10 per rider. Entry fees may be paid via a credit card at entry on EntryBoss or you can choose to use a Promo Code to get an invoice generated. Once entries close an invoice will be generated and emailed out as soon as possible. Your help in getting these processed as quickly as possible would be greatly appreciated. Note that this invoice will reflect the number of riders entered at the close on entries. We cannot make adjustments after this time for riders who withdraw or do not turn up on the day.

Event costs are being subsidised through a generous grant from the State Government – a big thanks for this funding to support school mountain bike events.

Students with Medical or Learning needs

It is the responsibility of individual schools to ensure that any students from their school that attend and participate that have specific Medical or supervision requirements that these requirements are met. Please email adrian.cooper@stpatricks.tas.edu.au if you have further questions or clarification around this. This event is meant to be inclusive so we don't want to exclude anyone but obviously safety is our number 1 priority.

3.4 Entry Categories

Students are to be entered into the following categories, with the age groups calculated on the age of the rider on the 31st December 2024. This means that in general Year 7 and 8 are U15, Year 9 and 10 are U17 and Year 11 and 12 are U19.

Categories:

Type	Categories
Female	U15, U17, U19
Male	U15, U17, U19

3.5 Scoring, Medals and Prizes

The points awarded for placings in each race will be according to the schedule in Appendix C with the addition of all finishers being awarded 1 point (if more than 50 in the category). The timed stage will attract 50% of these points.

AusCycling medals will awarded for the first 3 riders from each category, including the timed stage.

Pennants will be awarded the top school in each category.

A trophy awarded for the top school overall, points for all categories added together.

3.6 Presentations

Presentation ceremonies will take place at approximately 2.15pm.

3.7 First Aid/Medical Services

Professional medical services will be provided by SafeTas, with at least two individuals on site at all times. The First Aid tent will be located within the Park in the main internal carpark.

The nearest hospital is the Royal Hobart Hospital, Hobart, with ambulance service available from Sorell.

3.8 Race Results

The event will be timed, recorded and results provided to all Schools following the conclusion of the event.

4 Appendix A – Event Schedule

Estimated times:

- | | |
|-------------|---|
| 9:00 | RACE REGO OPEN – collect and distribute race numbers |
| 9:40 | RACE BRIEFING |
| 10:00 | U15M XCO RACE (3 laps) |
| 10:00-10:15 | Timed stage open for practice (U17M, all Females) |
| 10:20 | Timed stage open for race runs |
| 10:50 | U19M XCO RACE (5 laps) |
| 11:30-11:45 | Timed stage open for practice (U15M, U19M) |
| 11:50 | Timed stage open for race runs |
| 12:00 | FEMALES XCO RACE (U15 2 laps, U17 3 laps, U19 4 laps) |
| 1:00 | U17M XCO RACE (4 laps) |
| 1:15 | Timed stage closed |
| 2:15 | PRESENTATIONS (or as soon as U17M have finished) |

6 Appendix C – Placings Points

Cross Country, Downhill				
Pos.	Points		Pos.	Points
1	80		26	5
2	65		27	5
3	55		28	5
4	48		29	5
5	43		30	5
6	38		31	4
7	33		32	4
8	29		33	4
9	25		34	4
10	22		35	4
11	20		36	3
12	19		37	3
13	18		38	3
14	17		39	3
15	16		40	3
16	15		41	2
17	14		42	2
18	13		43	2
19	12		44	2
20	11		45	2
21	10		46	1
22	9		47	1
23	8		48	1
24	7		49	1
25	6		50	1

All riders that complete 1 lap will gain 1 point for their school.

Places for the timed stage attracts 50% of these points