

Tasmanian All Schools Mountain Bike Championships Information

Friday 5th May 2023, Trevallyn Nature Recreation Area.

The Trevallyn Nature Recreation Area is at the top of Trevallyn, Launceston. The village set up and races will start at Village Green, at the end of Duck Reach Rd.

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 Sidewinder stage open for practice (U17M, all Females)
10:20 Sidewinder stage open for race runs
10:50 U19M XCO RACE (5 laps)
11:30-11:45 Sidewinder stage open for practice (U15M, U19M)
11:50 Sidewinder 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 Sidewinder stage closed
2:15 PRESENTATIONS (or as soon as U17M have finished)

Format

XCO

The races will be held in age groups with the length of the race increasing with age group. The tracks chosen are relatively easy trails to ride, 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).

Note there is a separate Females race. 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 the boys.

TIMED STAGE

This will be raced down Sidewinder. Students will need to ride from the event village to the start of the track, and then back to the village from the end of the stage. Sidewinder is a 1.4 km descent which has some jumps and drops, all of which have “B lines”. 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.

The track will be open for limited windows for practice. Please note that after doing a practice run there is a long climb, steep in places to get back to the start. Any riders who have not ridden this section of track before are encouraged to do a practice run.

Please ensure that your students know not to ride along, or cross, Duck Reach Rd. They are to ride through the horse jump area and along the Pony Track on the Eastern side of the road to get to the start of Sidewinder (this will be marked).

To return from Sidewinder they will be riding along the last part of the XCO track. Riders returning from Sidewinder must give way to riders racing the XCO.

Riders will be able to ride over and do their run down Sidewinder at any time during the day (between 10:20 and 1:00) that they are not racing the XCO. Gloves, knee pads and a full face are recommended but not required for this stage.

Other stuff

As per AusCycling guidelines the age groups are calculated on the age of the rider on the 31st December 2023.

This means that in general Year 7 and 8 are U15, Year 9 and 10 are U17 and Year 11 and 12 are U19.

St Patrick's College and the Launceston Mountain Bike Club are running the Championships under the umbrella of AusCycling, who are providing insurance coverage for the event.

Cycle2 will be on site to help with basic bike repairs. Labour is provided free, however if spares are required they will incur a charge so best to come with some spares or some cash.

First Aid will be provided on site by SafeTas.

Note that there are no other facilities onsite, riders/schools will need to bring their own food, water, chairs, shelter, etc. The closest shops are about 5 km away. Toilets will be provided.

It is your schools responsibility to take away all rubbish and ensure that your area is clean.

Entry

I'm still investigating moving to EntryBoss for the entries, in which case more instructions will follow. In the meantime assume that entry is via spreadsheet. Note that this is set up to automatically calculate age groups so please don't change these. Return this spreadsheet to adrian.cooper@stpatricks.tas.edu.au Entries are due by end of the day, 5pm Monday 1st May.

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 XCO race. Priority riders will be nominated by highlighting their (cell) names in yellow on the spreadsheet.

Changes in riders

Once the riders are entered into the timing program as per the lists sent by 1st May, 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 guidelines, singlets are not permitted.

Safety

AusCycling Regulations state that all riders must wear closed toe shoes and correctly fitted helmets. 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. As mentioned earlier, 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.

Race Numbers

Race numbers will be allocated by the organisers and be ready for collection by schools at registration. It is the school coordinators 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.

Scoring etc

The points awarded for placings will be according to the older MTBA schedule below with the addition of all finishers being awarded 1 point (if more than 50 in the category).

The timed stage will earn points on this scale but with a 0.5 multiplier. ie 1st place earns 40pts (0.5x80) etc.

There will be medals awarded for the first 3 riders from each category of the XCO and place getters of the Sidewinder stage/

Pennants will be awarded the top school in each age/gender category.

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

Entry fees

The entry fee is \$10 per rider. Entry fees need to be paid before the race via direct debit or should be brought to the race as a cheque. Once entries are received by the 1st May 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 this may change if we go down the EntryBoss pathway as entry fee would be required at time of entering in this case.

School Conduct

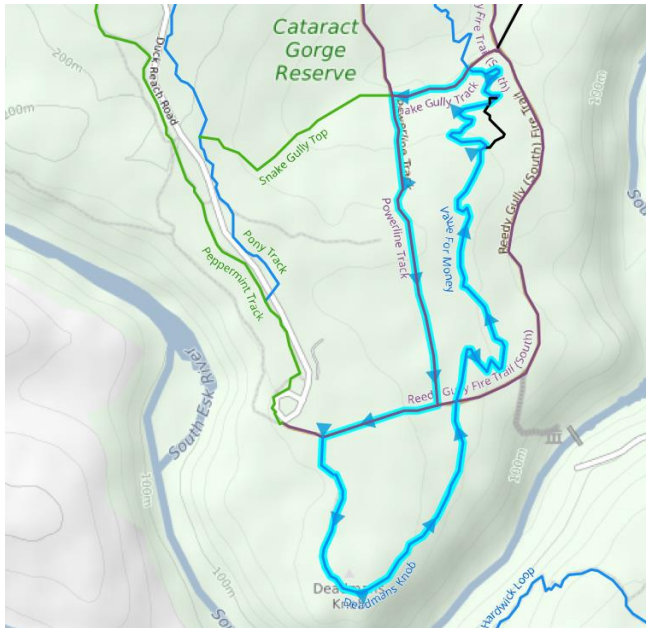
Please speak to your riders about trail etiquette and sportsmanship, there will be riders of a wide range of abilities on the trail and we need an encouraging atmosphere. If there are any concerns of inappropriate behaviour on the track please report it to an official.

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.

Students with Medical or Learning needs

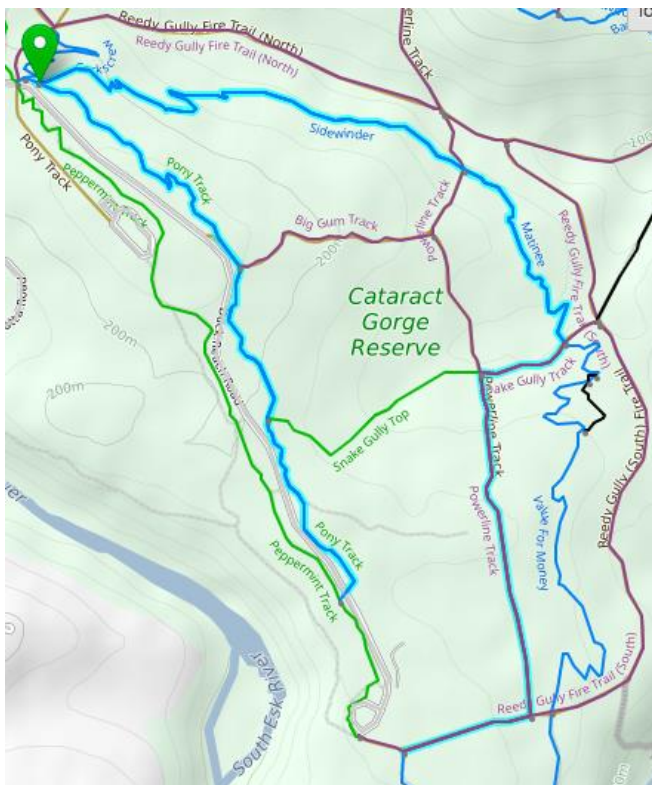
It is the responsibility of individual schools to ensure that any students from their school that attend and participate that have specific Medical or supervision requirements that these requirements are met. Please email adrian.cooper@stpatricks.tas.edu.au if you have further questions or clarification 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.

Course Maps



XCO

From Village Green/Hoo Hoo Hut, Deadman's Knob, Value for Money, Snake Gully Track, Powerline track, Reedy Gully track.



Sidewinder Stage

From Village Green/Hoo Hoo Hut, ride to start along Pony Trail, then timed run down Sidewinder, return via Matinee, Snake Gully Track, Powerline track and Reedy Gully track.

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.