



Vincentia High School  
and  
South Coast United Mountain Bikers

**‘Coondoo Classic’**  
**South Coast Public Schools Mountain Bike Championships**  
**20th June 2019**  
**12th Year of the Great Race**

With Optional Rider Training Afternoon: Wednesday 19th June 2019

<b>WHAT</b>	<p><b>The ‘COONDOO CLASSIC’ South Coast Public Schools X-Country Mountain Bike Championships</b></p> <p>Vincentia High School will be hosting the twelfth annual MTB championships. Aimed to develop MTB in the South Coast, increase physical activity in adolescents and for students to have fun!</p>
<b>WHEN</b>	<p><b>Thursday 20th June 2019 8.00am to 4.00pm</b></p>
<b>WHERE</b>	<p>The venue is the Coondoo Road MTB track situated in the Currumbene State Forest, Falls Creek. 8km south of South Nowra. The Championships will be staged on the fire roads and single tracks within the forest. The area will be off limits to general vehicular traffic and is a favourite MTB site for the local South Coast United Mountain biking club.</p>
<b>COST</b>	<p>The cost will be <b>\$20 per competitor</b>. This will include insurance and a lunch ticket on the day of the event</p> <p>Soft drinks, snacks and BBQ are also available. <b>There is no running water available on site so it is advisable to bring your own drinking water.</b></p>
<b>Registration</b>	<p>Team registration spread sheet, entry conditions and event information are available from the Vincentia High School website through the following links. <a href="http://www.vincentia-h.schools.nsw.edu.au/curriculum-activities/coondoo-classic">http://www.vincentia-h.schools.nsw.edu.au/curriculum-activities/coondoo-classic</a></p>
 <b>Important</b> 	<ol style="list-style-type: none"><li>1. Students and parent/guardian to fill in the Entry Conditions and Parent/Guardian Waiver for Riders (available on line)</li><li>2. Online team registration spread sheet (available on line via the above link) <b><i>Please return the completed registration spread sheet by email to: <a href="mailto:james.l.wright@det.nsw.edu.au">james.l.wright@det.nsw.edu.au</a> before Friday 7<sup>th</sup> June 2019. Entry fees</i></b> <b><i>The entry fee \$20 (payable on the day or via participating school payment plan )</i></b> <b><i>Late entry fee \$30 (for entries received after 7<sup>th</sup> June 2017).</i></b> <b><i>Payments will be made via an interschool journal once entries have been received). There is no refunds for failure to attend the event after payment .</i></b> <b><i>An administration fee will be charged of \$5.00 if entries require change after the closing date.</i></b> <b><i>Students will not be allowed to participate in the event/s unless all sections of the entry and consent form are completed.</i></b></li><li>3. Race Registration:  Thursday 20th June 7.30 am to 9.00 am <b>The supervising teacher/parent must submit Entry forms and collect number plates for students at the event. Students cannot register themselves or collect number plates. All competitor race plates must be fixed to the front of bike using cable ties provided.</b></li></ol>

	<p><b>Riding Training Afternoon: 19th June Wednesday 2019</b>  Course opens from 1 to 5pm for practise and course familiarisation. Students must be supervised by a teacher or parent.</p>
<p><b>RACE  INFO</b></p>	<p>A teacher from each school must be at the race site for the duration of the race. A ratio of 1 supervisor to 20 students is not to be exceeded. Parents /guardians can assist with supervision.</p> <p>The Coondoo Classic will be based on teams with in a nominal size of four, of either all girls, all boys or mixed. There must be a minimum of 3 members in each team, each member within a team must be from the same school, and each team member must be in the correct year at school for that category<sup>1</sup>. If issues arise consultation with Race Organisers can be contacted for a combination of smaller schools.</p> <p>In the event of small school combining, approval needs to be made via the event co-ordinator prior to registration.</p> <p>All students riding in the event will be covered for public liability and disabling injuries under the NSW Department of Education coverage. Detail can be found by contacting the Department of Education.</p> <p>Three year-group categories will be catered for, each with male, female, and mixed sub-categories:</p> <ul style="list-style-type: none"> <li>◆ Junior – High school students, years 7 &amp; 8</li> <li>◆ Intermediate – High school students, years 9 &amp; 10</li> <li>◆ Senior – High school students , years 11 &amp; 12</li> </ul> <p>The Coondoo Classic is a relay event, in which each team will do as many laps as possible in the time limit of 4 hours, with only one rider from each team on the course at a time. The team may stop racing at any time within this 4 hour time limit. All teams may continue to race until the time limit is up and those still out on the course after 4 hours will have the final lap counted. No rider will be allowed to start after the 4 hour limit is up. The course will be between 5 - 8 km long and each team member must commence a lap. The course will be chosen to be both interesting and challenging for as wide a rider experience level as possible.</p>

<b>RACE INFO</b>	<p>1. Students from lower year category may race in one of the higher school categories, but no student from a higher year category will be allowed to race in a lower year category.</p>	
	<p><b>Maximum Number of Consecutive laps allowed by a rider</b>  While the nature of the competition is one of a team in which riders changeover regularly, it is recognised that within a team some riders may complete more laps than others, due to differing abilities or incidents which might delay a rider, such as a mechanical problem.</p> <p>MTBA has regulations in place to protect junior riders, which determine the maximum time a junior rider should spend at the level of exertion to be expected in this type of race. The implementation of these regulations for the Coondoo Classic is based on the number of consecutive laps permitted.</p>	
	<b>Category Entered</b>	<b>Maximum Number of Consecutive Laps Allowed By a Rider</b>
	<b>Junior 7/8</b>	<b>3</b>
	<b>Intermediate</b>	<b>4</b>
<b>Senior</b>	<b>5</b>	
<p>Work/Rest Ratio. Once a rider has finished their maximum permitted number of consecutive laps, they cannot commence another lap until they have had a rest time equal to the lesser of:</p> <ul style="list-style-type: none"> <li>◆ The time they took to ride their lap(s), or</li> <li>◆ The time taken for the other riders in their team to complete the same number of laps.</li> </ul> <p>In the event of an injury to another team member which might require the rider to commence a lap inside this rest timeframe, the race director must be approached for permission and will make a non-appealable decision based on the riders experience.</p>		

**Contact Details**  
Event Convenor  
James Wright  
(w) (02) 4441 6766  
(m) 0409 277 605

Race Director / Registration & entry  
Catherine Head  
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