



2017 Western Australia Schools Mountain Bike Championships



2016 Schools Champions, Carmel Adventist College.

In collaboration with WESTCYCLE, Dept. of Sport and Recreation (DSR), Rock and Roll Mountain Biking, Mountain Bike Australia (MTBA), West Australian Mountain Biking Association (WAMBA) and Perth Mountain Bike Club (PMBC) are please to host the second WA State School Boys and Girls Mountain Biking Championships.



Department of Sport and Recreation



DATE

The Championships will be conducted on Thursday 31st August and Friday 1st September 2017.

SCHEDULE

Thursday: Practise Day, XCO track orientation and school skills sessions.

Friday: WA Schools Cross Country MTB Championships, 3-year group events.

LOCATION

Goat Farm MTB Park, Greenmount Rise, Midland.

HOW TO ENTER

All events conditions and information available from Rock and Roll Mountain Biking.

On line registrations through MTBA.

For an information pack please email: info@rockandrollmountainbiking.com.au

COSTS

WA Schools XCO Championship: \$20.00 per rider or \$60 per team. Entries close Monday 28th August, \$30.00 per rider for late entry.

HOW TO ENTER

All event conditions and information is available from Rock and Roll Mountain Biking at info@rockandrollmountainbiking.com.au . Online registrations MTBA.

1. Nominate Teams or Solo entries and enter through MTBA website. Before entering you will need participant personal details (name DOB and team names plus their MTBA membership number, parent permission and medical info.) Please be aware day licences are available to be purchase when registering at an additional cost.
2. A school representative must complete the registrations. Complete the entry conditions and Parent/Guardian Waiver form and Nominate a delegate form all available from info@rockandrollmountainbiking.com.au

RACE CONDITIONS

- The race format is a cross country (XCO) team event. Each event will be a mass start event. Each rider completes the required number of laps, with the rider's place determining the points he or she gains.
- The team with the HIGHEST total number will be the winner. Second highest points will be second and so on.
- A team, must have three (3) riders, you can enter all boys, all girls or mixed teams.
- Each member within a team MUST be from the same school, and each team member must be in the correct year for that category.

- The team rider must complete in the current year they are attending at school, there are no age categories, only school year category.
- Students from a lower year category may race in one of the higher school categories, but NO student will be allowed to race down a year category.
- Students are able to race more than one race event during the day, as long as they meet the above conditions.
- Three (3) year group categories will be catered for, each with male/female/mixed sub-categories. The group categories are as follows:
 1. Junior High: Years 7 and 8.
 2. Middle High: Years 9 and 10.
 3. Senior High: Years 11 and 12.
- Students from Year 6 will be allowed to race in a Junior High team, as long as they attend the same parent school.
- Students from a school with insufficient numbers to form their own team, can enter an individual rider to race. They can race for an overall place, but as they will not meet the team conditions, the school will therefore not place in the team event.

The courses will be set to be interesting and challenging for a wide range of fitness and skill levels.

RACE LAPS AND TIMES

To protect junior riders MTBA has strict maximum riding time regulations in place. Each event must comply with MTBA rules, event organizers are required to meet these rules, this limit will be enforced, thus each event will have a cut off time. After this time the race will finish, any riders still on course will be given a finishing place and will have been deemed to have completed the race.

Junior High	Years 7 and 8	Approx course length 3-4km	Approx race time 45- 60mins
Middle High	Years 9 and 10	Approx course length 3-4km	Approx race time 50- 65mins
Senior High	Years 11 and 12	Approx course length 6-7km	Approx race time 60- 75mins

SUPERVISION

Supervision of students is the responsibility of participating schools. A teacher or coach from each school must be at the race event site supervising students not on the course for the duration of the event. A ratio of 1 to 20 students is NOT to be exceeded. Parents or guardians (delegates) can be nominated during the registration process to be the team manager and be responsible for the team riders for the duration of the day.

A delegate is a person authorized by the school as their official supervisor at the event. Allowing a delegate is to assist schools unable to release staff for this event. A delegate authorized by the school may take the place of a teacher or coach at the school's discretion. If required, working with children checks for the delegate is the responsibility of the participating school.

INSURANCE

All riders MUST be current MTBA members. Students currently racing mountain bikes will already have a MTBA membership number. Other students can apply online for an 8-week FREE membership for this event.

These details can be found at the following link: <http://www.mtba.asn.au/membership/free-trial-membership/>

All students riding in the event will be covered for public liability and disabling injuries under the Mountain Bike Australia (MTBA) insurance scheme, details of which can be found on the MTBA website.

Day licences are available for riders and can be purchased at the time of registrations for an additional cost.

XCO TRACK ORIENTATION AND SKILLS SESSIONS

The track will be open for students to walk and/or ride the race course on the Thursday, between 2.00pm and 5.00pm. There will be First Aid on site during this practise time. Race number plate collection will also be available during this time.

Teachers/delegates/coaches accompanying their students can enter the track orientation and skills sessions at no cost.

Coaching Skills sessions are available in conjunction with the Championships. Rock and Roll Mountain Biking is offering 1 ½ hour skills and track orientation sessions. These sessions will be led by Rock and Roll MTB coaches, and will give riders an opportunity to learn course specific tips and techniques from experienced MTB coaches.

RNR MTB Track Orientation and Skills Session 1: Thursday 4th 2.30-4.00pm

RNR MTB Track Orientation and Skills Session 2: Thursday 4th 3.00-4.30pm

RNR MTB Track Orientation and Skills Session 3: Thursday 4th 3.30-5.00pm

Pre bookings are essential for all skills sessions. All sessions are the same, based on the race course. Please register to participate in the optional skills sessions by emailing info@rockandrollmountainbiking.com.au.

You DO NOT need to complete these optional skills sessions to complete on the State Championships.

MANDATORY EQUIPMENT

- An Australian Standards approved cycling helmet, to be worn at all times whilst riding a bike during the event, at the skills sessions or around the event village.
- A well maintained bike in good working order. Bike must have front and rear brakes, handle bars must be secure and bar plugs in both ends to prevent injury.
- Enclosed footwear.
- Drink Bottle.

RECOMMENDED EQUIPMENT

- Cycling gloves.
- Off road tyres fitted to the bike.
- Spares kit, including pump and spares.

The supervising teacher/coach is to check bike condition and ensure mandatory equipment is met. Not meeting the mandatory equipment may result in disqualification or exclusion from the event. As there are three race events it is possible for riders to share bikes and equipment.

BIKE HIRE

Limited hire bikes will be available through Rock and Roll Mountain Bikes; these must be booked prior to the event. Jen 0410 949 182 or email info@rockandrollmountainbiking.com.au

Other bike hires companies in Perth include;

About Bike Hire

305 Riverside Drive

East Perth, Western Australia 6004

Phone: 08 9221 2665

info@aboutbikehire.com.au

ACCOMMODATION

The Shire of Mundaring and DPaW, the land managers for the Goat Farm, will NOT allow camping on site.

Please find a sample of accommodation in the local region.

Advent Park

345 Kalamunda Rd, Maida Vale, WA, 6057

Phone: 08 9454 5341

Website: <http://adventpark.adventist.org.au/>

Email: adventpark@adventist.com.au

Bickley Outdoor Recreation Camp

Hardinge Road, Orange Grove WA 6109

Telephone 08 9492 9781

Email: bickley@dsr.wa.gov.au

Perth Hills Discovery Centre

Mundaring Weir Road, Mundaring

Telephone : +61 (0)8 9295 2244

Website bookings: <https://parkstay.dpaw.wa.gov.au/>

Camp Wattle Grove

59 Kelvin Road, Wattle Grove WA 6107

Don Gunn (Manager) - 08 9453 6217

admin@campwattlegrove.com.au

CONTACT DETAILS

<p>XC EVENT AND RACE DIRECTOR Mark Wardle 0428 263 668 info@rockandrollmounatinbiking.com.au</p>	<p>WESTCYCLE CONTACT Peta Demidenko peta.demidenko@westcycle.org.au</p>
<p>REGISTRATION AND ENTIRES Jen Wardle 0410 949 182 info@rockandrollmounatinbiking.com.au</p>	<p>PAYMENT ENQUIRES Jen Wardle 0410 949 182 info@rockandrollmounatinbiking.com.au</p>
<p>TIMING AND RESULTS Perth Mountain Bike Club Chris Parks</p>	<p>COURSE COMMISEIRE (MTBA) 0409 991 322 Tony Tucknott</p>

**WESTERN AUSTRALIAN SCHOOLS MTB STATE
CHAMPIONSHIP SCHEDULE OF EVENTS.**

THURSDAY 31st AUGUST 2017

12.00pm	WA State MTB Championships venue open
2.00pm	Registration opens for number plate collection
2.30pm	RNR MTB Track Orientation and Skills Session 1
3.00pm	RNR MTB Track Orientation and Skills Session 2
3.30pm	RNR MTB Track Orientation and Skills Session 3
4.00pm	Registration closes for number plate collection
5.00pm	All students to be collected, no supervision or first aid provided after this time. Participants are no longer covered by MTBA insurance.

FRIDAY 1st September 2017

8.00am	WA State MTB Championships venue open
8.00am	Registration opens for number plate collection
8.30am	Race course open for practise laps
9.30am	Registration closes
9.30am	Race course closed for practise laps
9.45am	Race briefing
10.00am	Race 1: Junior High (10.00-11.00am, winner 45mins)
11.15am	Race 2: Middle High (11.15-12.15pm, winner 50mins)
12.30pm	Race 3: Senior High (12.30-1.30pm, winner 60mins)
2.00pm	Presentations
2.30pm	Course closed, event over.
3.00pm	All students to be collected, no supervision or first aid provided after this time. Participants are no longer covered by MTBA insurance.