

## REGIONAL SELECTION TRIAL INFORMATION – 2025

### Aquathlon / Triathlon 11-19 Years (Boys & Girls)

<b>Aquathlon Date</b>	Saturday 12 October 2024	<b>Triathlon Date</b>	Sunday 13 October 2024														
<b>Trial times</b>	Please refer to “Event Schedule” on the QT website for further information																
<b>Trial venue</b>	<a href="#">Lake Kawana Blvd, Sunshine Coast QLD 4575</a> ( <i>Google Maps</i> )																
<b>Convenor</b>	Erin Carswell (Metropolitan North School Sport), <a href="mailto:met.north@qed.qld.gov.au">met.north@qed.qld.gov.au</a>																
<b>Eligibility</b>	<p>To be eligible to participate in this carnival, students must be 19 or under as at 31 December in the year of the State Championship and must turn 11 in the year of the State Championship.</p> <table border="0"> <tr> <td>Primary Aquathlon for ages 10-11 (as of 31/12/24)</td> <td>1km run - 200m swim - 1km run</td> </tr> <tr> <td>Multi-Class Aquathlon for ages 10-13 (as of 31/12/24)</td> <td>100m swim - 1km run</td> </tr> <tr> <td>Multi-Class Aquathlon for ages 14-18 (as of 31/12/24)</td> <td>200m swim - 2km run</td> </tr> <tr> <td>Junior Triathlon for ages 12-13 (as of 31/12/24)</td> <td>300m swim - 10km cycle - 2.5km run</td> </tr> <tr> <td>Intermediate Triathlon for ages 14-15 (as of 31/12/24)</td> <td>500m swim - 15km cycle - 4km run</td> </tr> <tr> <td>Senior Triathlon for ages 16-18 (as of 31/12/24)</td> <td>750m swim - 20km cycle - 5km run</td> </tr> <tr> <td>Multi-Class Triathlon for ages 13-18 (as of 31/12/24)</td> <td>300m swim - 10km cycle - 2.5km run</td> </tr> </table> <p><b>SPECIAL NOTE:</b> only athletes who have the ability and skill to participate at this level or higher should nominate.</p>			Primary Aquathlon for ages 10-11 (as of 31/12/24)	1km run - 200m swim - 1km run	Multi-Class Aquathlon for ages 10-13 (as of 31/12/24)	100m swim - 1km run	Multi-Class Aquathlon for ages 14-18 (as of 31/12/24)	200m swim - 2km run	Junior Triathlon for ages 12-13 (as of 31/12/24)	300m swim - 10km cycle - 2.5km run	Intermediate Triathlon for ages 14-15 (as of 31/12/24)	500m swim - 15km cycle - 4km run	Senior Triathlon for ages 16-18 (as of 31/12/24)	750m swim - 20km cycle - 5km run	Multi-Class Triathlon for ages 13-18 (as of 31/12/24)	300m swim - 10km cycle - 2.5km run
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<b>Trial format</b>	<p>If any competitors have any queries regarding the event, race and/or results, please <a href="#">contact</a> Triathlon Queensland.</p> <p>Alternatively, Erin Carswell will be present at the All Schools Triathlon event for any questions regarding the MNSS selection process and policy.</p>																
<b>Compulsory forms</b>	As the event is conducted by an external provider, student permission and parent consent forms are not required.																
<b>QT registration &amp; payment</b>	<p><a href="#">QT All Schools Triathlon</a></p> <p><b>Please Note:</b> As this event is a Regional School Sport Qualification Event, no entries will be taken for categories after the Triathlon Queensland close date.</p>																
<b>Absentee Application for Exemption</b>	<p><b>Students who wish to be selected in the regional team must attend the regional selection trial.</b></p> <p>If you are unable to attend and wish to be considered for selection, <b>the Absentee Application for Exemption form</b> must be submitted.</p> <ul style="list-style-type: none"> <li>To obtain this form, please contact Erin Carswell, <a href="mailto:erin-lee.carswell@qed.qld.gov.au">erin-lee.carswell@qed.qld.gov.au</a></li> <li>Applications close on the day prior to the commencement of the event</li> <li>Each application is decided individually. Acceptance of this application is not automatic and if accepted only entitles a child to be CONSIDERED for selection</li> <li>Metropolitan North School Sport reserves the right to refuse late applications</li> </ul>																

	Please note students completing this application should also be nominated by their respective District/School to the Regional Convenor.
<b>Special considerations</b>	<p>If wish to be considered for selection correspondence regarding Special Consideration must be sent to Erin Carswell, <a href="mailto:erin-lee.carswell@qed.qld.gov.au">erin-lee.carswell@qed.qld.gov.au</a> if your request falls into one of the following categories:</p> <ol style="list-style-type: none"> <li>1. The student is unable to finish the selection race due to factors beyond their control. The circumstances must be communicated to the Met North representative present at the trial, <b>within 60 minutes of the end of the race</b>. Completion of this does not imply automatic inclusion in the Met North Regional Team.</li> <li>3. As per Metropolitan North Policy, an athlete who is disqualified in the regional trial is ineligible for selection in the team unless there are vacancies due to insufficient numbers of eligible students. This event will be governed by the rules and regulations adopted by Triathlon Queensland.</li> </ol>
<b>Wet Weather</b>	Weather information will be available via the event social media pages on the morning of the selection trial.
<b>Results</b>	Provisional results will be posted via the online platform identified by QLD Triathlon. If you notice any issue with these results, please <a href="#">contact</a> Triathlon QLD.
<b>Team selection</b>	One (1) team will be selected to contest the State Championship. A maximum of 10 competitors, male and female, per age division may represent the region in both the individual event and team relays, as per <a href="#">QRSS policy</a> .
<b>QRSS State Championship</b>	Thursday 13 February – Saturday 15 February 2025 in Wide Bay at the Hervey Bay Sailing Club
<b>QRSS Student official's pathway</b>	<p>Queensland School Sport (QSS) actively promotes the development of students as sport officials through the QSS student officials' program. Students involved in the pathway are managed by an appointed Student Officials Manager.</p> <p>Students are invited to register their interest <a href="#">here</a>.</p>

### SELECTIONS:

Results from the All Schools Event, once received from Triathlon Queensland, will be used to select our regional team. Finishing in the top ten at this event is not a guarantee of selection in the Metropolitan North School Sport regional team. Be aware that there may be Absent Competitor Applications submitted which will be considered as part of the selection process, as per the selection policy.

Successful students will be emailed the team invitation/letter by Friday 1 November 2024.