



Vincentia High School
South Coast United Mountain Bikers
NSW South Coast Sports Unit

‘Coondoo Classic’
South Coast Public Schools Mountain Bike Championships
Friday 27th June 2025
18th Year of the Great MTB Race

With course familiarisation afternoon: Thursday 26th June 2025

<p>The ‘COONDOO CLASSIC’ South Coast Public Schools X-Country Mountain Bike Championships.</p> <p>Vincentia High School will be hosting the 18th annual South Coast MTB championships.</p> <p>Aimed to develop MTB in the community, increase physical activity in adolescents and for students to have fun!</p>	
WHEN	27th June 2025 8.00am to 4.00pm
WHERE	<p>The venue is the Coondoo Road MTB track situated in the Currambene State Forest. The Championships will be staged on the fire roads and single tracks within the forest. The area is an MTB site for the local South Coast United Mountain biking club (SCUM).</p> <p>Turn East onto Forest Road from Highway and continue 600m along Forest Rd. Turn Right onto Western Road. Continue 1km along Western Road where the trailhead is located.</p>
COST	<p>The cost will be \$35 per competitor. This will include insurance, timing, first aid, all associated costs, and a sausage sandwich on the day.</p> <p>Soft drinks, snacks (chips, cookies) and other BBQ foods are also available, however it is advisable to bring your own supply of food. There is no running water available on site so it is advisable to bring your own drinking water to fuel for the duration of the event. It is advisable for your school to bring their own drum of water.</p>
Registration  Important 	<p>Team registration spread sheet, entry conditions and event information are available from the Vincentia High School and South Coast Sport websites through the following links:</p> <ol style="list-style-type: none">1. Students and parent/guardian to fill in the Entry Conditions and Parent/Guardian Waiver for Riders (available online)2. Online team registration spread sheet (available online via the above link)3. On Race Day, Friday 27th June 7.30 am to 9.00 am, the supervising teacher must submit all entry forms and waivers, and collect all student number plates for their school. These will not be given to individual students. All race plates must be fixed to the front of the bike using the cable ties provided. <p><i>Please return the completed registration spread sheet by email to:</i> <i>bakersmtb@mac.com and peter.raftery@det.nsw.edu.</i> <i>Before 20th June 2025.</i></p>

	<p><i>Entry fees</i> <i>The entry fee \$35 (invoices will be sent out on the 30th June 2025 to your respective schools)</i></p> <p><i>Late entry fee of \$5.00 (for entries received after 20th June 2025).</i></p> <p><i>Payments will be made via an interschool journal, once entries have been received. There are no refunds for failure to attend the event after payment.</i></p> <p><i>An administration fee of \$5.00 may be charged if numerous entries require change after the closing date.</i></p> <p><i>Students will not be allowed to participate in the event/s unless all sections of the entry and consent form are completed.</i></p> <p>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.</p>
	<p>Course Familiarisation Afternoon: Thursday 26th June 2025</p> <p>Course opens from 1 to 5pm on the day prior to race day, for optional practise and course familiarisation. Students must be supervised by a teacher or parent from the attending school. Please note the course may not be fully marked during this session so please ensure an adult is supervising students and be available to provide first aid. First Aid will not be provided on this day.</p>
RACE INFO	<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 within 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.</p> <p>If issues arise, Race Organisers can be contacted for a combination of smaller schools. 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">♦ Junior – High school students, years 7 & 8♦ Intermediate – High school students, years 9 & 10♦ Senior – High school students, years 11 & 12

RACE INFO

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.

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.

Maximum Number of Consecutive laps allowed by a rider

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.

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.

Category Entered	Maximum Number of consecutive laps allowed by a rider:
Junior (Yr 7,8)	3
Intermediate (Yr 9,10)	4
Senior (Yr 11, 12)	5

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:

- The time they took to ride their lap(s), or**
- The time taken for the other riders in their team to complete the same number of laps.**

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.

Contact Details

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