



CGSAV TRIATHLON RULES & HANDBOOK



CGSAV TRIATHLON
EASTERN BEACH GEELONG
TUESDAY FEBRUARY 20, 2024
(MELWAYS REF: 452 – E3, F3 + G3)

This is same COURSE as in 2023! Please carefully read instructions and map regarding bus drop off area and bus parking (NOTE: park in Eastern Gardens not in Ritchie Blvd. Start and finish line, plus school areas are all located on grassland alongside Hearne Parade.

Arrive: 8:30-8:45am- Due to road closure restrictions we have to start nice and early. Remember it was hot in 2017 and we also don't want to be racing in the afternoon heat.

There are BBQ's and picnic area available in Eastern Beach for lunch afterwards if desired.
We must be off Hearne Parade (including all bike racks removed) by 12noon.

Start: 9:15am SHARP Managers meeting

9:30am- Seniors

10.00am- Intermediate

10:20am- Juniors

Finish by approx 11:20am (& off track so we can get road RE-OPEN on time)

Presentations- Approx 11:45am

Maximum competitors = 8 per school per age group for a maximum of 24 students/school

TIMING:

Timing of the event will be conducted by Tomato Timing. Tomato Timing will organize and bundle team tags each school. These are to be picked up prior to the commencement of the event. The correct tag will need to go to the correct student as specified in the team list, which will be sent out to schools a day or two prior to the event.

SWIM LEG:

150-200m open water swim but in an enclosed swimming area at Eastern beach (Bay beach). Therefore, exact distance of swim will depend on the tide and weather on the day.

BIKE LEG:

Students must have their own bike and helmet, as all divisions could be riding at the same time at some stage (due to time limits on road closure). Spectators watching are not to be in Officials designated area. Official school counters and first aid only in this designated area.

RUN LEG:

Approximately 2km in distance.

STUDENTS who do not complete ENTIRE course will be disqualified, so please read MAP carefully and explain COURSE to your students!

SCHOOL CODE:

The following codes will represent each of the 10 schools competing. Please ensure **your CORRECT code is used** on your students' arms:

Sacred Heart Geelong- SHG	Kilbreda- KDA
Catholic Ladies College - CLC	St Marys - STM
Harkaway Hills-HHC	
Mater Christi- MCC	
Our Lady of Sacred Heart – OLS	
Santa Maria – SMC	
Genazzano - GEN	
Sacred Heart Oakleigh - SHO	

TEAM CONFIGURATION SHEET

Please find this sheet attached. Competing schools must complete this sheet using computers, and return to HOST SCHOOL via FAX/EMAIL no less than 2 school days before the event. If there is a change to this list, please let recorders know by 9am on the day of competition.

STUDENT ID:

1) Students must have school code and division marked on both arms and LEFT leg in permanent marker. Plus a number- Juniors 1-8, Intermediate 9-16, Seniors 17-24. **LARGE PRINT PLEASE!** (Should be from shoulder to elbow on arms). This will also help with the recording of bike laps.

i.e.	SHG = correct	SHG = incorrect
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J

J2

2

This represents SH Geelong Junior No 2 and must match team configuration

2) Plus each participant in each division is to wear a coloured band on their wrist (for easy identification on the course). Host school will provide these bands to competitors on the day. ie Junior Competitors wear red bands. These bands will be given out when we do the head count at START of SWIM LEG.

NOTE - CGSAV Tri Bands may be kept, but if the participants do not want them please place in bucket provided at the finish line as they can be recycled. (JNR – RED, INTER – YELLOW, SNR – BLUE)

OFFICIALS:

Required: 2 x school = minimum (happy if you can supply more).

Officials can be teachers, SENIOR students or parents.

Remember: 1 x school official will be required to know all their participating students, + count their bike laps as they complete the leg.

We have provided a counter's sheet for school official to keep track of laps/ students (see attachment). We are asking for this official to be honest in their count of laps please. Hand in '*Bicycle Leg*' lap counters sheet at completion of triathlon.

2. 2nd Official/helper will be placed on the track and be required to be a Marshall on the day.

SHADE and MARQUEES:

Shade shelters can be brought by individual schools but as we are on the edge of the road weighted bags rather than pegs are strongly recommended. Unlike the Eastern Beach Reserve there are no large trees providing shade areas or any shelter from wind/rain.

There is a kiosk in the Eastern Beach Enclosure but we recommend students pack a lunch with plenty of water from home. The toilets and change rooms are all available in Eastern Beach enclosure.

BUS PARKING:

Buses can drop students off at Eastern beach. **Buses however, must park** on Eastern Beach Circuit see Melways Ref: 452, F4 + G3. Students should disembark from buses and walk to transition area where they can set up their bikes etc. (Melways 452, F3)

FIRST AID:

Provided by CGSAV on the day by the Executive Officer. Ambulance Aid will also be provided. All schools should bring a first aid kit. Any competitor medical alerts should be passed onto the First Aid officer.

STUDENTS MUST BRING:

Sunscreen (and have it applied please)

Insect repellent (was needed in 2011 for mosquitoes) terrible between 6.30-9am

Drinks / Food

Hat

T-shirt

Coat if cold

Bathers (Wetsuits allowed)

Runners (*must be worn on bike and run leg)

OR Bike cleats for bike leg, and runners for run leg

1 x Bike & 1 x helmet per competitor

RACE DISTANCES:

DIVISION	SWIM	RIDE Hearne Pde laps	RUN Approx km
Junior	150-200m*	4.2km (3laps)	2km
Intermediate	150-200m*	4.2km (3laps)	2km
Senior	150-200m*	5.6km (4laps)	2km

Safety *Runners to be put onto feet after swim before running up hill into transition area.



NOTE: NO sunbathing allowed at this event

MEDALS/ PLAQUES:

Medals will be awarded to the first 10 place getters in each division.

There will also be plaques awarded to winning schools in Junior, Intermediate & Senior divisions. Plus an overall aggregate shield to the school with the least number of points across the divisions.

TEAM POINTS:

The FIRST 4 competitors from each school across the finish line in each division will count towards the total points of that school. The school with the least number of points/ division will be deemed winners of that division.

i.e.	<u>Junior Division</u>		
	STM	CLC	HHC
	3rd	1	2
	8	6	4
	20	15	10
	21	22	11
Total	52	44	27pts

Harkaway had 2nd, 4th, 10th and 11th- they finish with a total of 27pts therefore they would win the Junior Division.

MEDALS:

Only 4 competitors/ school= team. But technically it would be possible for one school to have eight competitors in the one division win individual medals (the first four's points only count toward team tally).

PHOTOS of competitors in this event may be placed on the CGSAV website and social media. Please make sure you include this fact on YOUR INDEMNITY form.

CGSAV TRIATHLON
EASTERN BEACH GEELONG
Tuesday February 20, 2024

Pre-Triathlon Requirements for ALL PARTICIPATING schools

PRIOR TO COMPETITION DAY:

It is the responsibility of each school/staff selecting participants and/or staff accompanying students on day:

- i. To have tested or have knowledge of each participants' ability to swim 200m-300m in open water.

Recommendation: Parents acknowledge child's capabilities or achievements in swimming to support this fact on indemnity.

- ii. To know students capabilities + competency on a bicycle. Please ensure they have had practise at speed riding closely to other bike riders.
- iii. To ask students to have bicycles + helmets checked for safety. Including tyres, brakes etc. (Host school can only do a quick scan of bikes in racks on the day). Recommendation: all bicycles have safety check and service by bicycle maintenance crew (ie bike shop.)
- iv. EMAIL '*Team Configuration*' sheets, with all competitors names typed (to avoid spelling mistakes) to Bianca Cheever by 3.30pm Thursday February 15th.

ON THE DAY OF COMPETITION:

It is the responsibility of staff accompanying students on day:

- i. To nominate a person they are bringing along as a marshal for the day– in addition to your BIKE LAP marshal – (ie AFL Trainee or Parents/ Senior student). **Please add both officials names to initial '*Confirmation*' sheet.** (NOTE marshals will be in place on track prior to 9:15am meeting)
- ii. To attend team managers meeting 9:15am Sharp at SHC Geelong marquee, and to hand to HOST school any **Medical Alerts** from your team.
- iii. To have one school nominated marshal to do BIKE LAP counting for their team: Juniors, Intermediate + Seniors. This is individual schools' responsibility. The completed '*Bike lap*' sheet is to be handed in to recording official at the completion of Junior race.

POST COMPETITION DAY.

Please follow-up any injuries treated by Physio with Bianca Cheever (email names and treatment/injury given) so this information can be passed onto CGSAV.

CGSAV
Triathlon Times
2024 JUNIORS

Place	Time	Place	Time
1		40	
2		41	
3		42	
4		43	
5		44	
6		45	
7		46	
8		47	
9		48	
10		49	
11		50	
12		51	
13		52	
14		53	
15		54	
16		55	
17		56	
18		57	
19		58	
20		59	
21		60	
22		61	
23		62	
24		63	
25		64	
26		65	
27		66	
28		67	
29		68	
30		69	
31		70	
32		71	
33		72	
34		73	
35		74	
36		75	
37		76	
38		77	
39		78	

CGSAV Triathlon
Times 2024
INTERMEDIATE

Place	Time	Place	Time
1		33	
2		34	
3		35	
4		36	
5		37	
6		38	
7		39	
8		40	
9		41	
10		42	
11		43	
12		44	
13		45	
14		46	
15		47	
16		48	
17		49	
18		50	
19		51	
20		52	
21		53	
22		54	
23		55	
24		56	
25		57	
26		58	
27		59	
28		60	
29		61	
30		62	
31		63	
32		64	

CGSAV
Triathlon Times
2024 SENIORS

Place	Time	Place	Time
1		33	
2		34	
3		35	
4		36	
5		37	
6		38	
7		39	
8		40	
9		41	
10		42	
11		43	
12		44	
13		45	
14		46	
15		47	
16		48	
17		49	
18		50	
19		51	
20		52	
21		53	
22		54	
23		55	
24		56	
25		57	
26		58	
27		59	
28		60	
29		61	
30		62	
31		63	
32		64	

CGSAV Triathlon Eastern Beach Geelong
Finishing order 2024
JUNIORS

PLACE	SCHOOL CODE	STUDENT NO:	NAME	TIME
1				
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CGSAV Triathlon Eastern Beach Geelong

Finishing order 2024

JUNIORS

PLACE	SCHOOL CODE	STUDENT NO:	NAME	
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CGSAV Triathlon Eastern Beach
Geelong Finishing order 2024
INTERMEDIATE

PLACE	SCHOOL CODE	STUDENT NO:	NAME	TIME
1				
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CGSAV Triathlon Eastern Beach
Geelong Finishing order 2024
INTERMEDIATE

PLACE	SCHOOL CODE	STUDENT NO:		TIME
45				
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CGSAV Triathlon Eastern Beach Geelong
Finishing order 2024
SENIORS

PLACE	SCHOOL CODE	STUDENT NO:	NAME	TIME
1				
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7				
8				
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CGSAV Triathlon Eastern Beach Geelong

Finishing order 2024

SENIORS

PLACE	SCHOOL CODE	STUDENT NO:	NAME	TIME
45				
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CGSAV TRIATHLON EASTERN BEACH/HEARNE
PARADE
GEELONG - FEB 20, 2024
BICYCLE LEG

School Name: _____ School Code: _____

Name of School Marshal Counting Laps: _____

Student No.	Student Name	L	A	P	S
JUNIOR					
1		1	2	3	
2		1	2	3	
3		1	2	3	
4		1	2	3	
5		1	2	3	
6		1	2	3	
7		1	2	3	
8		1	2	3	
INTER.					
9		1	2	3	
10		1	2	3	
11		1	2	3	
12		1	2	3	
13		1	2	3	
14		1	2	3	
15		1	2	3	
16		1	2	3	
SENIOR					
17		1	2	3	4
18		1	2	3	4
19		1	2	3	4
20		1	2	3	4
21		1	2	3	4
22		1	2	3	4
23		1	2	3	4
24		1	2	3	4

School MUST add team members names to this sheet and bring it to Triathlon for their nominated *Bike lap counter* to complete. It is then handed in to Recording Table at completion of the 3 races to verify laps completed by all competitors

**CGSAV TRIATHLON EASTERN BEACH GEELONG
DIVISIONAL POINTS/ SCHOOL 2024**

	JUNIOR	TOTAL	PLACE	INTERMEDIATES	TOTAL	PLACE	SENIORS	TOTAL	PLACE	OVERALL TOTAL	PLACE
SHG											
CLC											
GEN											
KBA											
MCH											
OLS											
STM											
SMC											
SHO											
HHC											

Note: teams in RED didn't have 4 in either one or more divisions



Child Safety - Code of Conduct

Safeguarding Children and Young People at CGSAV Events

Code of Conduct

CGSAV – Catholic Girls Sports Association of Victoria

The Catholic Girls Sports Association of Victoria (CGSAV) provides the opportunity for students of member Colleges

- to enjoy and experience sport through representing their school,
- to strive for their personal best through individual and team based competition,
- to feel valued, make new friends and social connections, develop a sense of self through mastery of skill and involvement in teams
- to improve their physical fitness, health and well-being

Through the participation in sport within CGSAV we aim to develop:

- sportsmanship, including the ability to win with modesty, lose with dignity and accept decisions
- interpersonal skills, where students learn appropriate communication skills and behaviours within their team and towards their opposition
- suitable competitions that allow for new skills and/or refine already existing skills
- students develop a connectedness to their own College and develop friendships/ connections with students from other associated Colleges
- students develop a sense of pride through representing themselves and their College out in the community
- a range of students develop leadership skills
- staff have an opportunity to interact with students in a positive manner.

Purpose

This Code of Conduct has a specific focus on safeguarding children and young people at **CGSAV Events** against sexual, physical, psychological and emotional abuse or neglect. It is intended to complement other professional and/or occupational codes.

All staff, volunteers, contractors, and board/school council members at **CGSAV** are expected to actively contribute to a school sporting association culture that respects the dignity of its members and affirms the Gospel values of love, care for others, compassion and justice. They are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children, as noted below.

Acceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members are responsible for supporting the safety of children within our association by:

- adhering to the [CGSAV Child Safety Policy](#) and upholding the associations commitment to child safety at all times
- taking all reasonable steps to protect the young people at our events from abuse
- treating everyone in the CGSAV community with respect, modelling positive and respectful relationships and acting in manner that sustain a safe and positive environment
- promoting the cultural safety, participation and empowerment of Aboriginal and Torres Strait Islander young people
- promoting the cultural safety participation and empowerment of young people with culturally and /or linguistically diverse backgrounds
- promoting the safety, participation and empowerment of young people with a disability

- if an allegation of child abuse is made, ensuring as quickly as possible that the young person/people are safe in accordance with the [CGSAV Child Safety Policy](#)
- ensuring that this Code of Conduct is followed in any interactions with students from every associated member school of CGSAV when attending any CGSAV event

Unacceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members must NOT:

- exhibit behaviours with young people which may be construed as unnecessarily physical
- engage in open discussions of a mature or adult nature in the presence of young people
- use inappropriate language in the presence of young people
- express personal views on culture, race or sexuality in the presence of young people
- discriminate against any young person on the basis of age, gender, race, culture, vulnerability, sexuality, ethnicity or disability
- photograph or video a young person without the consent of the parent or guardian
- consume alcohol or take illicit drugs under any circumstances at an event where students are present.
- work with any young person while under the influence of alcohol or illegal drugs

Responsibilities in matters of Child Safety:

All staff, volunteers, contractors, visitors, parents/guardians and board/school are responsible for:

- listening and responding to concerns of young people; particularly if they are telling you that they or another young person have been abused or that they are worried about their safety/the safety of another young person
- reporting any allegations of child abuse as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- understanding and complying with all reporting obligations as they relate to mandatory reporting and reporting under the Crimes Act 1958 (Vic) and as contained in the [CGSAV Child Safety Policy](#)
- reporting any child safety concerns as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- ensuring as far as practical that adults are not alone with a young person
- ensuring child safety protocols at all SCSA events and venues are implemented
- ensuring risk assessments at all SCSA events and venues incorporate child safety

All staff, volunteers, contractors, visitors, parents/guardians and board/school must NOT:

- ignore or disregard any suspected or disclosed child abuse
- put young people at risk of abuse
- initiate unnecessary physical contact with a young person or do things of a personal nature that a young person can do for themselves, such as toileting or changing clothes
- exchange personal contact details such as phone number, social networking sites or personal email addresses with a young person

Full details of the following are available on the CGSAV Website (scsa.org.au):-

- [CGSAV Child Safety Policy](#)
- [CGSAV Child Protection – Reporting Obligations](#)



Code of conduct for Coaches/ Officials/ Players.

The following information has been adapted from the Australian Sports Commission document – Code of Conduct.

Official Code of Behaviour

In your role as an official appointed by *your school*, *you must* :

1. Place the safety and welfare of the players/participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation which may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.

Coach Code of Behaviour

In your role as a coach appointed by the school, as the Coach you:

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, first aiders, doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
9. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship.
10. Avoid situations with your players that could be construed as compromising.
11. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
12. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
13. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

Player Code of Behaviour

In your role as a player/participant in any activity held by the CGSAV, you will:

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to play
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
9. Cooperate with coaches, officials and staff.



Heat and cancellation policy

INCLEMENT WEATHER PROCESS FOR CANCELLATION

All sport should proceed where possible, in all weather conditions, with the exception of hail, lightning and extreme heat. Weather conditions need to be continually assessed during the playing time. In rainy conditions the playing surface conditions must be considered safe by the responsible staff. Safety of players is paramount.

Wet Weather

Cancellations due to wet weather should be made by 7.00am on the morning of the event (adverse weather conditions - <http://www.bom.gov.au/vic/forecasts/melbourne.shtml>), otherwise cancellations should be made at the venue.

Lightning and Severe Hail

Where student safety is compromised with severe hail or electrical storms play will immediately stop. In the case of electrical storms play should only recommence if students' safety can be assured i.e. 30 minutes after the last sound of thunder. Should weather conditions fail to improve, the game shall be cancelled.

Thunderstorm (including asthma policy).

All people at increased risk of thunderstorm asthma should:

- learn about thunderstorm asthma and what they can do to help protect themselves during grass pollen season
- where possible, avoid being outside during thunderstorms from October through December – especially in the wind gusts that come before the storm.
- have an asthma action plan (if advised to by your GP) and have practical knowledge of the four steps of asthma first aid
- have reliever medication appropriately available in grass pollen season and be aware of how to use it (ideally with a spacer)
- be alert to and act on the development of asthma symptoms as explained in your asthma action plan if you have one, or if you don't, use asthma first aid.
- Check the epidemic thunderstorm asthma forecast during the grass pollen season at [VicEmergency](#)
- While CGSAV is the managing body of a CGSAV event, each school should still be responsible for their own students regarding the management of each student's asthma action plans.

(<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/thunderstorm-asthma>)

Extreme Heat

Cancellations due to extreme heat should be made at the venue if the weather forecast exceeds 34°C, *however if the forecast is greater than 34°C the day prior*, the event can be cancelled & all schools contacted (<http://www.bom.gov.au/vic/forecasts/melbourne.shtml>),

Sports Medicine Australia has written a policy on exercising in heat, with reference to The Heat Stress Index or WBGT (wet-bulb globe temperature). The WBGT takes into account temperature, humidity and air velocity and it is considered a reliable measure of the environmental heat stress. A safe temperature level will be set by the SCSA using the SMA policy as reference material. A guideline temperature is **34°C** (<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>)

Match Results

If a match cannot continue for safety reasons, a minimum of half the match needs to have been completed for there to be a result.

Major Carnivals, Annual Events and Tournaments

The CGSAV Executive Officer will make cancellations for full day activities as early as possible. The decision to cancel will be rung through/emailed to each school – from here Parents/Carers will be contacted by each school.

If a cancellation has not been made prior to the start time, it is expected that all schools will arrive in plenty of time for the start of the carnival, event or tournament. CGSAV has the right to cancel or abandon aspects of the event at any time when inclement weather makes the activity unsafe.

Inclement weather

During the round robin phase:

If inclement weather occurs during the round robin phase of the tournament, a winner will be awarded if 80% of the games have been completed. If less than 80% of the games have been completed and there is no back up date, no winner(s) will be awarded for that year.

During finals:

If inclement weather occurs after all rounds have been played & before the finals have been played, then the results will be taken from the points & percentages from the rounds to establish the winner. Highest points & percentage will be the winner for the event.

If inclement weather occurs half way through the finals, then the team ahead at the time is declared the winner.

TRIATHLON: Aggregate

	CHAMPION
2014	Sacred Heart Geelong
2015	Sacred Heart Geelong
2016	Star of the Sea
2017	Sacred Heart Geelong
2018	Sacred Heart Geelong
2019	Sacred Heart Geelong
2020	Sacred Heart Geelong
2021	<i>No Competition – COVID-19</i>
2022	Sacred Heart Geelong
2023	OLSH

TRIATHLON: Age Section Winners

	SENIOR	INTERMEDIATE	JUNIOR
2014	Star of the Sea	Star of the Sea	Sacred Heart Geelong
2015	Star of the Sea	Sacred Heart Geelong	Sacred Heart Geelong
2016	Star of the Sea	Star of the Sea	Sacred Heart Geelong
2017	Sacred Heart Geelong	Sacred Heart Geelong	Sacred Heart Geelong
2018	Sacred Heart Geelong	Sacred Heart Geelong	Sacred Heart Geelong
2019	Sacred Heart Geelong	Star of the Sea	Sacred Heart Geelong
2020	Sacred Heart Geelong	Sacred Heart Geelong	Sacred Heart Geelong
2021	<i>No Competition – COVID-19</i>	<i>No Competition – COVID-19</i>	<i>No Competition – COVID-19</i>
2022	Sacred Heart Oakleigh	Sacred Heart Geelong	Kilbreda
2023	Sacred Heart Geelong	Sacred Heart Geelong	OLSH

CGSAV TRIATHLON

