



Suncoast Hinterland BMX Club
PO Box 7093
SIPPY DOWNS QLD 4556
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E: bmxhinterland@hotmail.com

2025 Information Pack

Race Licence

All riders taking to the track at Club race, gates or training sessions must have a licence from Auscycling. These can be purchased from www.auscycling.com.au. Riders must have a minimum of 'RACE OFF ROAD' licence to be able to participate. Prices vary depending on age. When you nominate Suncoast Hinterland BMX Club on your Auscycling membership a percentage will be donated back to the club.

Club Race Days

Club race nights are held on the 2nd and 4th weekend of each month during Terms 1, 2, 3 & 4 (excluding holidays).

- Term 1 & 4 Saturday night
- Term 2 & 3 Sunday afternoon

We do reserved the right to change race days due to weather events, conflicts and officials being unavailable (please keep an eye on socials for any changes).

All riders **MUST** pre-nominate for racing via the entryboss.cc

Registration closes at 30mins prior on the day of racing, as late entries put extra pressure on our volunteers and may result in a delay to start times. Late nominations will be considered on a case by case basis.

The club operates under Year of Birth for determining what the minimum age class a rider can nominate. For example, if you were born in 2015 you would need to be nominating in a 9 year old class. A rider may ride up one age class only. Clip pedals are only to be worn by riders that are turning 13 years of age that year or older. The club committee and race director on the day has the final say on race class entries and matters concerning racing.

Where low numbers are registered, the Club Registrar may merge age classes. Riders will be allocated season points in the race class they have nominated in.



Schedule of activities

SATURDAY NIGHT RACING Practice 5pm – Racing from 6.00pm

SUNDAY AFTERNOON RACING Practice 2.00pm – Racing from 3pm

Costs

Mini Wheelers \$5

Sprockets & Age Class \$10

Family Cap (Single Class) \$25

Gates Practice Sessions

Gate practice sessions on Wednesdays.

Sprockets and Beginners	5.30pm – 6pm	\$3 per rider
8+ Riders	6-7.30pm	\$5 per rider - Family cap (3 riders or more) \$12

All licenced Auscycling members are welcome - check in and pay at the rego hut.

Race Classes 2024

Miniwheeler (strider bikes only – NO pedals)

Sprockets (5 years, 6 years, 7 years – Participation racing)

Age Classes :

Boys - 8 years, 9 years, 10 years, 11 years, 12 years, 13-14 years, 15-16 years

Girls – 8-10 years, 11-12 years, 13-14 years, 15-16 years

Expert Mixed Male and Female – 17-30 years, 30+ years

Social Mixed Male and Female – 17+ years (Participation racing)

Scoring

The club will be using an electronic scoring system to score club racing. The system uses a transponder on the bike to communicate back to the computer software on where each rider places.

This will be run through the Sqorz software system and riders will be able to see placings and times after each race. All riders 8+ **WILL REQUIRE** a transponder (Prochip-flex). Once you purchase a transponder and subscription (1, 2 or 5 year), please make sure you activate this. Please see a committee member for assistance if needed.

Transponders can be purchased either from our Registration hut at the track, Speedhive [ProChip FLEX \(mylaps.com\)](#) or through Sqorz [MYLAPS ProChip FLEX Transponder with 1 or 2 Year Subscription \(sqorz.com\)](#). Purchased transponders can be used at any track which uses the MyLaps transponder systems (most BMX tracks across Australia) and are also needed should you wish to race inter-club events. The Club has a limited number transponders for hire each week on a first in first served basis.



End of Season Presentation

The club races one season, starting in approx. end of January each year and running through to end of November. Our season and race days are dependent on weather conditions and volunteer numbers. At the end of each season, we have a presentation in December where the following awards will be awarded and qualification requirements are subject to change due to unforeseen circumstances.

Participation awards: For all riders who attend 40% of race events throughout the year. This includes mini wheelers, sprockets and age class riders.

Age Class Awards: The rider in each age class (8 years and above) who has the highest accumulative points total from race days will be awarded age class winner for the year. Scoring for these awards is calculated by totalling the rider's best 65% of club rides through the year round. This is to provide the fairest scoring and allows for riders to be able to miss some races due to sickness, injury, etc without being penalised. Example: With 15 race rounds scheduled, we will be using riders top 10 race rounds. This will be adjusted depending on how many race nights we lose to weather and other factors.

Club Awards: Annual Club awards will be awarded at the end of the season.

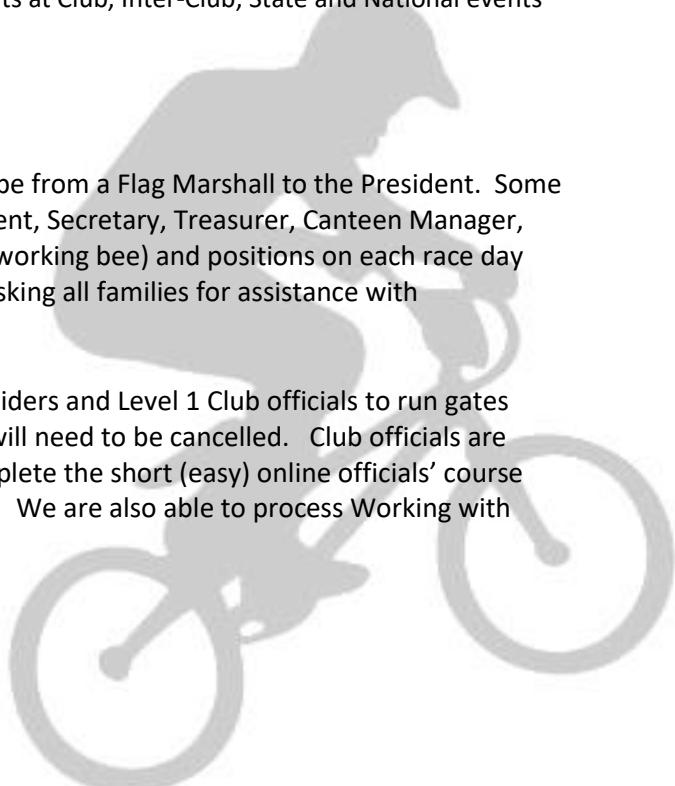
These will include :

- Sprockets Award for riders who have completed 65% of club race events
- 17 + Social division award for riders who have completed 65% of club race events
- Encouragement awards based on efforts and achievements
- Rider of the Year Award – based on achievements at Club, Inter-Club, State and National events
- Coach Awards

Volunteering

Our club is run completely by volunteers - whether it be from a Flag Marshall to the President. Some roles are filled at the Annual General Meeting (President, Secretary, Treasurer, Canteen Manager, Track Manager, etc), track and ground maintenance (working bee) and positions on each race day (Flag Marshall, Stager, etc). Again, this year we are asking all families for assistance with volunteering on race days and for working bees.

This year we will need assistance from qualified first aiders and Level 1 Club officials to run gates nights. If we do not fill the required positions, gates will need to be cancelled. Club officials are required to have a Working with Children Check, complete the short (easy) online officials' course and be a non-riding member of Auscycling (minimum). We are also able to process Working with Children Checks for members wanting to help.



Communication

We have 2 main avenues of distributing information out to our members:

Facebook & Instagram: Suncoast Hinterland BMX Club Social Media is the primary place for important news to be published. This could be a notice about a cancelled event, upcoming fundraising or other news. It is strongly encouraged that all new members jump on to our Facebook page and like it – To ensure that you don't miss any important posts, you can also set the page to 'See First'. If you need any assistance with this, please contact the club and we will be able to provide assistance. Please also follow our Club Instagram page.

Email: Suncoast Hinterland BMX Club will regularly email important information about the running of the club, sponsor information, member information and much more.

Club Facilities

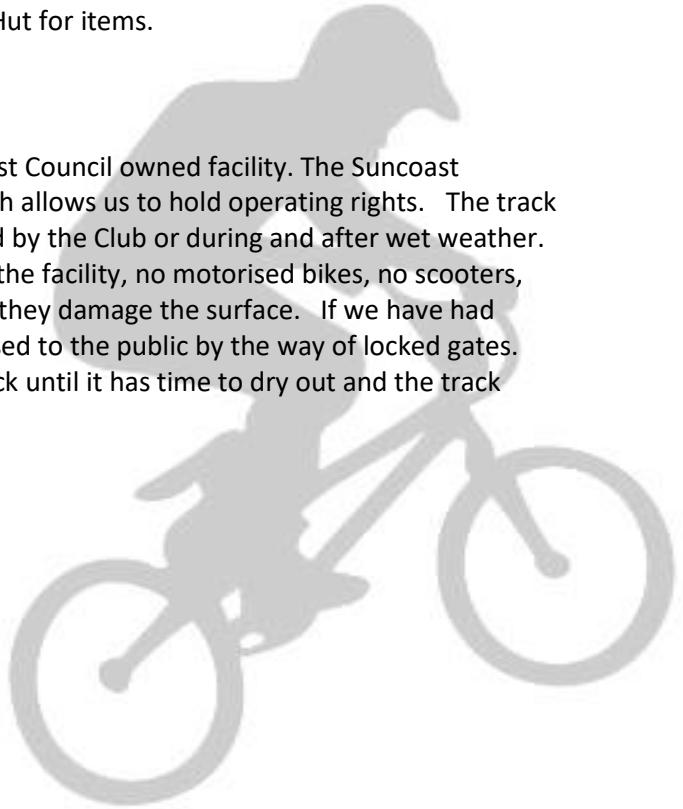
The club has a number of facilities available:

Canteen – The canteen opens an hour before racing (once we have the necessary volunteers to help). The canteen has a standard menu but does offer some special items which vary from week to week.

Club Merchandise – The club does a regular order of club race jerseys and supporter shirts throughout the year and 2025 will see a new design coming your way. 2025 will see some speciality items please see facebook, website and Registration Hut for items.

BMX Track

The Suncoast Hinterland BMX Track is a Sunshine Coast Council owned facility. The Suncoast Hinterland BMX Club has a lease over the facility which allows us to hold operating rights. The track is open to the public at any time it is not being utilised by the Club or during and after wet weather. Please note the following restrictions. No cars inside the facility, no motorised bikes, no scooters, training wheels or RC cars on the track at any time as they damage the surface. If we have had prolonged days of wet weather the facility will be closed to the public by the way of locked gates. We ask everyone to please refrain from riding the track until it has time to dry out and the track team have cleared for riding.



Clothing & Bike Requirements

To enable the sport of BMX to be safe, there are a number of rules which have been imposed by Auscycling. The follows are those roles which relate to a riders clothing & bike:

Clothing Requirements & Bike Requirements

- Long sleeve race jersey
- Long tear resistant race pants
- Gloves covering full hand and fingers
- Full face BMX or MX helmet
- No frame mounted reflectors
- No chain guard
- Free spin back pedal
- Rear brakes

Riders are able to wear body armour including knee pads, elbow pads, padding on chest and neck brace. These items are not mandatory and is entirely up to the rider.

Governance

As required under the Incorporated Associations Act, a copy of the Suncoast Hinterland BMX Club Constitution can be found and downloaded on the website. All members should read and understand the constitution, by-laws and other important information from the club as these documents set out the parameters in which the Management Committee is able to run the club.

Further information on Auscycling Australia's policies which members are also required to adhere to can be found at <https://www.auscycling.org.au/page/about/governance-rules-policies>. There are links to the most important documents, but members are encouraged to read and understand all the policies.

Levels of racing

Racing at the Suncoast Hinterland BMX Club is only one small part of the sport. Depending on your level of membership, you could also participate in the following:

- Racing at other clubs around Australia – It is a lot of fun to race at different tracks as you can meet different people and experience different racing conditions. Some clubs organise to hold special events (eg. Club Race days, Open days, Fundraising race meets, etc)
- Auscycling State Series – 7 race events throughout Queensland. Top 8 riders on points over (5 race events) in the series is presented with a trophy/recognition plate at the State Championships in September.
- State Championships – This is held in September each year. The top 8 riders in each Age Class is presented with a ranking (1Q, 2Q, etc) along with a trophy. Mini Wheelers & Sprockets receive a participation award (Trophy/Medal/etc)
- National Championships –held at various locations in Australia each year. See Auscycling calendar.

Helpful Hints

- Bring plenty of water especially during summer as it is a very tiring sport
- Bring along chairs as there is no seating at the track
- Bring spare change for the canteen and raffle. EFTPOS facilities are now also available.

Club Management

The club is managed by a Volunteer Committee. Our 2024 Executive Committee are:

- Kurt Natalier – President
- Jaclyn Smith – Secretary
- Samantha Tan – Treasurer
- Eliza Hardy – Registrar

If you have any queries, comments or suggestions, any of the above people can be approached and will be able to assist.

Please feel free to message us to discuss any queries that you may have.

As a Club we could not continue to operate with the support of local business:

2025 Major Sponsors



Proudly supported by
Sunshine Coast Council's grants program



Hints, Tips and Information

BIKE

Micro (18" wheel)

Frame Size: 16.25 Top Tube



Mini (20 inch wheel)

Frame Size: 17.25 Top Tube



Junior

Frame Size: 18.25 - 18.5 Top Tube



Expert

Frame Size: 19.25 - 19.5 Top Tube



Expert XL

Frame Size: 20 Top Tube



Pro

Frame Size: 20.5 Top Tube



Pro XL

Frame Size: 20.7 - 21 Top Tube



Pro XXL

Frame Size: 21.5 - 21.75 Top Tube



Pro XXX

Frame Size: 22 Top Tube +



Crusier

Frame Size: 21.5 - 21.75 Top Tube



SIZE GUIDE

Rider Height: 120cm or less

Rider Height: 120 - 140cm

Rider Height: 140 - 150cm

Rider Height: 145 - 160cm

Rider Height: 155 - 170cm

Rider Height: 165 - 170cm

Rider Height: 170 - 180cm

Rider Height: 175cm upwards

Rider Height: 180cm upwards

Rider Height: 175cm upwards



PH: 07 49 211 332

Cnr Archer & Alma Streets, Rockhampton



Gloves *from \$30*
Jerseys *from \$65*
Pants *from \$120*

Helmet Bags *from \$35*
Helmets *from \$190*



BMX Race Bikes
from \$620

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