

13-14 DEC 2025 | LA LARR BA GAUWA MTB PARK, HARCOURT, VIC

# **2026 AUSCYCLING MTB NATIONAL SERIES (XCO) - ROUND 3 & 4 TECHNICAL GUIDE**



**National Series**

AusCycling

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# Welcome

## Welcome Message from Bendigo Mountain Bike Club

Bendigo Mountain Bike Club is an all-inclusive club that supports and fosters mountain biking in the Greater Bendigo region in Victoria, Australia. We want more people on bikes and encourage new riders to get outdoors to enjoy our beautiful landscape in Central Victoria.

After severe flooding destroyed the La Larr Ba Gauwa Mountain Bike Park in 2022, we're thrilled to welcome racers and spectators back to the beautifully restored park for a weekend filled with fun, laughter, and—of course—racing!

Hosted by the Bendigo Mountain Bike Club, this event will showcase a hand-picked selection of the park's signature trails. Riders can look forward to stunning views, distinctive rock features, rewarding climbs, rocky technical sections, and fast, flowy descents that capture the true spirit of La Larr Ba Gauwa.

The park is back—and we can't wait to celebrate its return with you. See you on the trails!

## 2026 AusCycling MTB National Series

The 2026 AusCycling Mountain Bike XCO National Series will run from late November 2025 to the second weekend in March 2026.

Round 1	Saturday 22 <sup>nd</sup> November	Mt Crosby, Brisbane, QLD	<a href="#">Entries</a>
Round 2	Sunday 23 <sup>rd</sup> November	Mt Crosby, Brisbane, QLD	<a href="#">Entries</a>
Round 3	Saturday 13 <sup>th</sup> December	La Larr Ba Gauwa Park, Harcourt, VIC	<a href="#">Entries</a>
Round 4	Sunday 14 <sup>th</sup> December	La Larr Ba Gauwa Park, Harcourt, VIC	<a href="#">Entries</a>
Round 5	Friday 27 <sup>th</sup> February	Mt Stromlo, Canberra, ACT	TBA
Round 6	Saturday 28 <sup>th</sup> February	Mt Stromlo, Canberra, ACT	TBA
Round 7	Sunday 1 <sup>st</sup> March	Mt Stromlo, Canberra, ACT	TBA
Round 8	Sunday 8 <sup>th</sup> March	TBC, Brisbane, QLD	TBA

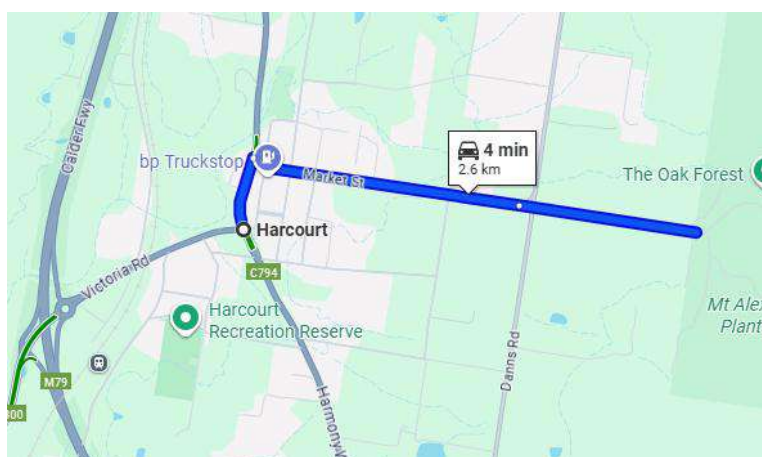
Entry for all events will be managed through the Entry Boss Platform. Event opening times may vary, however you can view all the active events via the [central MTB National Series webpage](#).

## 1.0 Event Information

### 1.1 Location

Rounds 3 and 4 of the 2026 National Series will take place at La Larr Ba Gauwa MTB Park in Harcourt Victoria, 3453. The address is Picnic Gully Rd, Harcourt Noth, VIC, 3453. Picnic Gully Rd has a speed limit of 5km/h. **Please ensure you stick to the speed limit to keep avoid creating dust clouds.** We must be respectful of residents who live along this road.

The La Larr Ba Gauwa MTB park is a publicly accessible MTB park, located 5 minutes from the township of Harcourt Victoria.



Approximate travel times to the venue are;

Depart from:	Time
Melbourne CBD	1h 30m
Melbourne Airport	1h 15m
Bendigo	30 mins
Ballarat	1h 20m
Daylesford	40 mins
Castlemaine	10 mins

### 1.2 Dates & Entries

- Round 3 – Saturday 13<sup>th</sup> of December 2025 - [Entries](#)
- Round 4 – Sunday 14<sup>th</sup> of December 2025 - [Entries](#)

### 1.3 Registration

Event registrations will be onsite in the event village. Registrations will be open at the following times:

- Friday 12<sup>th</sup> December 2025, 2:00pm – 5:00pm, Event Village
- Saturday 13<sup>th</sup> December 2025, 7:00am – 12:00pm, Event Village
- Sunday 13<sup>th</sup> December 2025, 7:00am – 12:00pm, Event Village

Riders will be issued with a race plate that needs to be securely attached to the riders' handlebars using the supplied zip ties. All riders must ensure that race plates are clearly visible to course officials and that the number is not obstructed.

Riders are not permitted on the course without a race plate. Coaches are asked to register at event registration before entering the course during official practice.

## 1.4 Event Contacts

Please see the listed persons below.

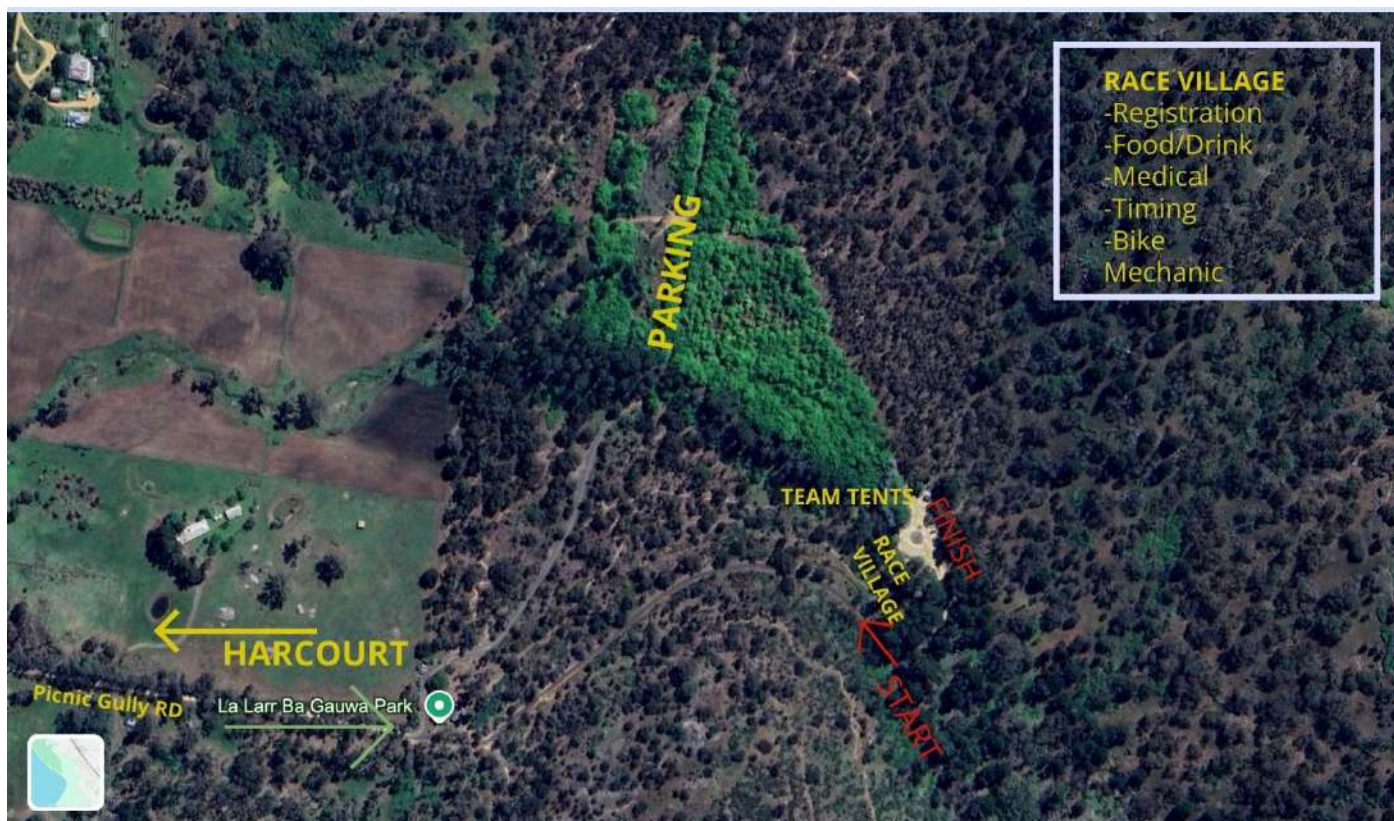
Name	Position/Title	Phone	Email
Sarah Fletcher	Event Manager/Race Director	0407 939 091	<a href="mailto:info@bendigomtb.com.au">info@bendigomtb.com.au</a>
Harry Fortune	Event Operations Manager (AusCycling)		<a href="mailto:harry.fortune@auscycling.org.au">harry.fortune@auscycling.org.au</a>
Bradley Higgins	President of the Commissaire Pannel		
Ray Hart	Commissaire		
Ash McAullife	Commissaire		
Robert Doyle	Commissaire		

## 1.5 Race Village & Parking

The race village will be located in the Oak Forrest camping grounds. The race village will offer food and beverages as well as all race services including; Registration, timing, mechanical services and podium presentations.

Parking will be located in the Oak forest with a short walk of around 200mts to the race village. Please follow the parking marshals directions. There will be an allocated drop of zone for heavy items but there is strictly **no parking in the event village**. Only a small number of disabled parking only will be available in the event village.

The race start will be allocated on the fire road approx. 100m from the race village. The finish line will be in the event village as will the feed/tech zone.





## 1.6 Schedule

Please see the event schedule below. Please note that this schedule may be subject to change prior to the event.

### Friday 12<sup>th</sup> December 2025

Time		Race	Categories
14:00	17:00	Rego Open	All
14:00	17:00	Course Practice (Saturday Course)	All

### Saturday 13<sup>th</sup> December 2025

Time		Race	Estimated Race Time	Categories	Laps
7:00	12:00	Rego Open		All	
7:00	8:00	Practice	1 h 00 m	All	
8:30	10:30	Race 1	1 h 30 m	<ul style="list-style-type: none"> <li>• U15 W</li> <li>• U17 W</li> <li>• U19 W</li> <li>• U23/Elite W</li> <li>• Expert W</li> <li>• E-Bike W</li> <li>• Masters W1</li> <li>• Masters W2</li> <li>• Masters W3</li> <li>• Masters W4</li> <li>• Masters W5</li> <li>• Masters W6</li> <li>• Masters W7</li> <li>• Masters W8</li> <li>• Masters W9</li> <li>• Masters W10</li> </ul>	
10:30	12:00	Race 2	1 h 15 m	<ul style="list-style-type: none"> <li>• E-Bike M</li> <li>• U15M</li> <li>• U17M</li> <li>• Masters M5</li> <li>• Masters M6</li> <li>• Masters M7</li> <li>• Masters M8</li> <li>• Masters M9</li> <li>• Masters M10</li> </ul>	
12:00	14:00	Race 3	1 h 30 m	<ul style="list-style-type: none"> <li>• U19M</li> <li>• U23M/Elite M</li> <li>• Expert M</li> <li>• Masters M1</li> <li>• Masters M2</li> <li>• Masters M3</li> <li>• Masters M4</li> </ul>	
14:00	14:30	Race 4	0 h 20 m	<ul style="list-style-type: none"> <li>• U13M</li> <li>• U13W</li> </ul>	
14:30	14:45	Race 5	0 h 15 m	<ul style="list-style-type: none"> <li>• U11M</li> <li>• U11W</li> </ul>	
14:50	15:30	Presentations		All Categories	
15:30	16:30	Practice (Sunday Course)		All	

*\*Competition Schedule Subject to Change*

## Sunday 14<sup>th</sup> December 2025

Time		Race	Estimated Race Time	Categories		Laps
7:00	12:00	Rego Open		All		
7:00	8:00	Practice	1 h 00 m	All		
8:30	10:00	Race 1	1 h 30 m	<ul style="list-style-type: none"> <li>• U15 W</li> <li>• U17 W</li> <li>• U19 W</li> <li>• U23/Elite W</li> <li>• Expert W</li> <li>• E-Bike W</li> </ul>	<ul style="list-style-type: none"> <li>• Masters W1</li> <li>• Masters W2</li> <li>• Masters W3</li> <li>• Masters W4</li> <li>• Masters W5</li> <li>• Masters W6</li> <li>• Masters W7</li> <li>• Masters W8</li> <li>• Masters W9</li> <li>• Masters W10</li> </ul>	
10:00	10:30	Presentations – Race 1				
10:30	12:00	Race 2	1 h 15 m	<ul style="list-style-type: none"> <li>• E-Bike M</li> <li>• U15M</li> <li>• U17M</li> </ul>	<ul style="list-style-type: none"> <li>• Masters M5</li> <li>• Masters M6</li> <li>• Masters M7</li> <li>• Masters M8</li> <li>• Masters M9</li> <li>• Masters M10</li> </ul>	
11:45	12:00	Presentations – Race 2				
12:00	14:00	Race 3	1 h 30 m	<ul style="list-style-type: none"> <li>• U19M</li> <li>• U23M/Elite M</li> <li>• Expert M</li> </ul>	<ul style="list-style-type: none"> <li>• Masters M1</li> <li>• Masters M2</li> <li>• Masters M3</li> <li>• Masters M4</li> </ul>	
13:30	14:00	Presentations – Race 3				
14:00	14:30	Race 4	0 h 20 m	• U13M	• U13W	
14:30	14:45	Presentations – Race 4				

*\*Competition Schedule Subject to Change*

## 1.7 Accommodation & Travel

There are many accommodation options available in Castlemaine, Harcourt, Bendigo or Daylesford within a 40 minute drive of the venue. Camping options are also available close to Harcourt. Please note that camping in the Oak Forest camping grounds **will not be permitted** during this event due to event operations being staged in this location.

Bendigo MTB Club's accommodation partner BIG4 Bendigo Park Lane Holiday Park has a range of budget to premium accommodation options just minutes from the action. Dog friendly cabins, camping and glamping, activities for all ages including a 4-level indoor play centre, and all in a peaceful setting, it's the perfect base for your cycling adventure.

Just use code '**AC25**' online or over the phone to save **10%** on your stay! Visit [www.parklaneholidayparks.com.au/bendigo](http://www.parklaneholidayparks.com.au/bendigo) to learn more. Discount valid for stays between 12<sup>th</sup> and 15<sup>th</sup> December – Subject to availability.

Campers can elect to camp at camping grounds nearby such as the Mt Alexander Regional Park or the Leanganook Camping area, approximately 15 minutes from the race village. Basic camping is also available at the Harcourt Pony Club grounds for a fee of \$10 a night. The grounds are located next door to the Harcourt pool where there is access to a permanent toilet and shower during pool operation hours. The Pony Club grounds are located in the town of Harcourt, 2.2k's from the event village. Please email [sarahfletcher2927618@gmail.com](mailto:sarahfletcher2927618@gmail.com) if you intend on using this option.

## 1.8 First Aid & Medical

First Aid and medical services will be available on site to all riders and spectators. Medical support will be located in the race village and will be available from the start of official practice to the end of the final race. Both spectators and riders can access medical assistance, however people will be treated in order of medical urgency.

The nearest hospital is Castlemaine Health, 142 Cornish St, Castlemaine VIC 3450. This hospital operates 24 hours and is the closest hospital to the venue.

Bendigo Health Emergency Department, Bendigo Health, Drought St & Arnold Street, North Bendigo VIC 3550 is the next closest facility, with a bigger emergency department.



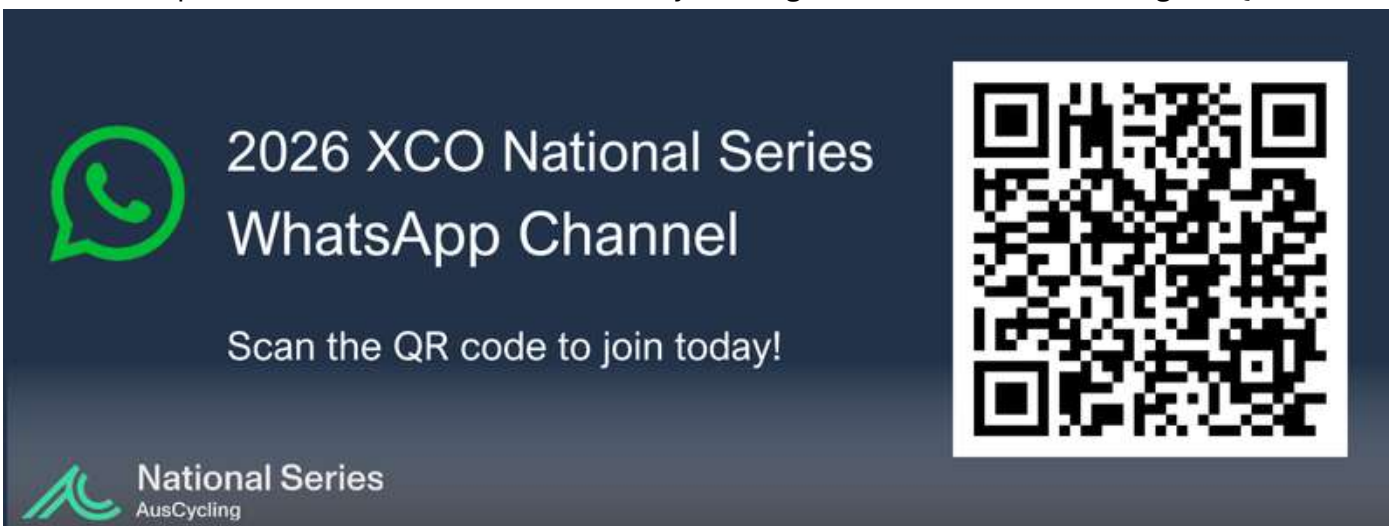
## 1.9 Team Tents

Pit sites will be available in the area indicated on the race village map. There is no charge to set up a pit space, however we ask that you keep your pit space to a maximum of 3 meters long by 3 meters wide to ensure fair access to all riders and spectators who wish to set up a pit site. Positions within the allocated site are on a first come first served basis. If you decide to leave your set up or any belongings in place overnight, you do so at your own risk.

## 1.10 Event Day Communications

Communications on event day will be provided through a dedicated WhatsApp channel for the event. Riders and spectators are encouraged to follow this channel for all updates in relation to the event including schedule changes.

Riders and spectators can access this channel by clicking on this banner or scanning the QR code.



The banner features a dark blue background. On the left is a green WhatsApp logo. To its right, the text '2026 XCO National Series' and 'WhatsApp Channel' is displayed in white. Below this, the text 'Scan the QR code to join today!' is shown. On the right side of the banner is a large QR code. At the bottom left, the 'National Series AusCycling' logo is present.

## 2.0 Race Information

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### 2.1 Race Categories

This event will offer all AusCycling National Series categories indicated as part of the AusCycling National Series as well as supported races. All participants must race in their designated category based on their age as at 31 December 2026.

#### National Series Categories

Age Category	Code	Age
Elite / U23 Men/Women	ME/WE	>19
Expert Men/Women	MX/WX	19-29
Junior Men/Women (U19)	MJ/WJ	17-18
Under 17 Men/Women	M17/W17	15-16
Under 15 Men/Women	M15/W15	13-14
Under 13 Men/Women	M13/W13	11-12
Masters 1 Men/Women	M1/W1	30-34
Masters 2 Men/Women	M2/W2	35-39
Masters 3 Men/Women	M3/W3	40-44
Masters 4 Men/Women	M4/W4	45-49
Masters 5 Men/Women	M5/W5	50-54
Masters 6 Men/Women	M6/W6	55-59
Masters 7 Men/Women	M7/W7	60-64
Masters 8 Men/Women	M8/W8	65-69
Masters 9 Men/Women	M9/W9	70-74
Masters 10 Men/Women	M10/W10	75-79

#### Supported Races (Non-National Series categories)

Age Category	Code	Age
U13 Beginner Men/Women		<13
U15 Participation Men/Women		<15
E-Bike Men/Women		19+

### 2.1.1 Additional Information

- Please note that **U23 riders will compete within the Elite category** and will not have a separate classification in the series.
- Masters races will be combined for the purposes of racing and scheduling, but individual masters categories will be acknowledged on podiums and awarded prizes/medals.

Participants may qualify for both an Elite ranking and Age-Group ranking for the Series based on the category they compete in each round.

- Masters riders may elect to race in the Elite category for any event however they will only earn Series points in the Elite category from those events where the individual raced in the Elite category. Points accumulated from Masters categories do not count towards Elite Series points.
- Categories may be combined on course for races but will be called up and started as separate waves, in accordance with the AusCycling CX Technical Regulations.
- Note 'Expert' is aimed at those in the 19-29 age group not wanting to race elite. Open can be offered separately by hosts and is a category open to all ages without equipment restrictions but is not acknowledged as a series category.
- Riding up is not permitted in these series events for any Junior age categories.

## 2.2 Series Equipment Requirements

Where not expressly mentioned below, all equipment requirements will revert to AusCycling Regulations and then to the UCI Equipment Regulations where applicable.

## 2.3 Rider Safety Equipment

As per the 2025 AusCycling Mountain Bike Technical Regulations (Annexure A), riders must have a helmet meeting AS2063 or equivalent international standard. Equivalent international standards include;

- ANSI Z90.4, SNELL B or N Series
- ASTM F-1447
- CAN/CSA-D113.2-M
- US CPSC standard for bicycle helmets
- European CEN standard EN1078

## 2.3 Practice & Warm Up

There are four official practice times as per the competition schedule. Please refer to the competition schedule for further information regarding official practice times.

Official Practice will be held between the following times:

Date	Official Practice Time
Friday 12 <sup>th</sup> December	2:00pm – 5:00pm (Round 3 Course)
Saturday 13 <sup>th</sup> December	7:00am – 8:00am (Round 3 Course)& 3.30pm-4.30pm (Round 4 Course)
Sunday 14 <sup>th</sup> December	7:00am – 8:00am (Round 4 Course)

## 2.4 Prizing and Awards

Prizing and awards for this event will include National series medals for all official national series categories (as outlined in the AusCycling XCO National Series Guide).

## 2.5 Series Points

The points for the Series will be awarded based on the finishing place on each round in accordance with the following tables:

FINAL RACE RUN POINTS									
Position	Points	Position	Points	Position	Points	Position	Points	Position	Points
1st	200	11th	110	21st	90	31st	70	41st	50
2nd	186	12th	108	22nd	88	32nd	68	42nd	48
3rd	176	13th	106	23rd	86	33rd	66	43rd	46
4th	168	14th	104	24th	84	34th	64	44th	44
5th	160	15th	102	25th	82	35th	62	45th	42
6th	152	16th	100	26th	80	36th	60	46th	40
7th	144	17th	98	27th	78	37th	58	47th	38
8th	136	18th	96	28th	76	38th	56	48th	36
9th	124	19th	94	29th	74	39th	54	49th	34
10th	116	20th	92	30th	72	40th	52	50th	32
								51st~	30
								DNF	20
								DNS	0

## 2.6 Timing and Results

Live timing will be available at this event. Access to live timing will be provided through a dedicated event WhatsApp Channel (refer to section 1.13 of this guide). Results will also be posted to the [AusCycling Results Website](#)

## 2.7 Start Order

The start order for this event will be developed in accordance with the policy outlined in the 2025 AusCycling XCO National Series – Series Guide. This guide can be viewed [here](#).

Starting order for Round 3 & 4 in all National Series Race Categories will be based on:

Elite, U23 & U19
<ol style="list-style-type: none"> <li>1. 2026 National Series Rankings</li> <li>2. UCI World Champion</li> <li>3. AusCycling National Champion</li> <li>4. Top 200 UCI riders by points</li> <li>5. 2025 National Series rankings</li> <li>6. Order of Entry</li> </ol>
Masters
<ol style="list-style-type: none"> <li>1. 2026 National Series Rankings</li> <li>2. AusCycling National Champion</li> <li>3. 2025 National Series rankings</li> <li>4. Order of Entry</li> </ol>
J15, J17
<ol style="list-style-type: none"> <li>1. 2026 National Series Rankings</li> <li>2. AusCycling National Champion</li> <li>3. 2025 National Series rankings</li> <li>4. Order of Entry</li> </ol>
J13 & Expert
<ol style="list-style-type: none"> <li>1. 2026 National Series Rankings</li> <li>2. Order of Entry</li> </ol>

Call-up order will not be updated between Rounds of the Series which occur on consecutive days.

## 2.8 Course Maps

Please see the following course maps for Round 3 & 4.

## 3.0 Applicable Policies and Procedures

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### 3.1 Anti-Doping Testing

#### 3.1.1 Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

Therapeutic Use Exemption (TUE) A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

To find out if you need to complete a TUE in-advance, you can use the [SIA TUE in-advance requirements checker](#)

TUE in-advance are typically required for athletes who are;

- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships.

If you are currently taking any medication, please check whether this substance is banned in or out of competition via [www.globaldro.com/AU/search](http://www.globaldro.com/AU/search) Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23.

#### 3.1.2 Sport Integrity Australia App

Any athlete and official can download the SIA app.

The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.



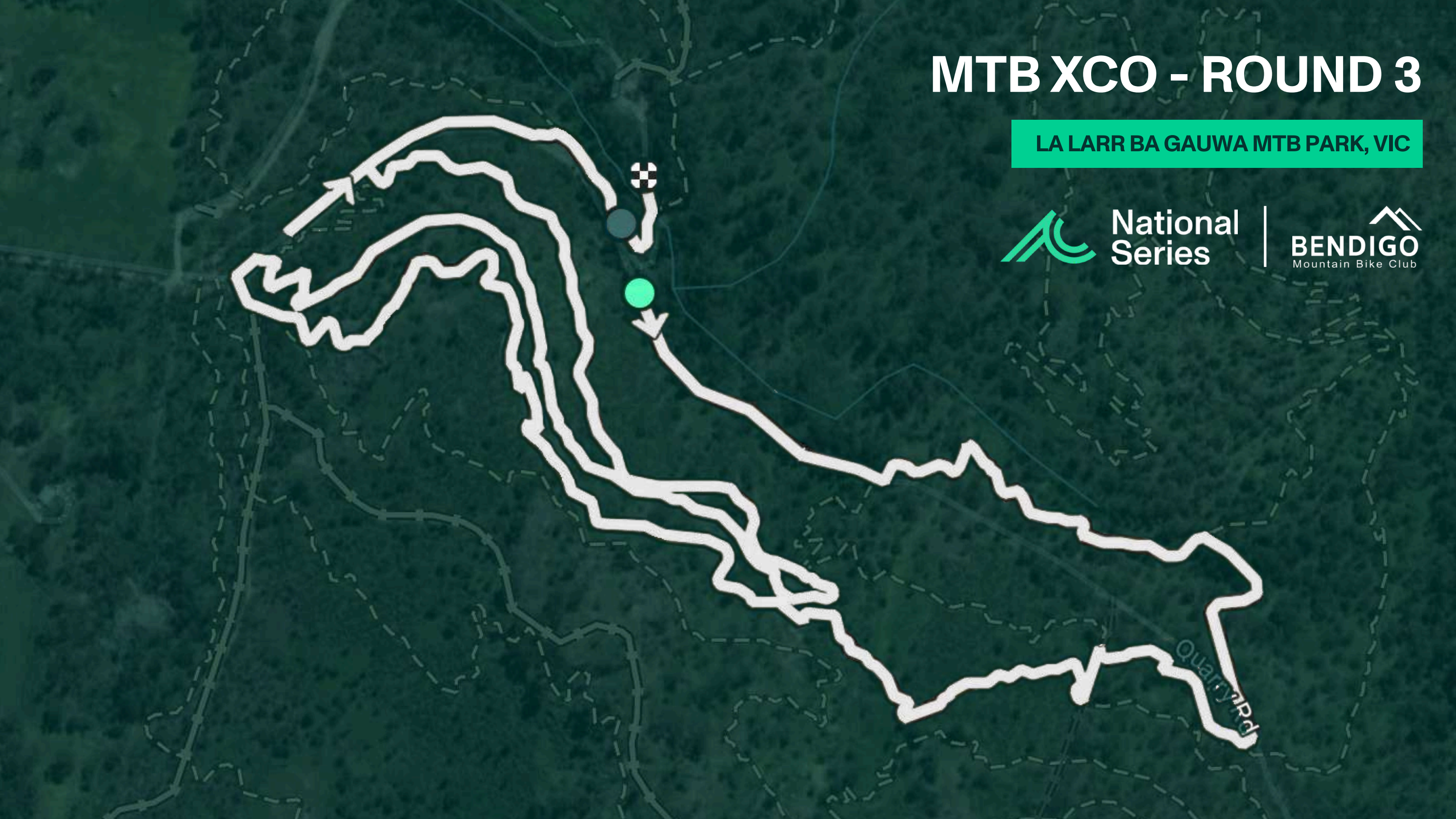
# MTB XCO - ROUND 3

LA LARR BA GAUWA MTB PARK, VIC



National  
Series

BENDIGO  
Mountain Bike Club



480 m

460 m

440 m

420 m

Distance 4.63 km  
Elevation 407 m  
Grade 1.0%



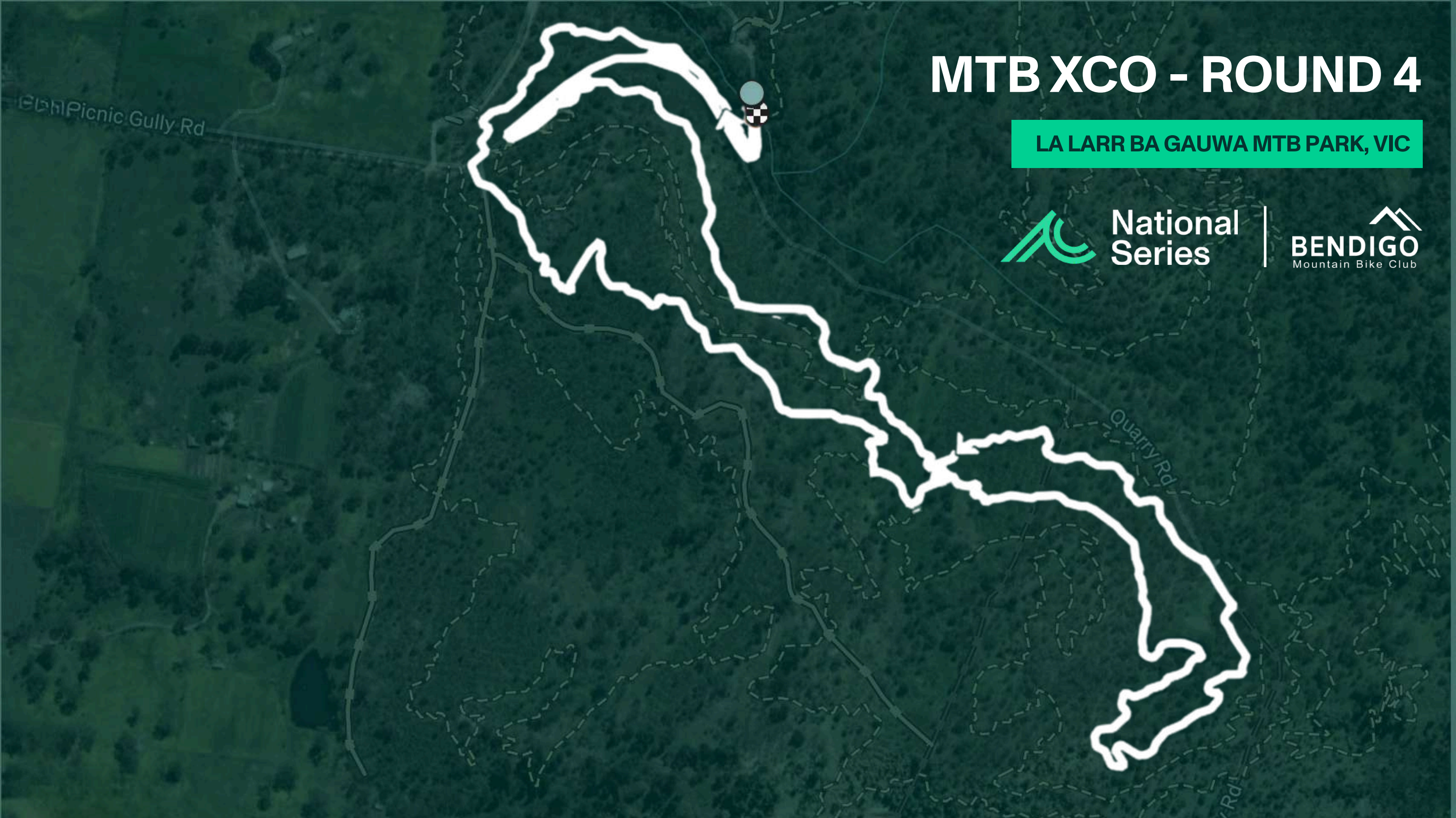
# MTB XCO - ROUND 4

LA LARR BA GAUWA MTB PARK, VIC



National  
Series

BENDIGO  
Mountain Bike Club



500 m

480 m

460 m

440 m

420 m

400 m

Distance 5.08 km  
Elevation 108 m  
Grade 1.0%



## 3.2 Cameras

Cameras are permitted to be used in accordance with Section 1.03.06 of the AusCycling Technical Regulations - General and riders should familiarise themselves with their obligations should they wish to use one.

## 3.3 AusCycling Policies

The following AusCycling Policies apply to this event.

- [Concussion Policy](#)
- [Refund Policy](#)
- [Event Terms and Conditions](#)
- [AusCycling Technical Regulations - General](#)
- [AusCycling Technical Regulations – Mountain Bike](#)
- [National Integrity Framework](#)



SPORT INTEGRITY  
AUSTRALIA

# CLEAN SPORT IS YOUR RESPONSIBILITY

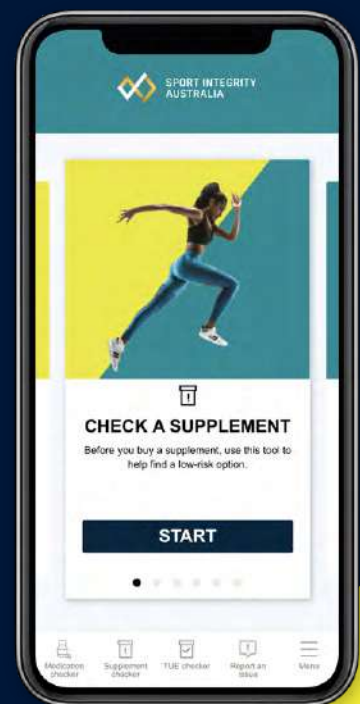
## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store and Google Play store [here](#).



## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



## Contact Us

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](https://www.sportintegrity.gov.au)



SPORT INTEGRITY  
AUSTRALIA

# ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.

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All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.

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Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.

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As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.

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There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.

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Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.

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If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.

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Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.

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# COMPETITION COMING UP?

## MAKE SURE YOU ARE READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.



2

### TAKING A MEDICATION?

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



3

### TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



4

### USING SUPPLEMENTS?

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



5

### NEVER BEEN TESTED?

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



6

### KNOW THE RULES?

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



7

### COMPLETED YOUR EDUCATION?

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#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**





# Here for you Here for good

**We believe assisting young women and men to achieve their best as both athletes and people makes us a better company. That's why we are the naming sponsor of the Australian Cycling Team.**

At ARA, our focus is on more than just delivering essential building and infrastructure services. We're always thinking about how we can create value for our customers, support our community and enrich the lives of Australians.

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