

# EVENT MANUAL



## NATIONAL TRACK SERIES



PRINCIPAL PARTNER  
**APL**  
WINDOW SOLUTIONS

## ROUND THREE

SIT ZERO FEES VELODROME,  
INVERCARGILL

9 - 11 OCTOBER 2020

## 1. WELCOME

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On behalf of Cycling New Zealand and it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round Three of the 2020 National Track Series at the SIT Zero Fees Velodrome, Invercargill. Thank you to Cycling Southland for hosting us this weekend.

We look forward to a great event and hope you have an enjoyable time.

This manual provides useful information for all riders, team members and officials.

## 2. KEY CONTACTS

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Event Coordinator:	Steff Jordaan	027 855 7676
Event Director:	Janette Douglas	027 644 8921
PCP:	Erin Criglington	021 134 2294

## 3. VENUE ACCESS

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The venue will be open 1 hour prior to the event programme commencing each session. The venue will close 30 minutes after the end of the night session. In between sessions you are welcome to remain in the infield however the use of the track is prohibited until the official warm up period begins.

## 4. SCHEDULE

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We encourage riders to attend the Workshops relevant to them, as these are an important part of the intent of the series and this is where you will gain important skill acquisition and knowledge to apply during the racing. These are included in the entry fee and all riders are encouraged to attend.

For this event, Workshop 1 is for beginner riders only, new to Madison's. Workshop 2 is open for every rider to attend.

### Friday 9<sup>th</sup> October:

- 3.00pm – 4.00pm: **Workshop 1**  
Madison workshop for new riders (Sport Southland Meeting Room 1)
- 3.00pm – 3.15pm: Warm up for Sprinters
- 3.15pm: Flying 200 Time Trial
- 4.00pm – 4.45pm: Madison practice on the track for new riders (must have been to the workshop at 3pm to attend this track session)
- 5.20pm: Warm up for endurance
- 5.35pm – 10.00pm: SESSION 1

### Saturday 10<sup>th</sup> October:

- 9.00am – 10.00am: **Workshop 2**  
Mental Skills/Resilience Workshop (Sport Southland Meeting Room 1)
- 10.30am – 11.00am: Warm up
- 11.00am – 2.30pm: SESSION 2
- **2.30pm – 5.30pm: BREAK**
- 5.30pm – 6.00pm: Warm up
- 6.00pm – 10.15pm: SESSION 3

### Sunday 11<sup>th</sup> October:

- 8.30am – 9.00am: Warm up
- 9.00am – 12.00pm: SESSION 4

## 5. WARM UP SESSION TIMES

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There will be a warm up prior to the beginning of each session. Prior to the scheduled session start time, a Commissaire will blow a whistle for the riders to exit the track. Please adhere to the instructions of the Commissaires at all times.

## 6. EVENT PROGRAMME

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The provisional event programme is available [here](#). Due to the objectives of the event the timing, racing and other aspects of the programme are likely to change as the event progresses. Expect a large degree of fluidity and adjustment to ensure you are benefiting to your potential.

## 7. TRANSPORT LOGISTICS SUPPORT

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Thank you to those who have indicated that they require transport on Friday from Auckland or Hamilton Airport to the Avantidrome and back to the airport on Sunday. If you require transport and have not been contacted by our team, please email [events@cyclingsouthisland.co.nz](mailto:events@cyclingsouthisland.co.nz) with your flight details by **end of day Monday 5 October**.

## 8. INFIELD GYM

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Please note that the infield gym will be closed to riders and all officials during event times.

## 9. PARKING

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Free parking is available in the venue carpark. The venue accepts no liability for any damage to any vehicles parked in or otherwise using the car parking area.

## 10. RACE NUMBERS

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Both numbers are to be placed on the lower back area, one beside the other.

## 11. MEDICAL

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Medical staff are on duty during each session. They are located at the end of the Velodrome (close to the tunnel).

If you require medical assistance while not at the event over the weekend note the following Medical Centres on duty.

Southland Hospital

Kew Road, Invercargill

(03) 218 1949

**In an Emergency call 111**

## 12. FOOD AND BEVERAGE

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Food and beverages will be available for purchase from stadium providers during the sessions. You are permitted to bring in your own food and beverage to the infield.

## 13. TICKET SALES

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Free entry for supporters.

## 14. SOCIAL MEDIA

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We encourage you to get involved in the event through social media. The key links are provided below:

Event Facebook	<a href="https://www.facebook.com/CyclingNZL">https://www.facebook.com/CyclingNZL</a>
Instagram	<a href="https://www.instagram.com/cyclingnewzealand/">https://www.instagram.com/cyclingnewzealand/</a>
Twitter	<a href="https://twitter.com/CyclingNZL">https://twitter.com/CyclingNZL</a>
Website	<a href="https://www.cyclingnewzealand.nz/events-and-results/national-events/national-track/">https://www.cyclingnewzealand.nz/events-and-results/national-events/national-track/</a>
Key Partners	<a href="#">@cyclingsouthland</a>

## 15. RESULTS AND PRIZES

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Events will be run as 'Omnium style'. Riders will be awarded points for placings in each event (apart from qualifying races, these do not count towards points). Prizes will be awarded to the top three in both Endurance and Sprint (A and B Grade) in each round. Points will be allocated as follows:

Placing	Points
1	8
2	6
3	4
4	3
5	2
6	1

Final results will be posted on the event website after the event.

\*If riders scratch during the weekend, they will no longer be eligible to receive a result from the overall points table. The points will still be counted for the overall series points table however.

## 16. MADISON PAIRING PROCESS

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You will be able to choose your own pairings for both the Madison and Team Sprint at the start of competition. The mixed Madison will be one female and one male pairings. Males will be required to ride the same gear as the females.

## 17. HEALTH AND SAFETY

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The event has a Health and Safety plan which has taken into consideration the health and safety of the riders, team officials, volunteers, spectators and staff. Health and Safety is the responsibility of all those attending. If you have any concerns or identify any hazards please contact the Event Manager.

## 18. RULES AND REGULATIONS

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Racing will be conducted under [UCI regulations](#) and [Cycling New Zealand Road & Track racing rules](#). The UCI scale of penalties will apply.

There will be compulsory gear checks prior to each race start.

Gearing Restrictions:

Male Endurance – 94

Female endurance – 92

Sprint – 98

Keirin – 98

2021 U17 & U15 – 90

The gearing is the maximum roll out.

Equipment:

No disc wheels for all

## 19. GRADING

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The first race of the session will be used to determine the grades (Points Race). Endurance grades will consist of:

Men's A Grade

Men's B Grade

Women's A Grade

Women's B Grade

\*Depending on entry numbers, the Race Manager may pre-allocate your grade, or otherwise grading races will be raced to determine grades.