



CRITERIUM NATIONAL CHAMPIONSHIPS

HOSTED BY



TECHNICAL GUIDE

23 JANUARY 2023 | PALMERSTON NORTH

1. WELCOME

Welcome to the 2023 Criterium National Championships.

On behalf of the Cycling New Zealand RTX Council and Cycling New Zealand, I would like to thank all the riders and their supporters for their continued support of the event. A big thank you as well as to all the volunteers and officials for the hard work they have put in to bring the event to fruition.

We are privileged that Massey University has been able to provide a safe and picturesque venue. We would also like to recognize the support of Palmerston North City Council, the Central Economic Development Agency, and various other local supporters who have enabled this event is able to be held. We ask that you and your supporters recognise this contributions and conduct yourselves in a professional and respectful manner at all times, especially whilst on the university campus.

We wish all the riders the best of luck and a safe and successful event and to the spectators we hope you enjoy the exciting racing.

This manual provides useful information and general rules and procedures for all riders, team members and officials to ensure you have an enjoyable time at this event.

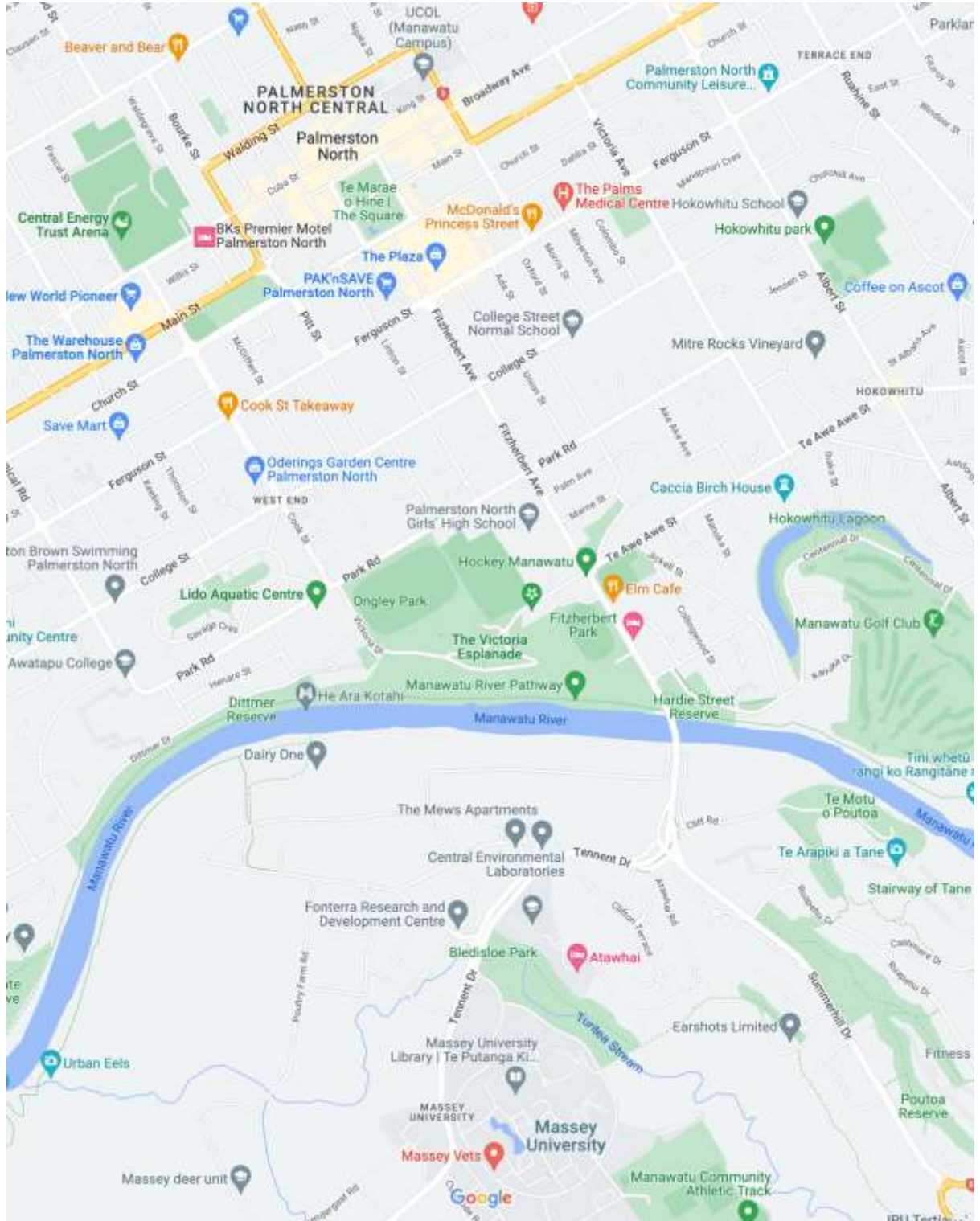
Steve Stannard, Events Director

2. KEY CONTACTS

Events Director	Steve Stannard	022 684 8718
Events Manager	Steff Jordaan	027 855 7676
Race Manager	Mike Simpson	
Race Technical Advisor	Zac Prendergast	
Chief Commissaire	Stephen Holdsworth	021 394 849
Commissaires	Glenys Taylor	
	Mark Donald	
	Steve Elden-Grey	
	Tony Hartley	

3. LOCATION

The event is held at the Massey University Manawātū Campus which is south of the city across the river. Please see map below:



4. ENTRIES

Entries for the championship events will close at midnight on Sunday 15th January. No late entries will be accepted for NZ Championship events. Entries will be accepted on the day for the Supporting events only between 8.00 am – 9:00 am from Event HQ at Massey University also – cash only.

5. REGISTRATION/PACK PICK UP

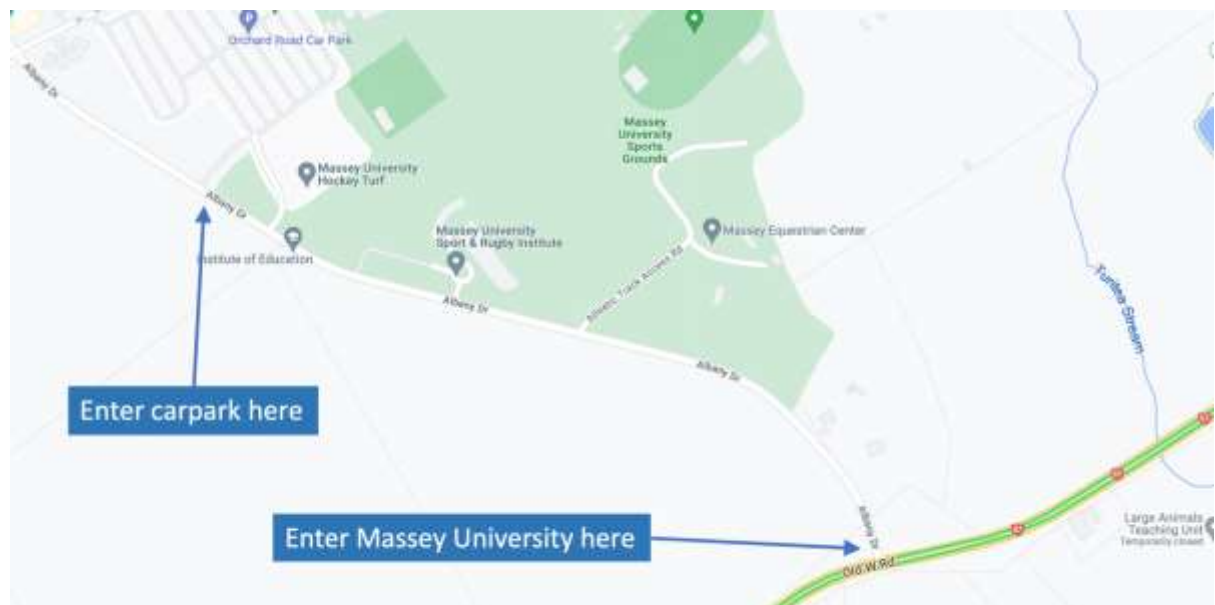
Registration and Sign on (race number pick up) will open at 8.00 am and will close 30 minutes before your race start. Race Registration will be located in the Massey Mobile Laboratory (caravan) in the Riddet carpark adjacent to the start/finish line.

Riders will be allocated two Race Numbers to wear - one on the left flank (side) and one on the right flank. A timing transponder will also be issued and is to be attached to your front fork (instructions provided). The transponder must be returned at the conclusion of your race (a \$150 fee is payable for all non-returned transponders).

6. PARKING

No parking is allowed on the event course.

Parking for participants and spectators is in the large Orchard Rd carpark which is free on the day. To access the car park you must enter the university from Old West Rd, and turn onto Albany Drive.



7. EVENT SCHEDULE

Race	Time	Duration
Race Number collection	From 8.00am	Until 20 minutes prior to each race start
C Grade Race	9.00am	20 minutes plus one lap
B Grade Race	9.30am	20 minutes plus one lap
Kids Event	10.00am	
U17 Girls (NZ Championship)	10.30am	20 minutes plus one lap
U17 Boys (NZ Championship)	11.00am	20 minutes plus one lap
U19 Women (NZ Championship)	12 noon	30 minutes plus two laps
U19 Men (NZ Championship)	1.00pm	30 minutes plus two laps
Elite Women (NZ Championship)	2.15pm	45 minutes plus three laps
Elite Men (NZ Championship)	3.30pm	45 minutes plus three laps
NZ Championship Presentations	4.30pm	

Racing duration is scheduled 'total time'. Laps to go countdown will be within the total scheduled race time.

Please note that race duration may be amended if circumstances require it – where possible notice will be given prior to the event, however, any changes will be communicated at the race briefing prior to your event.

8. EVENT CATEGORIES/LICENSING

Ages are calculated as at 31 December 2023.

U17 Boys and Girls are New Zealand Championship events. Open to all U17 grade riders, with a 2023 Cycling New Zealand Youth licence with a NZL country UCI code or an international federation licence plus the written permission of their National Federation to compete. Minimum age is 15 and maximum age is 16 as at 31 December 2023.

U19 Men and Women are New Zealand Championship events. Open to all U19 grade riders, with a 2023 Cycling New Zealand Youth licence with a NZL country UCI code or an international federation licence plus the written permission of their National Federation to compete. Minimum age is 17 and maximum age is 18 as at 31 December 2023.

A Grade Men and Women are New Zealand Championship events. Open to all U23, Senior and Masters Riders of Elite/A Grade ability, with a 2023 Cycling New Zealand licence with a NZL country UCI code or an international federation licence plus the written permission of their National Federation to compete.

The C and B Grade races are open non-championship events. Open to all riders with a 2023 Cycling New Zealand licence and/or an International Federation licence OR a 'one day licence' purchased through the online event entry form. Minimum age is 15 as at 31 December 2023.

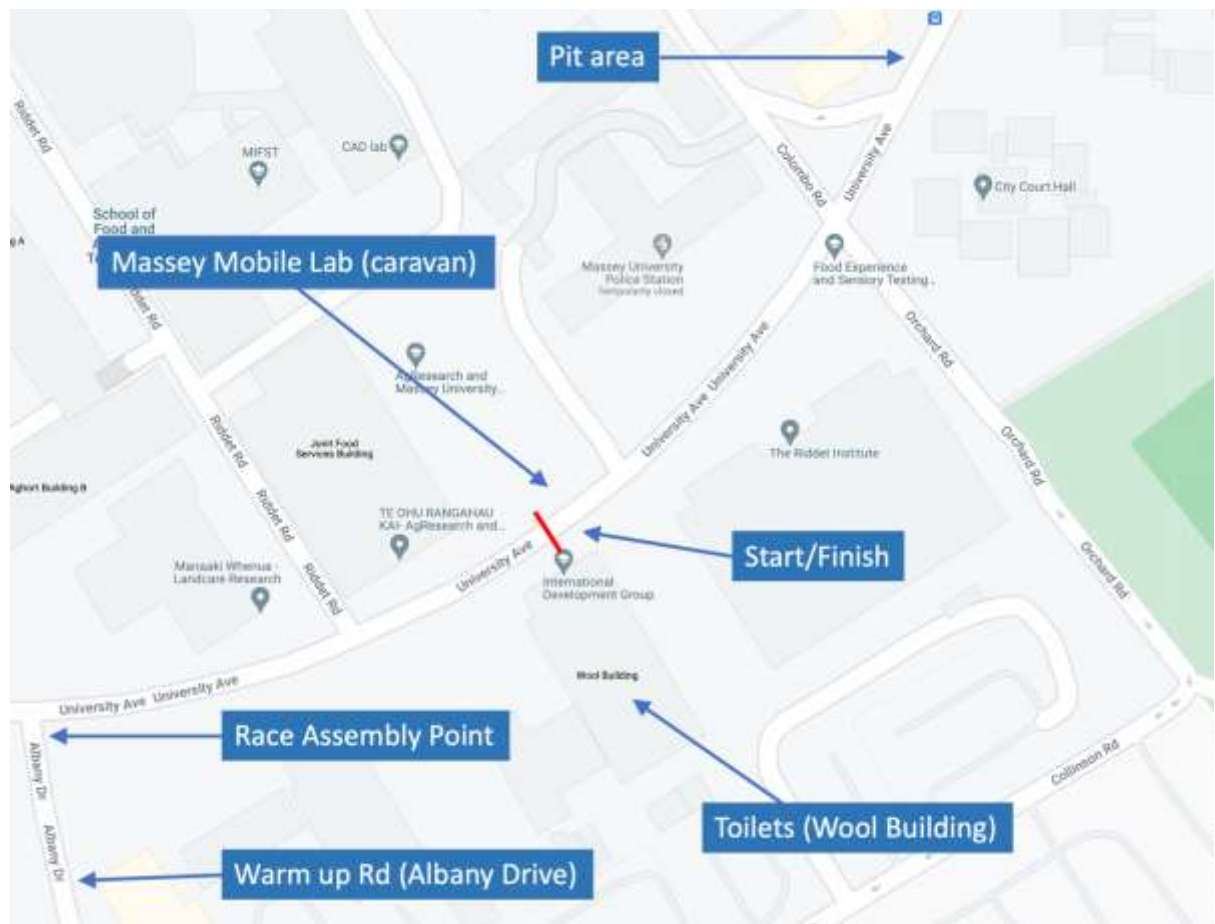
9. COURSE ACCESS/WARM UP

Only entered and registered riders are permitted on the course. These riders are only permitted on the course during their specific allocated race time under the control of the Commissaires. Do not attempt to enter the course at any other time during the event unless directed so by a Commissaire.

Race warm-up can be performed on Albany Drive. Those wishing to familiarise themselves with the course can do so the day prior, or before 8 am on race day. However, the roads will not be closed at those times and riders must obey the NZ road code during that time.

10. RACE ASSEMBLY

All riders are required to be at the Race Assembly Point 15 minutes before their scheduled starting time for race briefing. The Race Assembly Point is the corner of Albany Drive and University Ave (the end of Albany Drive).



11. RULES

Racing will be conducted under [UCI regulations](#) and [Cycling New Zealand Road & Track racing rules](#). The Cycling New Zealand Road & Track scale of penalties will apply. Riders will be invoiced post event for any fines issued.

12. GEARING AND ROLL OUT – U17 & U19 ONLY

Following a recent decision from the NZ RTX Council, there are no longer road gear restrictions will be in place for Junior U20, U19, U17, U16, U15, U14, U13 athletes.

- U17 Grades only - Wheels must have a minimum of 16 spokes per wheel and a maximum rim depth of 45mm. Disc wheels are not permitted.

13. EQUIPMENT RESTRICTIONS

- In all races other than the Street Races, bicycles must comply with the CNZ/UCI rules.
- In the Street races only, the following will apply:
 - All bicycles must be “road bike style” fitted with 2 brakes (one for each wheel), freewheel and drop handlebars (no MTB style handlebars permitted).
 - Aero bars are permitted if fitted, but must not be used during the racing. They should be removed if possible.
 - No Camelbak or similar drink systems carried on the body
 - No glass bottles
 - No disc wheels or bladed wheels
 - All handlebars must be plugged at the end
- Disc brakes are permitted in all races.
- The Commissaire’s decision on equipment is final
- Helmets must be compliant with appropriate NZ Standards for use on open roads and must be worn at all times when riding. Time-trial style aero helmets are strongly discouraged.

14. WITHDRAWING FROM THE EVENT

Pre event

There are no refunds for any riders that withdraw after entries close on the 9th of January.

At event

Any rider withdrawing from a race after registering or during a race, must immediately advise a Commissaire at the finish line. They must also remove their race numbers (and transponder) and hand them to Race Registration in the Massey Mobile Lab as soon as possible.

15. FOOD AND BEVERAGE

There will be specific food/coffee vendors at the event provided by the host Massey University. These will be near the start/finish line. We encourage you to support these.

16. MECHANICALS/CRASHES

In the case of a recognised mishap (e.g. puncture or crash) the rider shall be entitled to a neutralisation of one lap (only) under the supervision of a commissaire to return to the race. After the neutralisation, the rider shall resume the race but shall not be eligible for the following intermediate sprint prime.

In the case of mishap prior to the final sprint, the rider must have rejoined the main bunch before two laps (U17 and U19) or three laps (elite) to the finish to be eligible for classification.

Wheels may only be swapped in the pit area – swapping wheels with a spectator or another rider is not permitted.

17. COURSE



The course involves 2 km laps around University Ave in an anti-clockwise direction, with only one hard corner at the bottom of the course. That is quickly followed by a short climb. There

are numerous speed humps around the course, although with attention these can be negotiated at race speed.

Event HQ will be near the start/finish line in the Massey Mobile Laboratory (caravan) parked in the Riddet carpark.

An online map can be found [here](#).

18. PRESENTATIONS

- There will be two awards presentations
10 am (or as soon as possible after the Kids event) – Street Race
5 pm (or as soon as possible after the Elite Men’s Race) – All NZ Championship Races
- Please report to the stage 10 minutes prior to the advertised presentation time.
- All riders shall, in accordance of their placings, participate in official ceremonies
- Riders MUST wear riding attire
- No sunglasses, caps etc. are to be worn on the podium
- Medal winners are required to keep medals around their necks until they have left the podium.
- Championship Medals will be awarded for Championship events (Elite Men & Women, U19 Men & Women and U17 Boys & Girls).
- Placegetters in the Street Race will be awarded prize packs.

19. HEALTH AND SAFETY

The safety of the riders, officials, volunteer and spectators are included in the event planning. This includes (but not limited to) road restrictions, traffic management and event advisories to the university “family”, local businesses and local residents.

The event takes place on University grounds. It is your responsibility to manage your own safety during the event, to be aware of other road users and University students/staff at all times and to make responsible decisions. There is traffic management in place, however the Veterinary Hospital staff and official event traffic are able to use the roads so please beware of vehicles on the circuit during your race.

If you have any questions or concerns regarding Health and Safety please report to the Event Director.

20. MEDICAL

ProMed will be present at the event. Notify an event official in the case of medical attention being required. **In the event of a medical emergency please advise the nearest marshal. In the event of any other emergency, please call 111.**

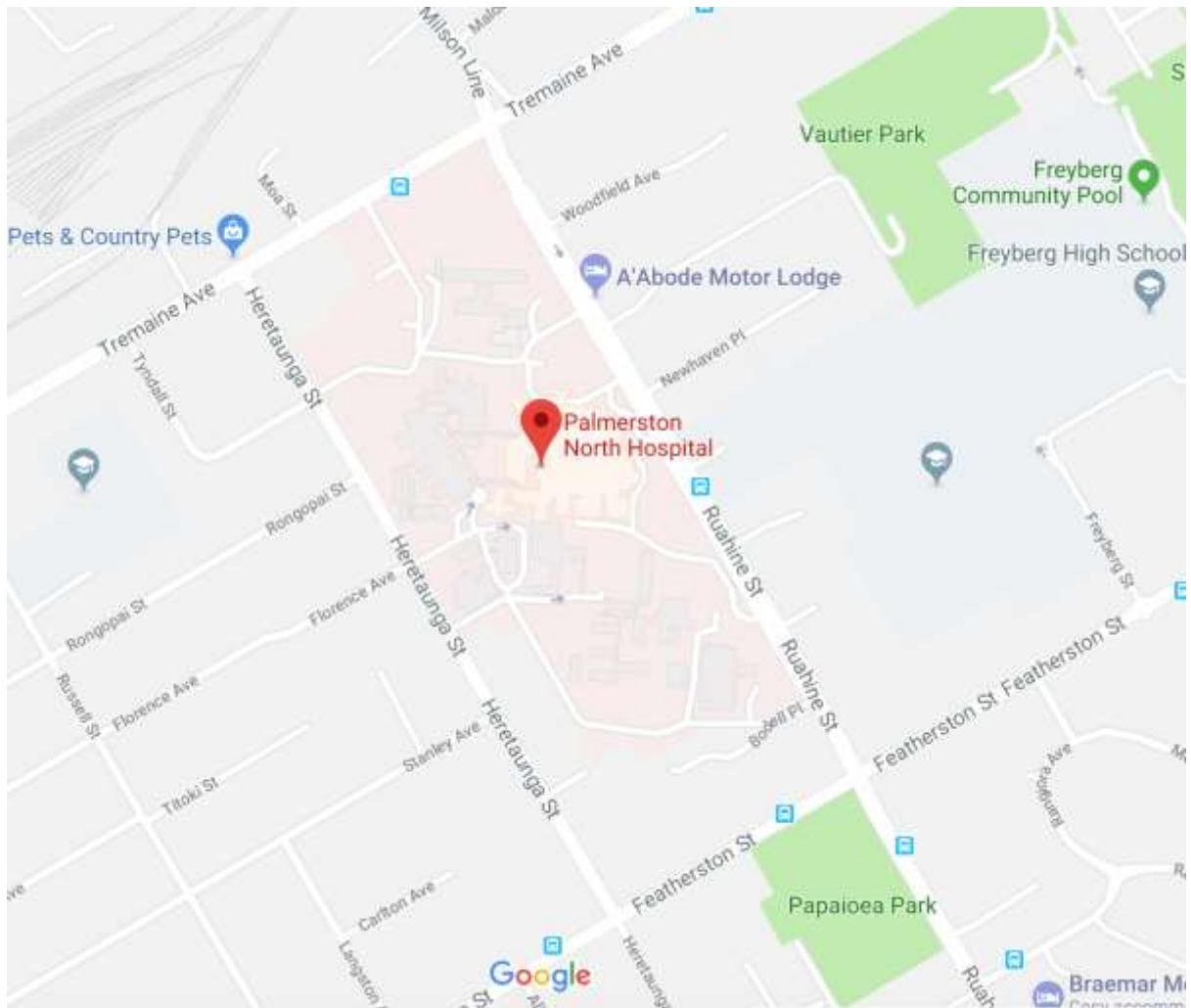
The nearest hospital is:

[Palmerston North Hospital](#)

50 Ruahine St, Roslyn, Palmerston North 4442

06-356 9169

Open 24 hours



21. SOCIAL MEDIA

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

Event Facebook	https://www.facebook.com/CyclingNZL
Instagram	https://www.instagram.com/cyclingnewzealand
Twitter	https://twitter.com/CyclingNZL
Website	www.criteriumnationals.nz
Event Hashtag	#criteriumnats

22. EVENT PARTNERS

Thank you to our partners who support this event.

