

# EVENT MANUAL



ROUND TWO

GRASSROOTS TRUST  
VELODROME,  
CAMBRIDGE

15 - 17 JULY 2022

## 1. WELCOME

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On behalf of Cycling New Zealand it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #2 of the 2022 NTS at the Grassroots Trust Velodrome, Cambridge. We look forward to a great event and hope you have a really fun time!  
This manual provides useful information for all riders and officials.

## 2. KEY CONTACTS

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Event Coordinator:	Steff Jordaan	027 855 7676
Event Manager:	Charlotte Pearson	021 292 0563
Technical Delegate	Graeme Hunn	027 598 7457
Race Manager:	Ross Machejefski	027 222 3339
PCP:	Stephen Holdsworth	021 394 849

## 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.

### Friday 16<sup>th</sup> July:

- 2.30pm – 3.00pm: Race Number Pick Up, Velo Lounge 1
- 2.45pm H&S Briefing, Velo Lounge 1
- 3.00pm – 3.45pm: **Workshop 1: Athlete Panel**, Velo Lounge 1
- 3.45pm – 4.15pm: Sprinters warm up
- 4.15pm – 5.00pm: Sprint qualifying
- 4.30pm – 5.15pm: **Workshop 2:** Madison workshop for new riders, Infield
- 6.00pm – 6.15pm: Warm up for Endurance
- 6.15pm – 9.30pm: SESSION 1

### Saturday 17<sup>th</sup> July:

- 9.00am – 9.45am: **Workshop 3:** Sleep Lab, Velo Lounge 2 – **POSTPONED TO ROUND 3**
- 9.30am – 10.30am: **Workshop 4 Group 1 Endurance:** Race Analysis, Velo Lounge 1  
**Workshop 4 Group 2 Sprint:** Race Analysis, Velo Lounge 2
- 11.00am – 11.30am: Warm up for all
- 11.30am – 3.45pm: SESSION 2
- **3.45pm – 5.15pm: BREAK**
- 5.15pm – 5.30pm: Warm up for all
- 5.30pm – 9.00pm: SESSION 3

### Sunday 18<sup>th</sup> July:

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

## 5. WORKSHOPS

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### Workshop 1 – Athlete Panel

This workshop provides an opportunity to hear from past and present athletes and ask them a few questions! The panel includes; Rushlee Buchanan, Shaane Fulton, Dan Bridgwater, Zac Williams and Regan Gough. Hear about their journeys and experiences as athletes and learn some helpful insights and tips for your future as an athlete.

Anonymously send in a question for us to ask on your behalf [here](#).

### Workshop 2 – Madison Beginners

Madison fundamentals for beginners and riders fairly new to madisons. This workshop will involve some coaching in the infield and practice on the track for 45 minutes in total. Please meet in the infield near the whiteboards in your gear ready to get on the track.

### Workshop 3 – Sleep Lab - **Unfortunately the Sleep Lab workshop will be postponed to Round 3 due to sickness. We look forward to hearing this workshop from Shannon in September.**

Shannon from Sleep Lab is passionate about sharing her knowledge on all things sleep and the role it has on our general health, wellbeing and daily living. Shannon's background is in the high performance sport area, where she completed her PhD on the role and relationship of sleep in elite female athletes. Throughout the workshop, you will learn about the role of sleep and why it is important to you as an athlete with special focus on explaining sleep's role in the recovery process, which is when some of the key physiological and cognitive recovery takes place. You will walk away from the workshop with some tips and tricks to get the most out of your sleep and hopefully an understanding on how you can use sleep to improve your performance.



### Workshop 4 – Group 1 Endurance

After workshop 3, if you're racing endurance then head along to this workshop. Lead by Ross Machejefski with help from a few of the athletes on the panel, this workshop will cover off race analysis from racing on Friday night with many helpful learnings you can take forward into the rest of the weekend.

### Workshop 4 – Group 2 Sprint

After workshop 3, if you're racing sprint then head along to this workshop. Lead by Zac Williams and Shaane Fulton, this workshop will cover off race analysis from racing on Friday night with many helpful learnings you can take forward into the rest of the weekend.

## 6. 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.

## 7. 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.

## 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. COACH ACCREDITATION

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We are asking all coaches wishing to have access to the infield to please fill out the form [here](#). You will then be issued an accreditation band to get in to the infield. Riders aren't required to have an accreditation band.

## 10. PARKING

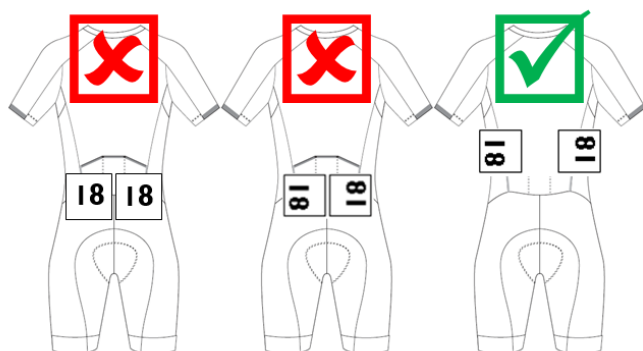
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Free parking is available in the venue carpark. The venue accepts no liability for any damage to any vehicles parked in or otherwise using the car parking area.

## 11. RACE NUMBERS

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Riders shall wear two body numbers and numbers must be placed on either side of the lower back of the top on a 90 degree angle as shown below.



## 12. MEDICAL

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Medical staff are on duty during each session. They are located within the infield (opposite side to timing).

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

Waikato Hospital, Pembroke Street, Hamilton (07) 839 8899

**In an Emergency call 111**

### 13. FOOD AND BEVERAGE

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Food and beverages will be available for purchase from The Bikery Cafe at the Velodrome during the sessions which will stay open until 8pm on Friday and Saturday night. If you wish to pre order food you can do so here: [www.freshbalance.co.nz](http://www.freshbalance.co.nz)

You are permitted to bring in your own food and beverage to the infield.

### 14. TICKET SALES

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Free entry for supporters.

### 15. 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="http://nationaltrackseries.nz/">http://nationaltrackseries.nz/</a>
Hashtag	<a href="#">#NTS</a>

### 16. 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:

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.



## 17. TEAM REGISTRATION PROCESS

You can choose your own pairings/teams for the Madisons and Team Sprint. Your teams must be filled in on the link below OR on the whiteboard at the start of the session they will be raced in.

\*The mixed Madison will be one female and one male pairings. Males will be required to ride the same gear as the females.

[Click here](#) to register your Same Gender Madison team

[Click here](#) to register your Mixed Madison team

[Click here](#) to register your Team Sprint team

Please get in touch with us if you don't have a team and we will help organise one for you, email [events@cyclingnewzealand.nz](mailto:events@cyclingnewzealand.nz) or talk to the Event Staff or Race Manager at the start of the event.

## 18. HEALTH AND SAFETY

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.

## 19. RULES AND REGULATIONS

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 session.

Equipment: No disc wheels for all. All wheels will have a minimum of 16 spokes, with a rim depth not exceeding 50mm.

Gearing Restrictions:

Men's Endurance = 94 = 49 x 14 (94.5)

Women's Endurance = 92 = 48 x 14 (92.6)

Sprint = 98 = 51 x 14 (98.4)

\*These gears above provide the best combinations to achieve the right gear in inches. Note these gears are maximums, you may choose a lower gear that better suits your current development maturity.

		Cog (Back Wheel)														Chain Ring (Front Wheel)
		12	13	14	15	16	17	18	19	20	21	22	23	24	25	
57	128.3	118.4	110.0	102.6	96.2	90.5	85.5	81.0	77.0	73.3	70.0	66.9	64.1	61.6		
56	126.0	116.3	108.0	100.8	94.5	89.0	84.0	79.6	75.6	72.0	68.7	65.8	63.0	60.5		
55	123.8	114.3	106.1	99.0	92.8	87.4	82.5	78.2	74.3	70.7	67.5	64.6	61.9	59.4		
54	121.5	112.2	104.2	97.2	91.1	85.8	81.0	76.8	72.9	69.4	66.3	63.4	60.8	58.3		
53	119.3	110.1	102.2	95.4	89.5	84.2	79.5	75.3	71.6	68.2	65.1	62.2	59.6	57.3		
52	117.0	108.0	100.3	93.6	87.8	82.6	78.0	73.9	70.2	66.9	63.8	61.1	58.5	56.2		
51	114.8	105.9	98.4	91.8	86.1	81.0	76.5	72.5	68.9	65.6	62.6	59.9	57.4	55.1		
50	112.5	103.9	96.4	90.0	84.4	79.4	75.0	71.1	67.5	64.3	61.4	58.7	56.3	54.0		
49	110.3	101.8	94.5	88.2	82.7	77.8	73.5	69.6	66.2	63.0	60.1	57.5	55.1	52.9		
48	108.0	99.7	92.6	86.4	81.0	76.3	72.0	68.2	64.8	61.7	58.9	56.4	54.0	51.9		
47	105.8	97.6	90.7	84.6	79.3	74.7	70.5	66.8	63.5	60.4	57.7	55.2	52.9	50.8		
46	103.5	95.6	88.7	82.8	77.6	73.1	69.0	65.4	62.1	59.2	56.5	54.0	51.8	49.7		
45	101.3	93.5	86.8	81.0	76.0	71.5	67.5	64.0	60.8	57.9	55.2	52.8	50.6	48.6		
44	99.0	91.4	84.9	79.2	74.3	69.9	66.0	62.5	59.4	56.6	54.0	51.7	49.5	47.5		
43	96.8	89.3	82.9	77.4	72.6	68.3	64.5	61.1	58.1	55.3	52.8	50.5	48.4	46.4		
42	94.5	87.2	81.0	75.6	70.9	66.7	63.0	59.7	56.7	54.0	51.6	49.3	47.3	45.4		

## 20. GRADING FOR ENDURANCE

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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.

Please talk to the Event Staff or Race Manager if you would like to change grades during the weekend.

## 21. CHANGE FORMS

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The intent of this event is that a rider will ride all events in their chosen option. However, if a rider needs to make a change during the event, all changes must be completed on the Change Request Form available at the race office desk in the infield.

## 22. FUNDING & SPONSORSHIP

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The NTS series is happening thanks to some very generous funding from the [Lion Foundation](#). We also received a very generous donation from PRV and Worralls, who stock the following racing brands helping develop New Zealand's racing talent, brands we'd highly recommend checking out:

[Cervelo](#) – the bike of Jumbo Visma.

[LOOK](#) – Check out the New 895 Vitesse TRACK.

[BONT Shoes](#) – enjoy the increased support and power like Nick Kergozou.

[ROTOR](#) – Check out our Power Meters for Track and Road.

[ELITE](#) – made in France difference – From World Tour pro's to grassroots talent Elite trainers get you there.

[CORIMA](#) – Wheels with the made in France difference.

[TIME Sport Pedals](#) – The leader in clipless pedal systems designed to accommodate the biomechanical constraints of the rider.

[Tifosi Optics](#) – provides technologically advanced eyewear with a dedication to quality, innovation and affordability.

[SRAM](#) – Explore new roads or new limits. SRAM's mission is to provide purpose built, elegant solutions for your bike.

[Cannondale](#) – Come ride with us.

[Tacx](#) – Push your limits with innovative Tacx turbo trainers that let you work out indoors the way you want and provide a realistic ride feel.



LOOK



cannondale

TIME

Tacx



SRAM





## CELEBRATION BOX<sup>®</sup>

LIVING THE VALUES AWARDS



The [Celebration Box](#) Living the Values is all about the riders demonstrating that they are having fun, learning, developing, showing great sportsmanship and a can do attitude on and off the bike. These awards are very highly commended and really important to us.

The [Celebration Box](#) Living the Values Award winners will each receive their very own [Celebration Box](#) - Gift Boxes, Flowers & Sweet Treats, delivered nationwide.



Another big thank you to [Subway Cambridge](#) for feeding our volunteers and commissaires at this event! We really appreciate the support and the delicious subs and cookies!