

A high-angle, wide shot of a group of cyclists racing on a wooden velodrome track. The cyclists are in various colored kits (red, white, blue, black) and are leaning forward in a racing position. The track has a blue line marking. The image is split into two vertical panels by a central white text area.

EVENT MANUAL



ROUND THREE

**GRASSROOTS TRUST
VELOROME,
CAMBRIDGE**

16 - 18 SEPTEMBER 2022

1. WELCOME

On behalf of Cycling New Zealand it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #3 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

Event Manager:	Steff Jordaan	027 855 7676
Technical Delegate	Graeme Hunn	027 598 7457
Race Manager:	Ross Machejefski	027 222 3339
PCP:	Brendan Patterson	021 335 029

3. VENUE ACCESS

The venue will be open 1 hour prior to the event programme commencing each session and on Friday riders can access the infield from 1pm. 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

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 16th September:

- 2.30pm – 3.00pm: Race Number Pick Up, Velo Lounge 1
- 2.45pm Compulsory H&S Briefing, Velo Lounge 1
- 3.00pm – 3.45pm: **Workshop 1: Sleep Lab**, Velo Lounge 1
- 4.00pm – 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 17th September:

- 9.30am – 10.30am: **Workshop 3 Group 1 Endurance:** Race Analysis, Velo Lounge 1
Workshop 3 Group 2 Sprint: Race Analysis, Velo Lounge 2
- 11.00am – 11.30am Warm up for all
- 11.30am – 3.45pm: SESSION 2
- 3.45pm: Box Game Championships in the infield, jump in and have a go!
- **4.00pm – 5.15pm: BREAK**
- 5.15pm – 5.30pm: Warm up for all
- 5.30pm – 9.00pm: SESSION 3

Sunday 18th September:

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

5. WORKSHOPS

Workshop 1 – Sleep Lab

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 2 – Madison Beginners

Madison fundamentals for beginners and riders fairly new to madisons. Led by Adrian Hegyvary; CNZ's Development Coach, 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 – Group 1 Endurance

If you're male or female racing endurance at this event then head along to this workshop. Led by Paul Manning; CNZ's Lead Women's Endurance Coach, 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 3 – Group 2 Sprint

If you're racing sprint at this event then head along to this workshop. Led by Fionn Cullinane; CNZ's Assistant Sprint Coach, 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

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

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

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

9. COACH ACCREDITATION

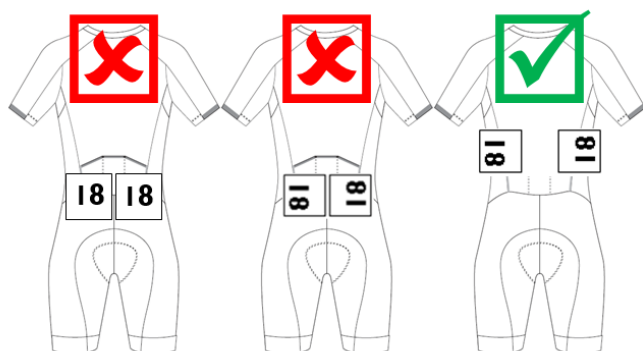
We are asking all coaches wishing to have access to the infield to please fill out the form [here](#). You will then be issued an accreditation band to get in to the infield. Riders aren't required to have an accreditation band.

10. PARKING

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

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

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

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

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

14. TICKET SALES

Free entry for supporters.

15. 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	http://nationaltrackseries.nz/
Hashtag	#NTS

16. RESULTS AND PRIZES

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 the Italian Team Pursuit. 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.

*For the Italian Team Pursuit you must have an A Grade male & female and a B Grade male and female in your team.

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

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

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

*An Italian Team Pursuit is a race in that each team drops a rider at the completion of every lap until only one rider per team is left to race in the final lap.

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 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)													
		12	13	14	15	16	17	18	19	20	21	22	23	24	25
Chain Ring (Front Wheel)	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

The first race of the session will be used to determine grades. 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

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

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 or 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.





CELEBRATION BOX[®]

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!