

EVENT MANUAL



LOOK CORIMA SRAM ZIPP

ROUND THREE

GRASSROOTS TRUST
VELOROME,
CAMBRIDGE

15 - 17 SEPTEMBER 2023

1. WELCOME

On behalf of CNZ it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round 3 of the 2023 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

Events Manager:	Steff Holcroft	027 855 7676
Events Director	Chris Christensen	027 414 2221
Race Manager:	Graeme Hunn	027 598 7457
PCP:	Stephen Holdsworth	021 394 849

3. VENUE ACCESS

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

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 15th September:

- 1.30pm – 3.00pm: Race Number Pick Up, Velo Lounge 1
- 2.00pm – 2.45pm: **Workshop 1: 4 x Rs of Recovery**, Velo Lounge 1
- 3.30pm – 3.45pm: Sprinters warm up
- 3.45pm – 4.30pm: Sprint qualifying
- 3.45pm – 4.30pm: **Workshop 2 Part 1:** Madison Fundamentals Workshop for all, Infield TV in HP Pit
- 4.30pm – 5.15pm: **Workshop 2 Part 2:** Madison Fundamentals Workshop for all, On Track
- 6.00pm – 6.15pm: Warm up for Endurance
- 5.15pm – 9.30pm: SESSION 1

Saturday 16th 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 – 5.15pm:** **BREAK**
- 5.15pm – 5.30pm: Warm up for all
- 5.30pm – 9.00pm: SESSION 3

Sunday 17th September:

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

5. WORKSHOPS

Workshop 1 – The 4 x Rs of Recovery

In this workshop we will be going through the 4 Rs of Recovery – this covers how to Refuel, Rehydrate, Repair and Revitalise. We explain why each step is important and include some practical tips so you can optimise your recovery and therefore performance. Lead by Performance Nutritionist; Katie Schofield.

Workshop 2 – Madison Fundamentals for all abilities

This Madison fundamentals workshop is important for riders of all abilities. This workshop will be led by Rushlee Buchanan and Adrian Hegyvary and will involve some coaching in the infield on the infield TV in the HP Pit and practice on the track for 45 minutes in total. Please meet in the infield near the whiteboards in your gear ready to go.

Workshop 3 – Group 1 Endurance

If you're racing endurance then head along to this workshop! Lead by Elyse Fraser & Andrew Williams, 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 then head along to this workshop! Lead by Fionn Cullinane, 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.

If anyone wishes to request to use the track during the break, please email events@cnz.kiwi

8. INFIELD GYM

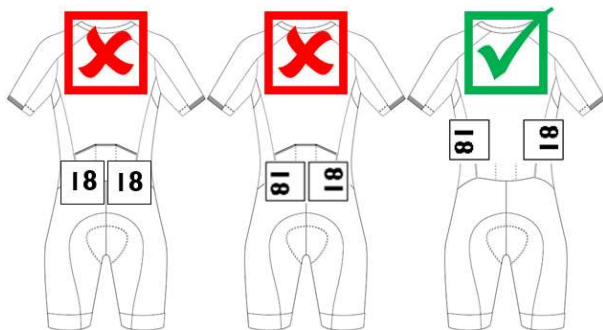
Please note that the infield gym will be closed to riders and all officials during event times.

9. 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.

10. 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.



11. 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

12. 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 7pm on Friday and Saturday night. If you wish to pre order food you can do so below!

NO APP NEEDED



 **1. Open Camera**

 **2. Scan QR code**

 **3. Order and Pay**

<https://pay.yoello.com/v/thebikery>



13. TICKET SALES

A gold coin donation for entry into the stands.

14. 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

15. 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.

16. 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

Please get in touch with us if you don't have a team and we will help organise one for you, email events@cnz.kiwi or talk to the Event Staff or Race Manager at the start of the event.

17. 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.

18. 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 55mm.

Gearing Restrictions:

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

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

Sprint = no restrictions

*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

19. GRADING FOR ENDURANCE

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.

20. 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.

21. FUNDING & SPONSORSHIP

The NTS series is happening thanks to some very generous funding from the [Lion Foundation](#) and the Waipa District Council. 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.



LOOK



cannondale

TIME

Tacx



SRAM



ROTOR
BIKE COMPONENTS



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!



Special thanks to [Harraways Oats](#) for providing free oats for all the competitors and volunteers as well as some special discounted vouchers to purchase more delicious oats!