

EVENT MANUAL



ROUND ONE

INVERCARGILL
SIT ZERO FEES VELODROME

1-2 JUNE 2024

1. WELCOME

On behalf of CNZ it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #1 of the 2024 NTS 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, helpers and officials.

2. KEY CONTACTS

Sports Administrator:	Georgia Crane	027 930 2637
Events Manager:	Steff Holcroft	027 855 7676
PCP:	Erin Criglington	021 134 2294
Race Manager:	Glen Thomson	021 455 597

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.

To access the infield, head down the tunnel highlighted in yellow below.
For spectators to access the stands, head around to the main ILT Stadium reception.



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 31 May:

- 3.00pm – 6.00pm: Optional open roll for additional \$10 per person, register [here](#)
- 6.00pm – 7.00pm: Individual Race Number Pick Up (from Sarah Ulmer Lounge)
- 6.00pm – 7.00pm: **Workshop 1** = What is HP really looking for – what can you be doing now to maximise your development (Sarah Ulmer Lounge)

Saturday 1 June:

- 8.30am – 9.15am: **Workshop 2** = Sprint Specific (Eddie Dawkins Champions Lounge) & Endurance Madison Specific for All (Sarah Ulmer Lounge)
- 10.00am – 2.30pm: SESSION 2
- **2.30pm – 4.30pm:** **BREAK**
- 4.30pm – 5.00pm: Warm up for all
- 5.00pm – 9.00pm: SESSION 3

Sunday 2 June:

- 8.30am – 9.00am: Warm up for all
- 9.00am – 1.00pm: SESSION 4

5. 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.

6. PROVISIONAL 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.

7. INFIELD GYM

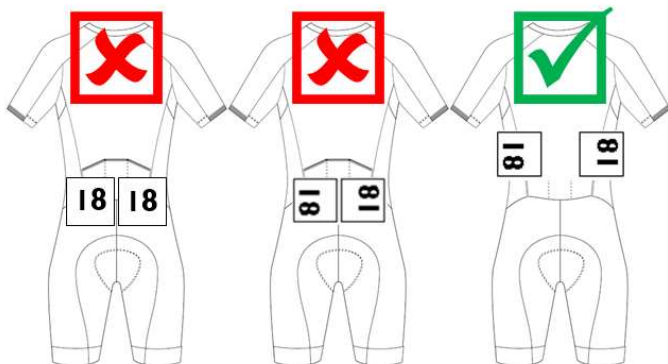
Please note that the infield gym will be closed to riders and all officials during event times.

8. 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.

9. 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.



10. MEDICAL

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

11. FOOD AND BEVERAGE

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

Cafe Hours:

Saturday and Sunday - 8:00am to 5:00pm

12. 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/
Website	http://nationaltrackseries.nz/
Key Partners	@cyclingsouthland
Hashtag	#NTS

13. 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 (A and B Grade) and Sprint (Open and Restricted) in each round. Points will be allocated as below. Final results will be posted on the event website after the event.

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

14. TEAM REGISTRATION PROCESS

You can choose your own pairings/teams for the Madison, Team Sprint and 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. Same gender Madison teams must stay with the same pairing for all same gender Madisons in the same kit. Sprint or endurance riders can race in any of the team events.

*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.

15. 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.

16. 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) or 7.4m

Women's Endurance = 92 = 48 x 14 (92.6) or 7.3m

Sprint Open Grade = no restrictions on gearing

Sprint Restricted Grade = 90 = 53 x 16 or 7.0m

*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

17. GRADING FOR ENDURANCE

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

Men's A Grade

Men's B Grade

Women's A Grade

Women's B Grade

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

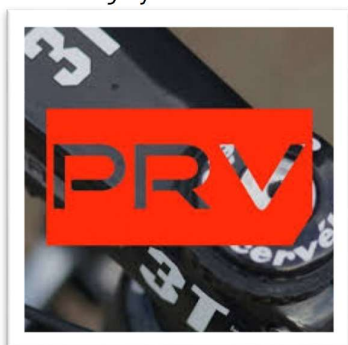
Please talk to the Event Staff or Race Manager if you would like to change grades during the weekend.

18. 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.

19. SPONSORSHIP

The [PRV](#) Living the Values Awards are up for grabs thanks to some very generous support from PRV who stocks the following racing brands helping develop New Zealand's racing talent, brands we'd highly recommend checking out:





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!