



NATIONAL TRACK SERIES



ROUND ONE
Avantidrome, Cambridge
10 - 12 July 2020

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1. WELCOME

On behalf of Cycling New Zealand and it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round One of the 2020 National Track Series at the Avantidrome, Cambridge.

We look forward to a great event and hope you have an enjoyable time.

This manual provides useful information for all riders, team members and officials.

2. KEY CONTACTS

Event Manager:	Charlotte Pearson	0212920563
PCP:	Erin Criglington	

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

These workshops 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. These are included in the entry fee and all riders are encouraged to attend.

Friday 10th July:

- 3.00pm – 3.20pm: Madison Practice for experienced riders
- 3.00pm – 3.40pm: **Workshop 1**
Madison for new riders (workshop/practice – 20 min off the bike/20 min on the bike)
- 3.40pm: Warm up for Sprinters
- 4.00pm: Sprint Qualifying and Round One
- 5.30pm: Warm up
- 6.00pm – 10.00pm: Session 1

Saturday 11th July:

- 9.20am – 11.40am: **Workshop 2**
Endurance – Team Pursuit demonstration presented by the National Women's Endurance Team & race analysis from Friday night – Avanti 2
Sprint – Flying 200m Qualification debrief presented by the National Sprint Team & race analysis from Friday night - Infield
- 11.40am – 12.00pm: Warm up
- 12.00pm – 1.00pm: **Workshop 3**
Parents & Coaches - Athlete Development presented by Cycling New Zealand Athlete Development Lead, Graeme Hunn – Avanti Room 2
- 12.00pm - 4.00pm: Session 2
- 6.00pm - 10.00pm: Session 3

Sunday 12th July:

- 8.00am – 9.00am: Warm up
- 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. 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.

7. TRANSPORT LOGISTICS SUPPORT

Thank you to those who have indicated that they require transport on Friday from Auckland or Hamilton Airport to the Avantidrome and back to the airport on Sunday. If you require transport and have not been contacted by our team, please email events@cyclingnewzealand.nz with your flight details by **end of day Monday 6th July**

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

Both numbers are to be placed on the lower back area, one beside the other.

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

13. TICKET SALES

Free entry for supporters.

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	https://www.cyclingnewzealand.nz/events-and-results/national-events/national-track/
Key Partners	@avantidrome
Event Hashtag	#nationaltrackseries

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 follows:

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. MADISON PAIRING PROCESS

The National coaches will be pairing up selected Elite/Junior riders to form teams. All other riders will be able to choose your Madison and Team Sprint pairings ahead of/at the competition. The mixed Madison will be one female and one male pairings. Males will be required to ride the same gear as the females.

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 race start.

Gearing Restrictions:

First year U17 – 90

All other Male Endurance – 94

All other Female Endurance – 92

All other Male Sprint – 98

All other Female Sprint – 94

Equipment:

No disc wheels for all

19. GRADING

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

Mens A Grade

Mens B Grade

Womens A Grade

Womens B Grade