

EVENT MANUAL



NATIONAL TRACK SERIES



ROUND TWO

AVANTIDROME,
CAMBRIDGE

16 - 18 JULY 2021

1. WELCOME

On behalf of Cycling New Zealand it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #2 of the 2021 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 and officials.

2. KEY CONTACTS

Event Coordinator:	Steff Jordaan	027 855 7676
Event Director:	Charlotte Pearson	021 292 0563
PCP:	Ian Densie	021 137 3454
Race Manager:	Tim Carswell	027 504 6911

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.

For this event, Workshop 1 is for beginner riders only, new to Madison's. Workshop 2 and 3 is open for every rider to attend.

Friday 16th July:

- 11.00am – 12.00pm: Optional Drug Free Sport Education Session, Avanti Room 1 & 2 (Pre-registration not required)
- 2.00pm – 3.00pm: Race Number Pick Up – From Infield
- 3.00pm – 4.00pm: **Workshop 1 – Part 1:** Madison workshop for new riders (Room: Avanti 1)
- 3.00pm – 3.30pm: Warm up for Sprinters
- 3.30pm – 4.00pm: Standing 250m Time Trial
- 4.00pm – 4.45pm: **Workshop 1 – Part 2:** Madison practice on the track for new riders (must have been to the Workshop at 3pm)
- 5.20pm – 5.35pm: Warm up for Endurance
- 5.35pm – 10.00pm: SESSION 1

Saturday 17th July:

- 9.00am – 10.00am: **Workshop 2:** All Female riders at Physiotherapy workshop with Cycling NZ Physio Andrew Annear in Avanti Room 1 / All Male riders at Performance Pathways Discussion with Graeme Hunn in Avanti Room 2
- 10.00am – 11.00am: **Workshop 3:** All Female riders at Performance Pathways Discussion with Graeme Hunn in Avanti Room 2 / All Male riders at Physiotherapy workshop with Cycling NZ Physio Andrew Annear in Avanti Room 1.
- 12.00pm – 4.00pm: SESSION 2 (no warm up on track)
- **4.10pm – 5.30pm: BREAK**
- 5.30pm – 6.00pm: Warm up for all
- 6.00pm – 9.30pm: SESSION 3

Sunday 18th July:

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

Physiotherapy workshop info:

- Cycling NZ Physio Andrew Annear will be presenting on mobility and strength exercise programs to perform before and after racing and key training sessions.
- Warm up and recruitment sessions that are prescribed to the Elite NZ Track Team
- For the riders in the Hub program who have worked with the HPSNZ physios in the past, at camps or at the Avantidrome, you may have seen this workshop before. You are more than welcome to attend, but may already be doing some of these exercises.
- This workshop will have some practical elements, so please come dressed appropriately for movement.

5. WARM UP SESSION TIMES

There will be a warm up prior to the beginning of each session **except there will be no warm up on the track for Session #2 due to another earlier track booking.**

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. INFIELD GYM

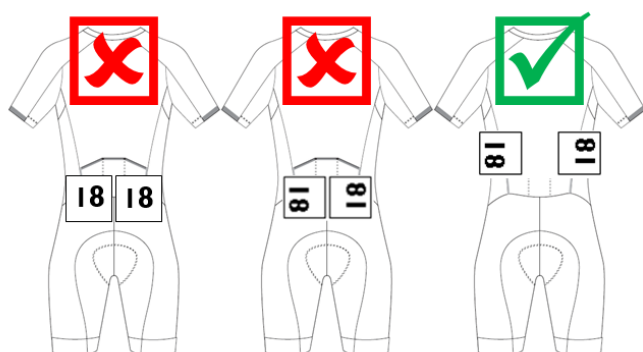
Please note that the infield gym will be closed to riders and all officials during event times.

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 on 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

11. FOOD AND BEVERAGE

Food and beverages will be available for purchase from The Bikery Cafe at the Avantidrome during the sessions which will stay open until 8pm each night. You are permitted to bring in your own food and beverage to the infield.

12. TICKET SALES

Free entry for supporters.

13. 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/
Key Partners	@avantidrome

14. 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.

15. TEAM REGISTRATION PROCESS

You can choose your own pairings/teams for the Madisons, 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.

*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

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

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

16. 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.

17. 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

18. 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.

19. 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.