

EVENT MANUAL



ROUND ONE

INVERCARGILL

31 MAY-1 JUNE 2025

1. WELCOME

On behalf of CNZ it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #1 of the 2025 National Track Series (NTS) at the Invercargill Velodrome, ILT Stadium. 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

Events Coordinator:	Georgia Crane	027 930 2637
PCP:	Nic Stevens	027 230 4084
Race Manager:	Ross Machejefski	

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 all riders and accredited officials are to head through the main reception doors. **There is to be no cutting through the tunnel.**

On Friday 30th May the venue will not be available for use until 3pm. Open rolls will run from 3-6pm, followed by our first workshop and race number pick up.

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 30 May:

- 3.00pm: Venue/track opens
- 3.00pm – 6.00pm: Optional open roll for additional \$10 per person, register [here](#)
- 6.00pm – 7.00pm: Individual Race Number Pick Up (from Legends Lounges upstairs)
- 6.00pm – 7.00pm: **Workshop 1 =For Athletes only. Workshop with Amy McClintock, Legends Lounges upstairs.**

Saturday 31 May:

- 8.30am – 9.15am: **Workshop = For parents, coaches and team managers only in the Legends Lounges 4. And workshop 2 for athletes at 8:30am in Legends Lounge 2 with Cushla Phillips from Athlete Life.**
- 10.00am – 2.30pm: SESSION 1
- **2.30pm – 4.30pm: BREAK**
- 4.30pm – 5.00pm: Warm up for all
- 5.00pm – 9.00pm: SESSION 2

Sunday 1 June:

- 8.30am – 9.00am: Warm up for all
- 9.00am – 1.00pm: SESSION 3

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 always adhere to the instructions of the Commissaires.

You can also register for the open roll session on Friday 30th May 2025 from 3-6pm [here](#). \$20 per person.

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. WORKSHOP INFO

Workshops with Amy McClintock

Amy McClintock has a wealth of experience in the sporting sector having worked across all areas of Sport from Grassroots to High Performance. Amy has held roles at Snow Sports NZ, Basketball New Zealand, Athletics New Zealand, and Canterbury Netball. Her passion lies in creating inspiring, high-quality experiences that promote physical literacy, wellbeing, and a lifelong love of sport. Amy is also a Sport NZ Coach Developer, Trainer, and Mentor, currently completing her International Olympic Committee Safeguarding Certification. She is an active member of the SafeSport International Athletics Voice Committee.

All workshops will be available to watch live through our MS Teams link. These will be available to view on the event website.

Workshop 1. Friday 30 May 2025 6pm. Legends Lounges (upstairs)

For athletes only.

Pedal Through Life: Building Resilience and Wellbeing on and off the Bike

In this interactive workshop, cyclists will explore the powerful connection between mental health and physical performance. Using the International Olympic Committees (IOC's) definition of mental health, which emphasises emotional, psychological, and social wellbeing, we'll discuss strategies for staying mentally fit, both on and off the bike. Participants will engage in activities that promote resilience, self-reflection, and coping skills. Whether you're facing challenges in training, competition, or daily life, this workshop will help you build the mental strength needed to thrive. Join us for a fun, supportive, and insightful session where cycling meets mental wellness.

Workshop 2 for Athletes. Saturday 31 May 8:30am Legends Lounge 2 (upstairs).

For all athletes.

With Cushla Phillips from Athlete Life. We dive into the topic of "engaging in your journey" where we talk about engagement, communication skills and managing feedback.

Workshop for coaches/parents/team managers. Saturday 31 May. 8:30am. Legends Lounges 4 (upstairs)

For parents, coaches and team managers.

Championing Resilience and Wellbeing on and off the Bike: A Collaborative Approach for Coaches and Parents

This workshop is designed for coaches and parents of young cyclists to deepen their understanding of mental health and wellbeing in the performance environment. Building on the insights from the athletes' workshop, we'll explore how to create supportive and safe environments that nurture both the physical and mental growth of young cyclists. Together, we'll learn practical strategies for fostering open communication, developing emotional resilience, and using tools to support athletes in their journey. Whether you're on the sidelines or in the coach's chair, this session will empower you to be a key ally in promoting mental health and resilience for young athletes.

Workshop 3

More details to come! This workshop will be run for athletes only at 8:30am.

8. INFIELD GYM

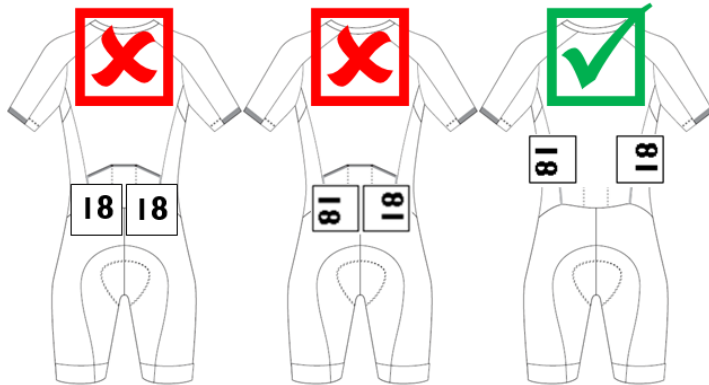
Please note that the infield gym will be closed to riders and all officials during event times.

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 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

12. 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: ILT Stadium

Saturday and Sunday - 9:00am to 4:00pm

13. SOCIAL MEDIA

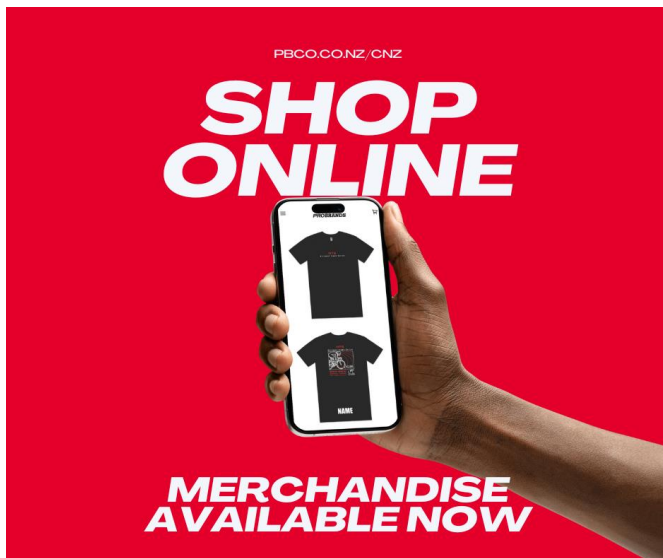
We encourage you to get involved in the event through social media. The key links are provided below:

Event Facebook	https://www.facebook.com/CyclingNZL
Instagram	https://www.instagram.com/cyclingnewzealand/
Website	http://nationaltrackseries.nz/
Key Partners	@cyclingsouthland
Hashtag	#NTS

14. MERCH

We are selling the official 2025 NTS clothing through [Probrands](#) - there's a hoodie, tee, long sleeve and bag available for purchase. You can grab yours today through our 24/7 online store.

Click [here](#) to purchase yours!



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 (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

16. 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.

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.

Sprint Open Grade = no restrictions on equipment

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

19. 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.

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. 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:



CASTELLI

STYRKR*

VELOTOZE®

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



A big thank you to our hosts down in Invercargill, [Cycling Southland](#), and for providing their amazing facility as well as awesome team of volunteers for his event,

