

EVENT MANUAL



ROUND TWO

GRASSROOTS TRUST
VELODROME,
CAMBRIDGE

5-6 JULY 2025

1. WELCOME

On behalf of CNZ it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round 2 of the 2025 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 Coordinator:	Georgia Crane	027 930 2637
Events Manager:	Steff Holcroft	027 855 7676
Race Manager:	Ross Machejefski	027 222 3339
PCP:	Duncan Turnbull	021 267 7731

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 4th July 2025**

12-6pm- Track time- please see the programme for further details

5:00pm onwards- race number pick up from Velo lounge 1

6:30pm- Workshop 1 with Athlete Life Group in Velo Lounge 1

- **Saturday 5th July 2025**

8:30am- Workshop 2 in Velo Lounge 1 with Katie Schofield on Nutrition (race numbers can also be picked up in this time)

9:30am- Sprinters and Para warm up

RACING

11:10am- Endurance warm up

Rider debrief with coaches in between sessions and catch up!

4:30pm- All riders warm up

Session 2 Racing 5:00pm- 8:30pm approximately

- **Sunday 6th July 2025**

8:30am- Workshop 3 in Velo Lounge 1 on racing feedback and video analysis for sprinters and endurance riders

9:30am- Warm up (short warm up at 15 mins)

10:00am- Session 3 racing

Racing finishing and prize giving for all races and rounds

5. WORKSHOPS

Workshop 1: Friday 4th July 6:30pm in Velo Lounges 1 and 2 with Athlete Life Group.
This workshop is for all riders.

Workshop 2: Saturday 5th July 8:30am in Velo Lounge 1 with Katie Schofield on Nutrition. This workshop is for all riders.

Workshop 3: Sunday 6th July 8:30am in Velo Lounges 1 and 2- racing feedback and video analysis

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.

8. INFIELD GYM

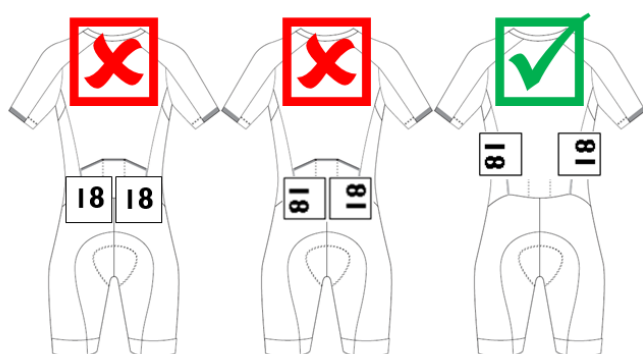
Please note that the infield gym will be closed to riders and all officials during event times. Please respect the venue and equipment around you.

9. PARKING

Free parking is available in the venue carpark. The paddock inside gate 2 may be open depending on rain fall during the week, otherwise the student carpark in St Peters next to equestrian will be available (keeping in mind they have an event on the 9th so this carpark will be quite full). 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.



Please note that your number will be the same across the entire weekend. You will be given your madison race numbers prior to the race.

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. If you wish to pre order food you can do so below!

The Bikery Cafe weekend hours:

Saturday and Sunday: 8:30am-3:00pm

**NO APP
NEEDED**







**1. Open
Camera**

**2. Scan
QR code**

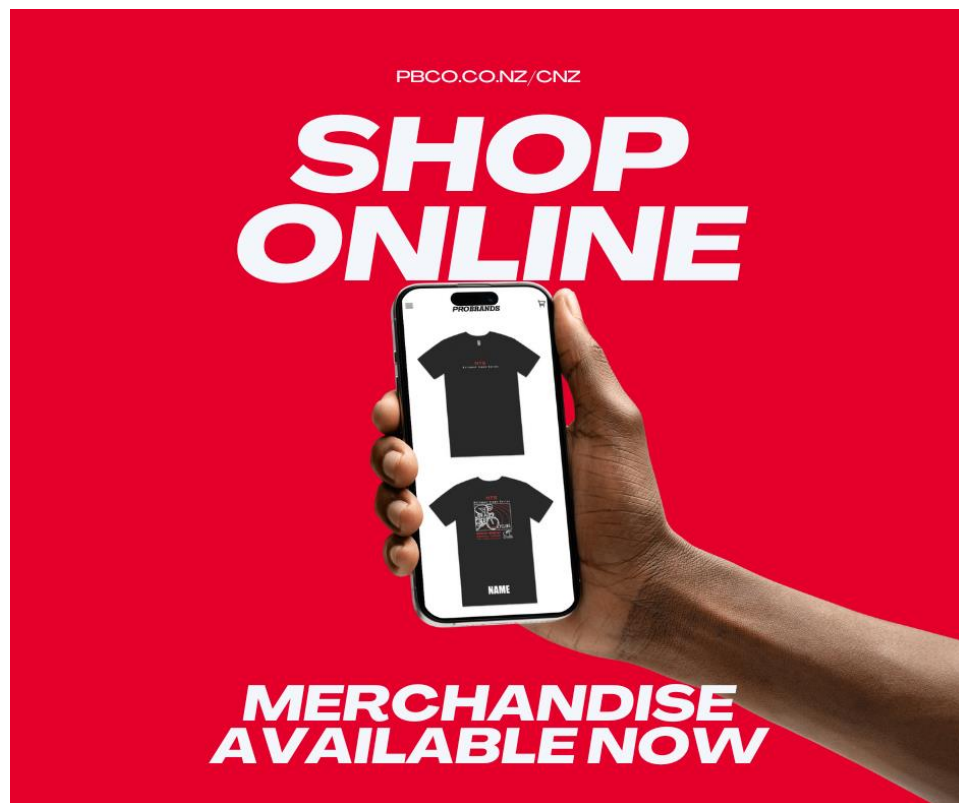
**3. Order
and Pay**

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

13. EVENT 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!



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	#NTS2024

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 four 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. Please ensure that you have your matching Madison kit ready- we will have a couple spare to borrow if required.

*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.

SMOKE, VAPE. DRUG AND ALCOHOL FREE

The entire event is smoke, vape, drug and alcohol free. Please ensure all your supporters are aware of this.

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:

Disc wheels are allowed for open sprinters and those who wish to ride the open Keirin on the Sunday.

All wheels will have a minimum of 16 spokes, with a rim depth not exceeding 55mm.

Gearing Restrictions:

Men's Endurance = 94 = **7.4m**

Women's Endurance = 92 = **7.3m**

Sprint Restricted grade = 90 = **7.65m**

Sprint Open Grade-**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)															
		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 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. 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*



A big thank you to Subway for providing our awesome commissaires, volunteers and other race officials with delicious lunches!



Thank you to Harraways Oats for providing our riders with oats over the weekend to keep them fueled!



A big thanks to Better Eggs for providing the awesome race pack goodies!

