



AGE GROUP TRACK  
NATIONAL  
CHAMPIONSHIPS



# AGE GROUP TRACK NATIONAL CHAMPIONSHIPS



CYCLING  
NEW ZEALAND

PRINCIPAL PARTNER



7-10 MARCH 2019  
CAMBRIDGE





## 1. WELCOME

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On behalf of Cycling New Zealand & Cycling New Zealand Road and Track it's our pleasure to welcome riders, team managers, coaches, officials and supporters to the 2019 VANTAGE Age Group Track National Championships at the Avantidrome in Cambridge.

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

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

## 2. KEY CONTACTS

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Event Manager	Sarah Blake	021 402 701
Event Director	Janette Douglas	027 644 8921
Chief Commissaire	Shannon Rafferty	027 611 0593
Commissaire's Secretary	Pam Coe	
Technical Delegate	Mike Sim	
Chief Judge / Timekeeper	Heather Smyth	
Judge Referee	Steve Hurring	
Starter	Mark Reynolds	
Assistant Commissaires	Bev May	
	Dave May	
	Graeme Moffat	
	Lyle Hastings	
	Rob Stone	

### 3. VENUE ACCESS/ACCREDITATION

The Venue will be open for competition access from 7am each morning. The track will be open for warmup one 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.

Date	Morning Session Start	Evening Session Start
Thursday 7 March	9.00am (track opens at 8.00am)	5.00pm (track opens at 4.00pm)
Friday 8 March	9.00am (track opens at 8.00am)	5.00pm (track opens at 4.00pm)
Saturday 9 March	9.00am (track opens at 8.00am)	5.00pm (track opens at 4.00pm)
Sunday 10 March	9.00am (track opens at 8.00am)	2.00pm (track opens at 1.00pm)

Accreditation Passes are for riders and team officials only – as per named persons on the entry form. It is forbidden for Accreditation to be passed onto unnamed persons. Additional supporters, family and friends are required to purchase event tickets and view the event from the public areas. Entry and exit for accredited riders and officials is through the Avantidrome Reception. Access to the infield will be controlled and access will only be permitted for accredited persons only. Please ensure your accreditation is clearly visible when you are entering the venue. All team accreditation passes will be issued at the Managers meeting. Please do not put our volunteer staff in the position of refusing entry to guests who do not have accreditation, invalid accreditation or event tickets.

### 4. WARM UP SESSION TIMES

There will be a warm up session of approximately 50mins prior to the beginning of each session. Approximately 10mins 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 time.

### 5. TEAM TRAINING

Training time is available via request to each centre for Wednesday 6<sup>th</sup> March 2019 (see below for schedule). The use of the Derny and Starting gates are available during these times. Any Derny Driver must hold a 2019 Cycling New Zealand Endorsement as a 'Derny Driver' by the Avantidrome.

**Contact Cycling New Zealand Events Team to book track time on or prior to Monday 4 March 2019. Charges apply.**

Time	Centre
8.00am – 10.00am	Southland
10.00am – 12.00pm	Waikato Bay of Plenty
12.00pm – 13.00pm	Paracycling
13.00pm – 14.00pm	Auckland
14.00pm – 16.00pm	Wellington / Tasman / MSCC / WCNI
16.00pm – 18.00pm	Canterbury

For extra training on Monday 4<sup>th</sup> and Tuesday 5<sup>th</sup> March please contact the Avantidrome. Charges apply.

## 15. EVENT PROGRAMME

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The event programme is available [here](#). Note these times are only provisional and are subject to change.

## 6. INFIELD GYM

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Please note that the infield gym will be will be open for public use during the morning sessions only. The gym is however closed to all event riders and officials during all event times. No access will be granted at any time.

## 7. PARKING

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Free parking is available in the venue carpark. Please access the venue via Gate 2. The venue accepts no liability for any damage to any vehicles parked in or otherwise using the car parking area.

## 8. TEAM MANAGERS MEETING

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The Team Managers meeting will take place in Avanti Meeting Room 2 on Wednesday 6<sup>th</sup> March at 6.30pm. Attendance by each centre is compulsory and representatives will be required to sign in.

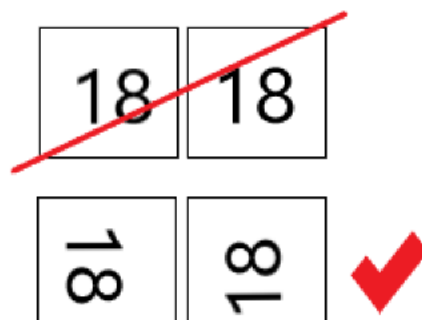
Important information such as confirmation of starters, distribution of accreditation and race numbers and any updated programme information be provided at this meeting. Accreditation is compulsory for access to the infield and will also allow you access to the public spectating areas. Accreditation does not automatically entitle you to a seat, however, if there are available seats, you are permitted to use these.

## 9. RACE NUMBERS

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Riders shall wear two body numbers except for the 500m & 750m time trial, Individual & Team Pursuit & Team Sprint, where one number shall be worn.

Numbers must be placed on either side of the lower back of the top on a 90 degree angle as shown below.



## 10. RIDERS LOUNGE

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There is no dedicated Riders Lounge outside of the infield area.

## 11. TEAM PIT AREAS

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Designated pit areas have been allocated in the infield for each centre. The pit includes chairs and tables. Please do not uplift furniture or equipment from other team pits.

Bike Racks are available to be shared by all teams.

Please ensure the walkways are kept free of equipment to allow un-impeded access at all times.

There is to be no riding of bikes in the team pit areas.

## 12. MEDICAL

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Medical staff on are on duty during each session.

The following Medical Centres are on duty over the event period if medical assistance is required while not at the event

### **Cambridge Medical Centre**

48 Alpha Street, Cambridge

(07) 827 7184

### **Waikato Hospital**

Pembroke Street, Hamilton

(07) 839 8899

**In an Emergency call 111**

## 13. FOOD AND BEVERAGE

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Food and beverages will be available for purchase from the Bikery Café at the Avantidrome during the session. The Bikery will close at 3.30pm. Thursday, Friday and Saturday evening sessions the Bikery Café will operate a kiosk from Level 2. You are permitted to bring in your own food and beverage to the infield.

## 14. TICKET SALES

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Tickets for additional supporters, friends and family can be purchased at the venue. Seating is General Admission with no reserved seating. See [here](#) for ticketing information.

## 15. SOCIAL MEDIA

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

Event Facebook	<a href="https://www.facebook.com/CyclingNZL">https://www.facebook.com/CyclingNZL</a>
Instagram	<a href="https://www.instagram.com/cyclingnewzealand/">https://www.instagram.com/cyclingnewzealand/</a>
Twitter	<a href="https://twitter.com/CyclingNZL">https://twitter.com/CyclingNZL</a>
Website	<a href="http://www.tracknationals.nz">www.tracknationals.nz</a>
Key Partners	@VantageWindowsNZ
Event Hashtag	#TrackNats

## 16. MEDAL CEREMONY PROTOCOL

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Medal Ceremonies will take place during sessions as stated in the event programme.

Team Managers are responsible for ensuring their riders are at the presentation area at least 10mins prior to the presentation taking place. Medal winners must make themselves known to medal ceremony officials upon arrival. Due to the tight scheduling of the event programme a medal ceremony protocol has been established to keep these presentations streamlined.

1. Riders will be lead to the podium by officials and the riders will stand in front of the podium (not on podium).
2. Each rider will be acknowledged by name and representing centre.
3. Riders receive their medal (and Trophy if applicable)
4. Rider step onto podium.
5. Once the 1<sup>st</sup> place has been presented a photo will be taken.
6. Riders leave the podium and return to the waiting area lead by officials.
7. Riders are required to leave their medal on until they return to the waiting area.
8. **All trophies presented are to be returned to Event Organisers before the end of the session.**

## 14. MEETINGS/PRESENTATIONS

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### Team Managers Meetings

Date: Wednesday 6<sup>th</sup> March 2019  
Time: 6.30pm  
Venue: Avanti Meeting Room 2, Avantidrome, Cambridge  
Required: Yes – All Team Managers are required to attend.

## 15. HEALTH AND SAFETY

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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

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Racing will be conducted under [UCI regulations](#) and [Cycling New Zealand Road & Track racing rules](#). The UCI scale of penalties will apply. Any fines issued are on the Team and are payable by the Team Manager to the Commissaires Secretary at the event or Centres will be invoiced post event.

Riders must only wear their approved Centre jerseys and shorts. Shorts may only display sponsors that are detailed on the rider's racing membership.

## 17. CHANGE FORMS

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All changes must be completed on the Change Request Form in this Event manual and submitted at the Team Manager's meeting. Additional change forms will be available at the Team Manager's meeting.

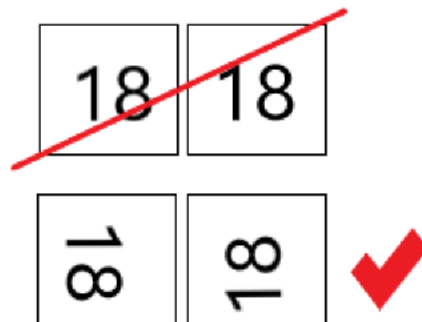
## 18. GENERAL INFORMATION – REMINDER OF DISPOSITIONS

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- The confirmation of the riders done on Wednesday 6th March 2019 is final; nevertheless, **Team Managers** will have the opportunity to forward modifications (in writing) to the secretary of the commissaires panel until the end of the morning session the day before each event (except Team Pursuit and Team Sprint)
- Any rider replacement to a confirmed selection may only come from the list of already registered riders.
- Any Team Pursuit modification must be provided to the secretary of the commissaires panel at least 1 hour before the relevant competition round start (article 3.2.079).
- Any Team Sprint modification must be provided to the secretary of the commissaires panel at least 30 minutes before the relevant competition round start (article 3.2.149).
- On Friday 8<sup>th</sup> March a communique will go out asking for confirmation of U17 Boys Team Pursuit teams & pool riders.
- On Saturday 9<sup>th</sup> a communique will go out asking for confirmation of U17 Girls Team Pursuit Teams, All Team Sprint and Madison teams and also Pool riders available.
- Communique boxes will be adjacent to the start finish area
- Only riders who are competing in the upcoming session may use the track during the pre-session warm up time.
- The wearing of an approved rigid safety helmet, done up in a correct manner, is mandatory for riders at all times when riding on the track surfaces and safety zone.
- Riders may not wear headphones attached to devices such as radios, music players, telephone, etc., while riding on the track.



- The use of the derny and the use of starting blocks during the official training are not permitted. Standing starts are permitted one rider at a time only in the sprinters lane on the home straight and only with the assistance of someone waving a flag at the exit of the bend.
- Riders are reminded that they must wear their **Centre** team jerseys and shorts during the races as well as during award ceremonies. Riders participating in the awards ceremony must present themselves in due time, bare-headed and without headband or glasses, wearing proper footwear, until after they leave the official ceremony enclosure.
- Riders shall ensure that the body number is visible and legible at all times. The body number shall be well fixed and may not be folded, crunched or altered. When two numbers are required to be worn, these should be placed on **EITHER SIDE OF THE BACK** (on a 90° angle), visible to the infield and the spectators. When a single number is required to be worn, this should be placed in the centre of the back. Body numbers will be distributed at the Team Manager's meeting.



- All bicycle measurement checking shall be carried out in the equipment check area at the end of the back straight. Bikes must be presented for bicycle-check in adequate time prior to their start. Checking will also be carried out 30 minutes prior to commencing each stage of the competition. Commissaires are entitled to double check positions after the race. Should the bicycle or position have been modified in contravention of the regulations, the rider may be disqualified.
- Onboard technology equipment that has the ability and purpose to collect or transmit data, information or images are authorized (Regulation introduced on 01.01.16). Conditions of use are defined in UCI Reg 1.3.024
- Bicycles or other equipment may not be left on the safety zone of the track.
- Food or drink is not permitted on the safety zone of the track.
- Teams are also reminded that only the coaches of the riders currently on the track are permitted on the safety zone. This is also limited to one coach per rider. No other people are permitted in this zone.
- Any offence not specifically penalised and any unsporting behaviour shall be punished by a warning, indicated by a yellow flag, or by disqualification from the race, indicated by a red flag, according to the gravity of the fault. A rider receives only one warning prior to disqualification.



- The warning and disqualification are relative to each specific competition only. If a rider is relegated in a competition, that relegation may also carry with it a warning, depending on the gravity, intent and impact of the fault. A rider receiving a second warning, or being relegated for the third time, is disqualified.
- The starters' podium is only for officials
- Access to the awards ceremony podium is forbidden except for official ceremonies.
- If a rider or team is disqualified from one round of a particular event, no rider or team from a previous round of that event will have their ranking advanced
- Other than when prevented by circumstances beyond their control, all riders qualifying for the following round of competition, must participate or else they will be disqualified

### **Anti-Doping Control**

- A certain amount of controls may be conducted by Drug Free Sport NZ.
- The riders selected for the controls will be notified by a chaperon; the notified rider shall remain within sight of the chaperon at all times from the moment of in-person notification until the completion of the sample collection procedure. Team officials should not prevent the chaperons to continuously observe the rider.
- Riders must report to the doping control station with their current license; but if it has no photograph, another I.D. with a photo must be presented. Riders may be accompanied by a person of their choice.
- From 1 March 2019, in-competition use of tramadol will be banned by the UCI across all disciplines. This new regulation, which is being introduced for medical reasons, allows for penalties to be imposed if the rules are broken.

## **19. TECHNICAL INFORMATION – REMINDER OF DISPOSITIONS**

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### **General**

- If riders wearing the same team clothing ride in the same race, they shall bear some item to clearly distinguish between them.
- Riders shall not carry any object on them or on their bicycles that could drop onto the track. Cameras are forbidden and electronic devices with a display must be hidden from the rider's sight so that it cannot be read by the rider while riding.
- Road bikes are not allowed on the track, including the safety zone.
- Riders shall not sit on track
- While riding on the track, riders shall at all time be in firm control of the bicycle and have at least one hand on the handlebar (or extension).

### **Team Sprint**

- The riders of each team shall start side by side behind the start line. The lateral distance between riders shall be 1.5 metres.
- At the completion of his lap, **the leading edge of the leading rider's front wheel** must cross the pursuit line ahead of the leading edge of the front wheel of the following rider. Thereafter, the leading rider must draw aside immediately and ride above the sprinter's line no later than within 15 meters after the pursuit line. (art. 3.2.153 as of 14.10.16)

### **Sprint & 200 metre Time Trial**

- Riders shall wear two race numbers during the 200 meters Time Trial.
- In case of a dead heat, the riders concerned will be classified according to the best time in the last 100 metres. In the case that the riders are still tied, the riders concerned will be classified by drawing lots.

### **Derby**

- The Event is normally run over **3 laps** of a 250m track
- Heats and maybe repechages shall be held, depending on number, to have a final of 4 to 6 riders
- Start shall be signalled by a whistle
- Normal sprint regulations apply
- Time is taken over the last 200 metres only

### **Keirin**

- The competition will be organized according to the tables as shown in article 3.2.135 of the UCI Regulations.
- The event is run over a total distance of 1.5 km (6 laps). The motorized pacer leaves the track 3 laps to go at the pursuit line on the home straight.
- The speed for women is now equal to the speed for men, starting at 30kmph and gradually reach 50kmph.
- At the start, riders shall take their positions as determined by the draw, directly behind the pacer, for at least the first lap, failing which the race shall be stopped and riders that failed to comply shall be disqualified
- The riders must not pass the leading edge of the front wheel of the pacer before the pursuit line when he leaves the track. Should this occur, the race will be stopped and rerun without the rider(s) at fault, which will be disqualified.

### **1 kilometre / 750m / 500m time trial**

- The event is organized as a straight final, organised in two-up heats for these championships

### **Individual Pursuit**

- First competition round and Finals – In the event of a mishap in the first half lap, the race shall be stopped. It shall be restarted immediately by both riders
- First competition round: After the first half-lap the race shall not be stopped. A rider who is the victim of a mishap, recognized or not, shall be permitted to ride again alone against the watch at the end of the first competition round. His opponent shall continue to record a time. The riders eliminated in the first competition round will be placed in accordance with their times.
- Finals: In the event of a mishap in the first half-lap, the race shall be stopped and restarted within a maximum period of 5 minutes. After the first half-lap no mishap will be taken into consideration. The rider that suffers a mishap shall be considered beaten in finals.



### **Team Pursuit**

- The U17 Boy's and Girl's event are run over three (3) kilometres by teams of four (4) riders.
- In the Qualifying Round, the team of a rider that has stopped following a mishap shall restart at the end of the qualifying rounds.
- If a team suffers a mishap during its subsequent ride, it shall continue with 3 riders or be disqualified.
- In the qualifying rounds all teams need to cover the full distance to record a time.
- The qualifying heats shall be ridden with one team on the track
- The riders of each team shall start side by side behind the start line. The lateral distance between riders shall be one metre.

### **Points Race**

- Finals shall be run over varying distances for Men and Women with sprints generally every 10 laps or less for shorter races.
- In the case of recognised mishap, the rider shall be entitled to neutralization of 5 laps. On returning to the track, he/she shall resume the position he/she occupied before the mishap.
- A rider suffering a recognised mishap in the last five laps may not return to the track but shall nevertheless appear in the final placings, depending on the laps won or lost and the points accumulated prior to the mishap.
- Points awarded in the last sprint at the full distance will be doubled (10 points, 6 points, 4 points, 2 points).

### **Scratch**

- Finals shall be run over varying distances for Men and Women
- Riders suffering a recognised mishap shall be entitled to neutralization of 5 laps.
- On returning to the track, he shall resume the position he occupied before the mishap.
- Neutralised riders may not return to the track within the last kilometre. Any rider not ending the race will not be placed.



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# Change Request Form



Rider No.	Rider Name	Event Name & No.	Request: Eg. Scratching, addition, reserve, team confirmation etc	Office Use - Entered

Changes submitted by: \_\_\_\_\_

Team: \_\_\_\_\_

Date/Time: \_\_\_\_\_

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Rider No.	Rider Name	Event Name & No.	Request: Eg. Scratching, addition, reserve, team confirmation etc	Office Use - Entered

Changes submitted by: \_\_\_\_\_

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Date/Time: \_\_\_\_\_