

EVENT MANUAL



ROUND TWO

**GRASSROOTS TRUST
VELODROME,
CAMBRIDGE**

13-14 JULY 2024

1. WELCOME

On behalf of CNZ it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round 2 of the 2024 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 Manager: Steff Holcroft 027 855 7676

Race Manager: Graeme Hunn 027 598 7457

PCP: Brendan Patterson 027 784 6335

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 12th July**
3-7pm- An optional open roll for all
6pm- Workshop 1 and race number pick ups
- **Saturday 13th July**
8:30am Endurance and Sprint workshop and race pack pick up
9:30am- Sprinters warm up
RACING
11:40am- Endurance warm up
Session 1 Racing- closes 2:45pm

5:00pm- All riders warm up
Session 2 Racing 5:00pm- 8:00pm
- **Sunday 14th July**
8:30am- All riders warm up
9:00am- Session 3 racing
Racing finishing and prize giving for all races and rounds

5. WORKSHOPS

Workshop 1- Friday 12th July- Workshop with Elyse and Fionn. Velo rooms 1 and 2. 6-7pm

"Pathway to HP"- How can you help? - Parents, coaches and others

"Pathway to HP"- Developing Elite Behaviours- Athletes

We are very excited to bring you this workshop with the help and support of Athlete Life, Christina Jacklin and Carla Johl. You don't want to miss out on this one. Workshop will be taking place in Velo lounges 1 and 2 from 6pm-7pm. This workshop is not only curial for our young riders and athletes but also out parents, coaches and others. We guarantee that you will all come away from this with valuable information and insights.

Workshop 2 – Saturday 13th July- Workshop with Elyse and Fionn. Velo rooms 1 and 2 at 8:30am-9:15am.

This workshop will be run by Elyse Fraser and Fionn Cullinane.
More information on topics and details to come!

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

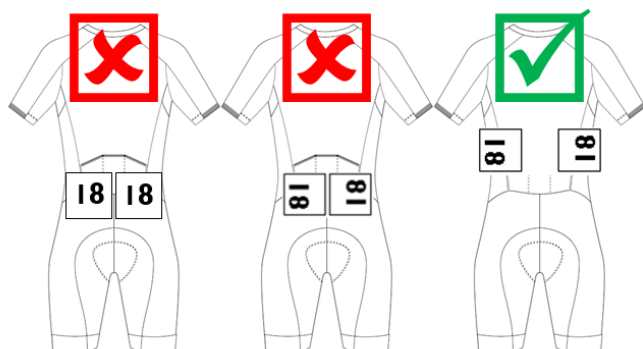
Please note that the infield gym will be closed to riders and all officials during event times.

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.



11. 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


12. FOOD AND BEVERAGE

Food and beverages will be available for purchase from The Bikery Cafe at the Velodrome during the sessions which will stay open until **7pm on Saturday** night. If you wish to pre order food you can do so below!


**NO APP
NEEDED**




**1. Open
Camera**



**2. Scan
QR code**



**3. Order
and Pay**



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

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/
Hashtag	#NTS2024

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:

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 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.

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.

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.

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 55mm.

Gearing Restrictions:

Men's Endurance = 94 = 49 x 14 (94.5)

Women's Endurance = 92 = 48 x 14 (92.6)

Sprint = 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

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.

20. FUNDING & 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:





AOTEAROA GAMING TRUST

SUBWAY
CAMBRIDGE STORE



SINCE 1987
HARRAWAYS
DUNEDIN & NEW ZEALAND





A special thanks to our sponsor partners Aotearoa Gaming Trust, Subway, Harraways and Whittaker's! We appreciate all the help and support for NTS Round 2