



# NATIONAL TRACK SERIES



PRINCIPAL PARTNER  
**APL**  
WINDOW SOLUTIONS



**ROUND ONE**

**SIT Zero Fees Velodrome, Invercargill**

**31 May – 2 June 2019**

## 1. WELCOME

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On behalf of Cycling New Zealand it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round One of the 2019 National Track Series at the SIT Zero Fees Velodrome, Invercargill. Thank you to Cycling Southland for hosting us this weekend.

We look forward to a great event and hope you have an enjoyable time during the first round of the National Track Series for 2019.

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

## 3. VENUE ACCESS/ACCREDITATION

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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.

There are 2 Workshops available over the course of the weekend; these are designed to offer relevant and practicable educational, coaching and tactical/technical advice. All workshops will be at the Velodrome unless otherwise advised.

## 4. PROGRAMME/SCHEDULE

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Please note that it is expected that the riders attend all the Workshops as this is 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 31<sup>st</sup> May:

- 3.00pm - 5.00pm: Workshop 1 – Endurance (on and off the bike). Meeting Room upstairs. Please ensure you bring your cycling kit.
- 3.00pm – 5.00pm: Workshop 1 – Sprint (on and off the bike). Meeting Room upstairs. Please ensure you bring your cycling kit.
- 6.00pm – 10.00pm: **Session 1** (Warm up from 5.00pm)

### Saturday 1<sup>st</sup> June:

- 9.00am – 9.45am: Workshop 2 - Race Analysis of Session 1 (Sprint)
- 9.45am – 10.30am: Workshop 2 - Race Analysis of Session 1 (Women's Endurance)
- 10.30am – 11.15am: Workshop 2 - Race Analysis of Session 1 (Men's Endurance)
- 1.00pm - 4.30pm: **Session 2** (Warm up from 12.00pm)
- 6.00pm - 9.00pm: **Session 3** (Warm up from 5.00pm)

### Sunday 2<sup>nd</sup> June:

- 9.00am – 12.15pm: **Session 4** (Warm up from 8.30am)

## 5. WARM UP SESSION TIMES

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There will be a warm up session of approximately 1 hour prior to the beginning of each session (30 minutes for Session 4 on Sunday). 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.

## 6. EVENT PROGRAMME

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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.

As it is a very full programme, if you have opted to race both Sprint and Endurance events, the advice from the coaches is to carefully consider which events you race. If you're a sprinter and feel like you can handle more racing, a suggestion is to race the endurance events towards the end of the programme.

## 7. TRANSPORT LOGISTICS SUPPORT

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Cycling New Zealand will provide transport for those riders flying in / out of Queenstown Airport. A bus and gear truck will be available at a set time on each Friday and Sunday (for the return trip). You must have advised us prior to the event and received confirmation from us to be confirmed for this support.

Pick up Queenstown Airport (outside Arrivals) to SIT Zero Fees Velodrome, Invercargill  
12.30pm from Airport on Friday 31 May

Departure from SIT Zero Fees Velodrome, Invercargill to Queenstown Airport  
12.30pm from Velodrome on Sunday 2 June

## 8. INFIELD GYM

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Please note that the infield gym will be closed to the public, riders and all officials during event times. No access will be granted at any time.

## 9. PARKING

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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

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Both numbers are to be placed on the lower back area, one beside the other.

## 11. MEDICAL

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Medical staff on 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

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Food and beverages will be available for purchase from stadium providers during the sessions. You are permitted to bring in your own food and beverage to the infield.

## 13. TICKET SALES

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Free entry for supporters.

## 14. 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="https://nationaltrackseries.cyclingnewzealand.nz/event-info/round-1-invercargill">https://nationaltrackseries.cyclingnewzealand.nz/event-info/round-1-invercargill</a>
Key Partners	<a href="#">@cyclingsouthland</a>
Event Hashtag	#nationaltrackseries

## 15. RESULTS AND PRIZES

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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 & 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, <https://nationaltrackseries.cyclingnewzealand.nz/> after the event.

#### 16. MADISON & TEAM SPRINT PAIRING PROCESS

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You will be able to choose your own pairings for both the Madison and Team Sprint at the start of competition.

#### 17. 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.

#### 18. 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.

Gearing Restrictions:

First year U17 – 90  
All other Male Endurance – 94  
All other Female Endurance – 92  
All other Male Sprint – 98  
All other Female Sprint – 94

Equipment:

No disc wheels for all

#### 19. GRADING

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The first race of the session will be used to determine the grades (Points Race). Endurance grades will consist of:

Mens A Grade  
Mens B Grade  
Womens A Grade  
Womens B Grade