



NATIONAL TRACK SERIES



PRINCIPAL PARTNER
APL
WINDOW SOLUTIONS

ROUND TWO

Avantidrome, Cambridge

12 – 14 July 2019

1. WELCOME

On behalf of Cycling New Zealand and it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round Two of the 2019 National Track Series at the Avantidrome, Cambridge.

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

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

2. KEY CONTACTS

Event Manager Sarah Blake 021 402 701

3. VENUE ACCESS/ACCREDITATION

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 3 Workshops available over the course of the weekend; these are designed to offer relevant and practicable educational, coaching and tactical/technical advice. These are included in the entry fee and all riders are encouraged to attend. All workshops will be at the Velodrome unless otherwise advised.

4. PROGRAMME/SCHEDULE

Please note that it is expected that the riders attend all the Workshops (exception for Workshop 1) 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 12th July:

- 4.00pm – 5.00pm: Workshop 1 – What do you want your High Performance Programme to look like in 2024? Presented by Amy Taylor.
- 6.00pm – 10.00pm: **Session 1** (Warm up from 5.00pm)

Saturday 13th July:

- 9.00am – 10.00am: Workshop 2 - How to prepare for Sprint, Keirin and Team Sprint-competition. Presented by Cycling New Zealand Lead Track Sprint Coach Rene Wolff
- 10.00am – 12.00pm: Workshop 3 - How to race Sprint, Keirin and Team Sprint-competition. Presented by Cycling New Zealand Lead Track Sprint Coach Rene Wolff
- 1.00pm - 4.30pm: **Session 2** (Warm up from 12.30pm)
- 6.00pm - 10.00pm: **Session 3** (Warm up from 5.00pm)

Sunday 14th July:

- 9.00am – 12.30pm: **Session 4** (Warm up from 8.30am)

5. WARM UP SESSION TIMES

There will be a warm up session of approximately 1 hour (except for Saturday 13th July Session 2 & Sunday 14th July Session 4 – 30mins) 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 time.

6. EVENT PROGRAMME

The provisional event programme is available [here](#). A final programme will be published once entries close. 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. TRANSPORT LOGISTICS SUPPORT

Cycling New Zealand will provide transport for those riders flying to each round. 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.

Pick up Auckland Airport to Avantidrome
12.00pm from outside arrivals (Auckland Domestic Terminal) on Friday 12 July

Departure from Avantidrome to Auckland Airport (Domestic Terminal)
1.30pm from Avantidrome on Sunday 14 July

Please indicate at the time of entry if you will make use of this service.

8. INFIELD GYM

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

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

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

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 Avantidrome during the sessions. You are permitted to bring in your own food and beverage to the infield.

13. TICKET SALES

Free entry for supporters.

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	https://nationaltrackseries.cyclingnewzealand.nz/event-info/round-2-cambridge
Key Partners	@avantidrome
Event Hashtag	#nationaltrackseries

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 and Sprint (A and 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/resultspage> after the event.

16. MADISON PAIRING PROCESS

You will be able to choose your own pairings for both the Madison and Team Sprint at the start of the competition. The mixed Madison will be one female and one male pairings. Males will be required to ride the same gear as the females.

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.

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

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