



# NATIONAL TRACK SERIES



PRINCIPAL PARTNER  
**APL**  
WINDOW SOLUTIONS

## ROUND THREE

**Avantidrome, Cambridge**

**13 – 15 September 2019**

## 1. WELCOME

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On behalf of Cycling New Zealand and it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round Three 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 final round of the National Track Series.

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 10 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

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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 13<sup>th</sup> September:

- 3.00pm – 5.30pm: Workshops (see next page)
- 5.00pm – Sprint Qualifying
- 6.00pm – 10.00pm: **Session 1** (Warm up from 5.40pm)

Saturday 14<sup>th</sup> September:

- 9.00am – 10.00am: Workshops (see next page)
- 12.00pm - 4.00pm: **Session 2** (Warm up from 11.30pm)
- 6.00pm - 10.00pm: **Session 3** (Warm up from 5.00pm)

Sunday 15<sup>th</sup> September:

- 9.00am – 13.00pm: **Session 4** (Warm up from 8.30am)

### Friday 13<sup>th</sup> September: Workshop Schedule

TIME	SPRINT	ENDURANCE
3.00pm - 3.45pm		Madison - Beginners or inexperienced. Avanti Room 1. (Tim Carswell) 3.00pm – 3.30pm
3.45pm - 4.30pm	How to do Sprint Qualifying – Avanti Room 1. (Rene Wolff)	Madison - Beginners or inexperienced. Practical on track (3.30pm - 4pm)
4.30pm - 5.00pm	Sprint warm up (rollers - track not available)	Omnium Events. Avanti Room 1. (National Men's Endurance Team)
5.00pm - 5.40pm	Sprint Qualifying (coaches trackside)	
5.40pm - 6.00pm	Warm up - track open	

### Saturday 14<sup>th</sup> September: Workshop Schedule

Time	Stream 1	Stream 2	Stream 3
9.00am - 9.45am	Sprint racing review – Avanti Room 1. (Rene Wolff)	Endurance racing review – Avanti Room 2. (Ross Machejefski)	Madison - Advanced World Champs analysis. Data Analysis Room (Tim Carswell)
9.45am - 10.30am	Sprint - Keirin tactics. Avanti Room 1. (Rene Wolff)	Endurance - Team Pursuit. Avanti Room 2 (National Women's Endurance Team).	
10.30am - 11.15am	Performance Nutrition. Avanti Room 1. (Greg Henderson)		

#### 5. WARM UP SESSION TIMES

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There will be a warm up session of approximately 1 hour (except for Friday 13<sup>th</sup> Sept Session 1 & Sunday 15<sup>th</sup> Sept 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

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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

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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 13 September

Departure from Avantidrome to Auckland Airport (Domestic Terminal)

1.00pm from Avantidrome on Sunday 15 September

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

## 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 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

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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

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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-3-cambridge">https://nationaltrackseries.cyclingnewzealand.nz/event-info/round-3-cambridge</a>
Key Partners	<a href="#">@avantidrome</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 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.

Series winners will be presented at the conclusion of racing on Sunday 15<sup>th</sup> September.

## 16. MADISON 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 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

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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