

Dear Parent and Junior Cyclist.

Thank you for your participation in the upcoming SXCC Metro/Country Championships and NSW Junior State Crits. As everyone is well aware, we are with the COVID-19 pandemic. We are currently in a privileged position of being able to enjoy events such as this. However, the situation is a fluid one and it's important that guidelines set out by Cycling NSW and the event organisers are to be followed by all participants and patrons. We ask for your assistance in the following areas ahead of and during this event.

Organiser: Scott Olsen SXCC VP Juniors 0407 224 159

Chief Commissaire: Peter Goldsmith.

Covid-19 Pre-Event:

- Please DO NOT attend the event if you are experiencing the following symptoms:



- Please DO NOT attend the event if you have recently visited a COVID-19 case location in Australia, or if you have returned from a Red Zone or overseas in the past 14 days
- Please download the COVID safe App

Covid-19 At the event:

Social distancing of 1.5m between all patrons must be adhered to at all times, except between members of the same household, between competitors while actually racing, and in an emergency.

Sign On

Registration Area is restricted to RIDERS only. Participation. J9 and J11 are permitted to have ONE guardian to accompany the rider.

- Have your current race license
- Proceed to Registration Area and use the use the sanitiser on the desk.
- Hand in your race license – it will be returned when you return your transponder
- Your Registration Pack includes race numbers, pins and transponder. Please pick up the Registration Pack with your name on it as directed by the sign on team.
- Your name will be ticked off by the Registration staff. Exit via the rear door.

Race Numbers and Transponders

- Race numbers must be displayed correctly.
- Transponders must be positioned correctly.
- Transponder and numbers must both be returned when you have finished racing.

Roll-Out, Bike Check and Helmet Check

All riders must roll out their bikes and have their helmets checked **before** to each race.

- Roll-out is held near to the top of Track 1 and Marshalling.
- **Each bike MUST be rolled out at least 15 minutes prior to the race.**
- The rider is to handle their own helmet for checking and bike for rollout.

Preparation.

- Transponder attached to your bike as per the directions.
- Have your race numbers pinned correctly to your jersey.
 - One number on the rear of the jersey (top pins no higher than the jersey pocket opening).
 - The second number on the left side of the jersey (to be visible to the camera with the rider in the sprint position).
- Remove any lights, cameras, saddle bags, pumps, TT bars etc. from your bike.

Roll-Out Procedure

- Show your race numbers pinned in position to the commissaire.
- Show you helmet to the commissaire with the standards sticker visible.
- Select the hardest gear (large front ring and smallest cog at the rear).
- Place the bike onto the Roll-Out measure so it will free-wheel backwards along the track.
- Start the Roll-Out with the crank in a vertical position at the start mark and roll the bike backwards until one (1) full crank revolution is completed.
- The commissaire will approve the rider to race proving the roll-out meets the required standard.

Riders placing 1st to 5th will be required to report for roll-out at the end of the race.

J9 and J11 riders are permitted to ONE guardian to execute the rollout.

Failure to complete roll-out may provide reason for relegation.

For more information on Roll-out Limit and Equipment Restrictions, please refer to AusCycling Technical Regulations.

U9, U11, U13 -5.5m

U15 - 6m

U17 - 7m

Warm Up

- No warm-up will be allowed until advised by the Commissaires and First Aid are on site.
- Track will be open for warm up as per the advertised race schedule
- No warm-up will be allowed on the course while racing is in progress.

Marshalling

- Marshalling area is restricted to Commissaires and riders only, except for participation, J9 and J11 riders where ONE guardian per rider is allowed.

Racing Rules

- Races are being run in accordance with AusCycling Technical Regulations
- While all reasonable care is taken by the race organisers and officials when organising an event, all participating riders have an equal responsibility to ensure they take adequate care by adhering to the rules and conditions imposed by officials and Commissaires.
- Competitors must wear an AusCycling approved helmet with the approval sticker attached.
- Race numbers are to be placed on the lower back & left hip as prescribed under Roll-Out.
- All competitors must be at marshalling 10 minutes before their race at the junction of Tracks 1 and 2 (on the finishing straight) to be briefed by the Commissaire.
- Race distances may be shortened by the Chief Commissaire due to a number of circumstances to enable all races to be completed within the time schedule.
- Due to time constraints and safety concerns, lapped riders may be asked to retire from the race. Places will be awarded on the position held at the time of withdrawal.
- Once each competitor has crossed the finish line on their last lap they must turn up Track 1 as the next race will be starting immediately after the last competitor finishes.
- The first five finishers in each race are required to roll out immediately after their race.
- Should races need to be combined for unforeseen reasons, to meet time constraints. Please take care when passing slower riders / grades.
- Commissaires may adjust race distances to ensure a separate finish for each division if 2 separate races are held at the same time.
- Competitors in races run at the same time will be awarded with medals for their division.
- Any interstate competitors participating in the NSW Junior Metropolitan / Country or NSW Junior Criterium races are unable to medal regardless of their finishing position.

Criterium Race Spares

- Any change of spares must be undertaken by the rider (a parent may assist).
- There will be no neutral spares – all spares to be provided by the riders.
- Crit pits are marked on the map. This is the only place a competitor can take 1 lap out for mechanical reasons only.

Presentation / Podium

- Presentations will be held throughout the day. The MC will advise when presentations will be held.
- All placegetters must be in their cycling kit for the presentation.
- Parents are advised to leave the racing venue once the rider has done the presentations. Social distancing of 1.5m rule is required.

Medals

- Separate medals for first 3 metro and first 3 country in each race.
- The first 3 riders in each race at the State Crit receive medals.

Parking

- Parking spaces are limited so arrive well before your race is due to start.
- There is parking at the track, across the road, in the TAFE and up towards the swimming pool.

Spectator area

- Spectators must remain on the outside of the track and stand behind the barriers at all times observing the 1.5m social distancing rule.
- Please do not congregate in areas of high foot traffic such as the start / finish line and marshalling areas.
- Access to the toilets and canteen is via the crossing near the start / finish line.
- Please send one only person of your group at one time to the Canteen.

BBQ / Coffee Van

BBQ: Sausage sandwiches and bacon & egg rolls. Pre-packed food, both hot and cold will be served – this includes packaged lollies, chocolate bars, pies, sausage rolls etc. Coffee and drinks are available on site.

Toilets

Toilets are at the club house. Please keep them clean.

Weather

The event will proceed as planned unless the conditions are deemed to be unsafe by the Race Organiser and Chief Commissaire.

Note

Track 2 refers to 900m of Track 2 at Waratah Park.

Track 3 refers to 1,500m of Track 3 at Waratah Park.

Saturday 10 July 2021

Metro & Country Road Championships (combined races, separate medals)

Est. Start Time	Age Group	Track	Lap Km	Laps	Total Km
8.00	Track 2 & 3 open for warm up				
8.20	Track closed				
8.30	U9 / Participation*	2	0.9	3	2.7
8.37	JG11	2	0.9	4	3.6
8.45	JB11	2	0.9	4	3.6
8.57	JG13	2	0.9	9	8.1
9.23	JB13	2	0.9	9	8.1
9.49	JW15	3	1.5	11	16.5
10.19	JM15	3	1.5	11	16.5
10.48	JW17	3	1.5	19	28.5
11.34	JM17	3	1.5	19	28.5
12.29	Finish Metro & Country Road Race - Presentations				

SXCC Open Road Race

Est. Start Time	Age Group	Track	Lap Km	Laps	Total Km
12.40	Track 2 & 3 open for warm up				
12.50	Track closed				
13.00	U9 / Participation*	2	0.9	4	3.6
13.12	U11G	2	0.9	5	4.5
13.25	U11B	2	0.9	5	4.5
13.37	U13G	2	0.9	10	9
13.59	U13B	2	0.9	10	9
14.20	U15W	3	1.5	15	22.5
15.07	U15M	3	1.5	15	22.5
15.51	Finish SXCC Road Open - Presentations				

Note: U17 SXCC Road Open races are on Sunday following the crit races

Note

Track 2 refers to 900m of Track 2 at Waratah Park.

Track 3 refers to 1,500m of Track 3 at Waratah Park.

Sunday 11 July 2021

State Criterium Championships

Est. Start Time	Age Group	Track	Time	+ Laps	Total Km
8.00	Track 2 & 3 open for warm up				
8.20	Track closed				
8.30	U17W	2	20	+ 2 laps	N/A
8.53	U17M	2	20	+ 2 laps	N/A
9.16	U9 / Participation*	2	5	+ 1 laps	N/A
9.24	U11G	2	5	+ 2 laps	N/A
9.34	U11B	2	5	+ 2 laps	N/A
9.44	U13G	2	15	+ 2 laps	N/A
10.03	U13B	2	15	+ 2 laps	N/A
10.22	U15W	2	20	+ 2 laps	N/A
10.46	U15M	2	20	+ 2 laps	N/A
11.09	Finish State Crits - Crit Presentations				

SXCC Open Road Race

Est. Start Time	Age Group	Track	Lap Km	Laps	Total Km
11.20	Track 2 & 3 open for warm up				
11.30	Track closed				
11.40	U17W	3	1.5	20	30
12.38	U17M	3	1.5	20	30
13.32	Finish SXCC Open Road Races - Presentations				

Map Key

- 1 = Track Crossing to Registration / Canteen
- 2 = Start / Finish
- 3 = Track Crossing to Rollout / Marshalling
- 4 = Track exit
- 5 = Crit Pit

