

Dear Cyclist.

Thank you for your participation in the upcoming SXCC Shimano Sydney Cup Super Crit. 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 adhered to by all participants and patrons. We ask for your assistance in the following areas ahead of and during this event.

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. As determined by the NSW State government, if face masks must be worn in enclosed areas make sure you have your mask on when signing on and in close proximity to others.

Event Organiser: Matt Beggs, Tony Graf. Chief Commissaire: Peter Goldsmith.

Sign On

Registration Area is restricted to RIDERS only.

- Have your current license – it will be checked before you receive your Registration pack.
- Proceed to Registration Area and use the use the sanitiser in the stand when you enter.
- Your Registration Pack includes race numbers, pins and transponder. Please pick up the Registration Pack with your name on it as directed by the Registration staff.
- Your name will be ticked off by the Registration staff. Exit via the rear door.

Warm Up

- No warm-up will be allowed until advised by the Commissaires and First Aid are in position.
- 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.

Race Numbers and Transponders

- 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).
- Transponder and numbers must both be returned when you have finished racing

U19 Roll-Out, Bike Check and Helmet Check

U19 riders must roll out their bikes **before** their first race.

- Roll-out is held near to the top of Track 1 and Marshalling.
- U19 rollout distance is 7.93mtr – no exceptions.
- **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.

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 rider will not be able to race if their bike fails to meet the rollout standard.
- For more information on Roll-out Limit and Equipment Restrictions, please refer to AusCycling Technical Regulations.

U19 riders placing 1st to 5th will be required to report for roll-out at the end of each race.

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

U19 Individual Time Trial

- All U19 riders must have completed their rollout prior to starting.
- There will be 3 lanes marked with cones with a commissaire providing directions.
- Riders will start on the left lane of the start/finish straight.
- Riders completing their first lap, commencing their second lap will go in the middle lane.
- Riders finishing their second lap (race finish) will go in the right lane and exit the track to the right 80mtr after the finish line. This will take you into the carpark for warm down.
- Do not continue on the track under any circumstances once your 2 lap ITT has finished.

Shimano Sydney Cup Handicap Final

- The first 4 places in each division qualify for the Shimano Sydney Cup Handicap Final.
- The Shimano Sydney Cup Handicap Final is 2 laps of Track 3.
- Each of the 4 riders in each division will start together on the start finish line at their nominated handicap time. (example: 4 x U19 riders start 1 minute before 4 x elite riders)
- The handicap times will be determined by the Chief Commissaire.

Marshalling

- Marshalling area is restricted to Commissaires and riders only.
- 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.

Crit 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.
- 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 will 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.
- At times there will be 2 or 3 separate divisions on the track at the same time to meet time constraints. Please take care when passing slower riders / division.
- No rider can sit on another division at any time. If you do – immediate disqualification.
- 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.

Criterion 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.
- Social distancing of 1.5m rule is required.

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.

Food and Coffee Vans

Hot and cold food plus coffee will be available in the car park opposite the start finish line

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.

Sunday 25 July 2021

As advised on the day	The MC will advise when the track is open. This will only occur when First Aid is in position and the track is set up for timing
6.50am	Track Closed
7.00am	U19 ITT Female / Male – 2 laps track 3
8.00am	Men's D Grade – 30 mins track 2 + 1 lap track 3
8.01am	Women's D Grade – 30 mins track 2 + 1 lap track 3
8.35am	Men's C Grade – track 3 – 40mins + 2 laps
8.36am	Women's C Grade – track 3 – 40mins + 2 laps
9.20am	A Grade Women – track 3 – 50mins + 2 laps
9.21am	B Grade Women – track 3 – 45mins + 2 laps
9.22am	U19 Women – track 3 – 40mins + 2 laps
10.15am	U19 Men – track 3 – 40mins + 2 laps
11.00am	10.50am Men's A Grade – track 3 – 60mins + 2 laps
12.05pm	Men's B Grade – track 3 – 45mins + 2 laps
1.00pm	1.00pm Women Sydney Cup Handicap Final – track 3 – 2 laps
1.15pm	1.10pm Men Sydney Cup Handicap Final – track 3 – 2 laps

Map Key

1 = Track Crossing to Registration

2 = Start / Finish

3 = Track Crossing to Rollout / Marshalling

4 = Track exit

5 = Crit Pit

