

Welsh Track Championships 2018 – Senior, 40+ & 50+

Event Regulations & Competition Programme

1. General Rules

42 Degrees Coaching is hosting the Welsh Track Championships on behalf of Welsh Cycling over the 7th, 8th & 9th September 2018. These championships may be contested by riders entered via the British Cycling event entry system. The listed disciplines below may be contested in the following categories by both male and female athletes:

Senior	40+	50+
Time Trial	Time Trial	Time Trial
Keirin	Keirin	Keirin
Sprints	Sprints	Sprints
Individual Pursuit	Individual Pursuit	Individual Pursuit
Scratch	Scratch	Scratch
Points	Points	Points

2. Event Regulations

Sprint

The best 8 riders in the qualifying round shall contest the competition top placing. Minor Finals will be held where more than 8 rider entries are received

The competition shall at least include:

- 8 riders;
- A 200 meters qualifying time trial, flying start;
- 1/4 finals, straight;
- 1/2 finals, straight;
- Finals 3rd-4th and 1st-2nd, straight.

TT 1 km & 500m

The competition will be conducted in accordance with the bylaws and run as a straight final.

Keirin

The competition will be conducted in accordance with the UCI Regulations (Text modified on 14.10.2016)

3.2.134

Riders compete in a sprint after completing a number of laps behind a motorized pacer who leaves the track **3 laps to go (250 m tracks)**. For other track sizes the motorized pacer should leave the track closest to 750m from the finish. The event is run over a number of laps closest to 1.5 km.

3.2.135

The competition shall be organised as shown in the following table:

Track Length	No. of Laps	PACER (No. of laps to the finish)
250m	6	3

3.2.137

The pacer shall ride within the sprinter line, starting at 30 km/h and shall gradually increase speed to 50 km/h which should be **reached at the latest when leaving the track, after the pursuit line on the home straight, 3 laps to go (250 m tracks)**.

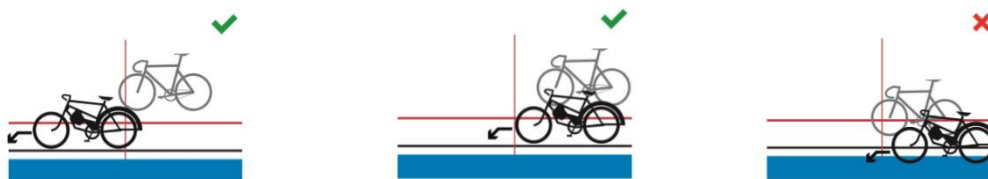
3.2.139

The start shall be given when the pacer approaches the pursuit line in the sprinters' lane. **At the start, riders shall take their positions determined by the draw, directly behind the pacer** for at least the first lap, failing which the race shall be stopped and riders **that failed to comply shall be** disqualified. In the restart, the **remaining riders shall again take their same relative positions** behind the pacer.

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3.2.140

In the case when one or more riders pass the **leading edge of the front** wheel of the pacer before **the pursuit line** when he leaves the track, the race will be stopped and rerun without the rider(s) at fault, which will be disqualified.



Individual Pursuit

Two cyclists compete in a fixed distance. The riders start at opposite sides of the track. The winner is determined by recording the fastest time.

Races shall be run over:

<u>Age Category</u>	<u>Race Distance</u>
Senior Female	3 km
Senior Male	4 km
40+ Female	2 km
40+ Male	3 km
50+ Male	2 km

Scratch

The Scratch Race is an individual race over a specified distance. The race will be conducted in accordance with the bylaws and run as a straight final.

The competition shall be at least held over the distances as shown in the following table:

<u>Age Category</u>	<u>Race Distance</u>
Senior Female	10 km
Senior Male	15 km
40+ Female	10 km
40+ Male	10 km
50+ Male	8 km

Points Race

The Points Race is a speciality in which the final placings are determined according to accumulated points won by riders during the sprints and by taking laps. The competition will be conducted in accordance with the bylaws and run as a straight final.

The competition shall at least be held over the distances, number of laps and number of sprints as shown in the following table:

<u>Age Category</u>	<u>Race Distance</u>	<u>Number of Sprints</u>
Senior Female	15 km	6
Senior Male	25 km	10
40+ Female	15 km	6
40+ Male	20 km	8
50+ Male	15 km	6

The first rider in each intermediate sprint shall be awarded 5 points, the second 3 points, the third 2 points and the fourth one point. Points awarded in the last sprint after the full distance will be doubled (10 points, 6 points, 4 points, 2 points).

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3. Eligibility

As stated with the Welsh Cycling Bylaws (Section 7, 7.1 – 7.3)

7. Eligibility To Represent Wales

7.1. As a basic principle a competitor selected to represent Wales shall:

7.1.1. Have been born in Wales or have a parental principal place of domicile in Wales.

OR

7.1.2. Be the son or daughter of a person born in Wales or whose parents' principal place of domicile was in Wales.

OR

7.1.3. Have resided in Wales for 5 years immediately prior to selection.

7.2. Individual events may have their own variance with regard to National eligibility criteria; where this occurs their criteria will be used.

7.3. Proof is required of a competitor's eligibility to represent Wales and it is the responsibility of the competitor to provide such proof prior to competing.

8. Eligibility

8.2.1. Welsh Championships shall be open to members of BC. For BMX this shall be at silver or gold level.

8.2.2. For Cycle Speedway and Cyclo-Cross competitors must hold a minimum of a provisional race licence. For MTB, Road, Circuit and Track competitors must hold a valid full race licence showing the UCI prefix 'GBR'. If resident in a country outside of the UK they must hold a UK passport and must not, in the same year, have competed in the National Championship of any UCI affiliated National Federation other than BC.

8.2.3. To be eligible for a Welsh Championship title riders must meet one or more of the following criteria:

8.2.3.1. Have been born in Wales or have a parental principal place of domicile in Wales

OR

8.2.3.2. Be the son or daughter of a person born in Wales or whose parents' principal place of domicile was in Wales

OR

8.2.3.3. Have resided in Wales for 5 years consecutively prior to the date of the Championship.

8.2.4. An event promoter will not be required to check the eligibility of each entrant but, where queries arise, the promoter or Commissaire may request proof of eligibility, such as birth certificate or proof of address, from an entrant. The onus is on the entrant to provide this proof.

8.2.5. Riders will only be eligible for the Championship they sign on for.

8.3. Categories, Jerseys and Medals

8.3.1. For details of age categories refer to the BC Technical Regulations.

8.3.2. A Welsh Champion jersey and title shall be awarded to the winner in each category for the relevant discipline and subject to a minimum of three riders entering the Championship.

8.3.3. Gold, silver and bronze medals shall be awarded in all categories subject to a minimum of three riders entering the Championship.

8.3.4. Where a minimum entry of three is not achieved the category will be absorbed into the most appropriate adjacent category e.g. Veteran Over 50 into Veteran Over 40.

8.3.5. Winners of Championship jerseys are required to wear their jersey in all races of the category and discipline concerned. They are not permitted to be worn in races of categories and disciplines other than those in which they were won.

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Competition Programme

Friday 7th September 2018

4.00pm – 6.00pm Welsh Champs Prep Session - £10.80 payable at velodrome reception (Run by Newport Live)

6.00pm Signing On Opens

6.30pm Organiser, Commissaires & Management Meeting

6.30pm Signing On Closes

6.30pm Open Track Warm Up

6.50pm Rider Briefing

7.00pm Competition Starts

Hours	M/F	Category	Race	Competition
18.30 – 22.00	F	OTS	Team Sprint	1st Round (3 Heats)
	M	OTS	Team Sprint	1st Round (7 Heats)
	M	OTP	Team Pursuit	1st Round (1 Heat)
	M	WTP	Team Pursuit	1st Round (3 Heats)
	F	OTS	Team Sprint	Team Sprint 3rd Final
	F	OTS	Team Sprint	Team Sprint 1st/2nd Final
	M	OTS	Team Sprint	Team Sprint 7th Final
	M	OTS	Team Sprint	Team Sprint 5th/6th Final
	M	OTS	Team Sprint	Team Sprint 3rd/4th Final
	M	OTS	Team Sprint	Team Sprint 1st/2nd Final
	M	O/WTP	Team Pursuit	Team Sprint 3rd/4th Final
	M	O/WTP	Team Pursuit	Team Sprint 1st/2nd Final **
Finish				

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Saturday 8th September 2018

8.30am	Signing On Opens
9.15am	Organiser, Commissaires & Management Meeting
9.15am	Signing On Closes
9.20am	Open Track Warm Up
9.50am	Rider Briefing
10.00am	Competition Starts

Hours	M/F	Category	Race	Competition
10.00 – 18.00	S & 40+ F	S	200m Qualifying	Qualifying
	SM	S	200m Qualifying	Qualifying <i>(Top 12 to A Sprint, remainder to B Sprint)</i>
	40+ & 50+ M	S	200m Qualifying	Qualifying
	S & 40+ F	S	Sprint	No Heats – Straight to Quarter Finals
	SM	S	Sprint	A Sprint 1 st Round Heat (6x2 up) <i>(Winners to QF, Remainder to Repechage)</i>
	SM	S	Sprint	B Sprint 1 st Round Heat (4x2 up) <i>(Winners to QF, Remainder to Repechage)</i>
	40+ & 50+ M	S	Sprint	No Heats – Straight to Quarter Finals
	SM	S	Sprint	A Sprint Repechage (2x3 up) <i>(Winners to QF, Remainder to 5-8 Minor Final)</i>
	SM	S	Sprint	B Sprint Repechage (2x3 up) <i>(Top 2 to QF, Remainder to 21-22 Minor Final)</i>
	S & 40+ F	E	Scratch	Final – 10 km, 40 Laps **
	SM	E	Scratch	Final – 15 km, 60 Laps **
	40+ & 50+ M	E	Scratch	Final – 10 km, 40 Laps **
	S & 40+ F	S	Sprint	Quarter Final (3x2 up & 1x3 up) <i>(Winners to SF, Remainder to 5-8 Minor Final)</i>
	SM	S	Sprint	Quarter Final – A Sprint (4x2 up) <i>(Winners to SF, Remainder to 5-8 Minor Final)</i>
	SM	S	Sprint	Quarter Final – B Sprint (4x2 up) <i>(Winners to SF, Remainder to 17-20 Minor Final)</i>
	40+ & 50+ M	S	Sprint	Quarter Final (3x2 up & 1x3 up) <i>(Winners to SF, Remainder to 5-8 Minor Final)</i>
LUNCH BREAK				
	S & 40+ F	S	Sprint	Semi Final (2x2 up) <i>(Winners to 1-2 Final, Remainder to 3-4 Final)</i>
	SM	S	Sprint	Semi Final – A Sprint (2x2 up) <i>(Winners to 1-2 Final, Remainder to 3-4 Final)</i>
	SM	S	Sprint	Semi Final – B Sprint (2x2 up) <i>(Winners to 1-2 Final, Remainder to 3-4 Final)</i>
	40+ & 50+ M	S	Sprint	Semi Final (2x2 up) <i>(Winners to 1-2 Final, Remainder to 3-4 Final)</i>
	S & 40+ F	S	Sprint	Minor Final 5-9 (1x5 up)
	SM	S	Sprint	B Sprint Minor Final 21-22 (1x2 up)
	SM	S	Sprint	B Sprint Minor Final 17-20 (1x4 up)

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	40+ & 50+ M	S	Sprint	Minor Final 5-9 (1x5 up)
	SM	S	Sprint	A Sprint Minor Final 9-12 (1x4 up)
	SM	S	Sprint	A Sprint Minor Final 5-9 (1x4 up)
	S & 40+ F	E	Points	Final – 15 km, 60 Laps ** <i>(points every 10 laps, double points last lap)</i>
	SM	E	Points	Final – 25 km, 100 Laps ** <i>(points every 10 laps, double points last lap)</i>
	40+ & 50+ M	E	Points	Final – 20 km, 80 Laps ** <i>(points every 10 laps, double points last lap)</i>
	S & 40+ F	S	Sprint	Sprint 3 rd /4 th Final (1x2 up)
	S & 40+ F	S	Sprint	Sprint 1 st /2 nd Final (1x2 up) **
	SM	S	Sprint	B Sprint 3 rd /4 th Final (1x2 up)
	SM	S	Sprint	B Sprint 1 st /2 nd Final (1x2 up)
	40+ & 50+ M	S	Sprint	Sprint 3 rd /4 th Final (1x2 up)
	40+ & 50+ M	S	Sprint	Sprint 1 st /2 nd Final (1x2 up)
	SM	S	Sprint	A Sprint 3 rd /4 th Final (1x2 up)
	SM	S	Sprint	A Sprint 1 st /2 nd Final (1x2 up) **
Finish				

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Sunday 9th September 2018

8.30am Signing On Opens
 9.15am Organiser, Commissaires & Management Meeting
 9.15am **Signing On Closes**
 9.20am Open Track Warm Up
 9.50am Rider Briefing
 10.00am Competition Starts

Hours	M/W	Category	Race	Competition
10.00 – 18.00	S & 40+ F	S	Time Trial	500 m Final **
	SM	S	Time Trial	1 km Final **
	40+M	S	Time Trial	750 m Final **
	50+M	S	Time Trial	500 m Final **
	SF	E	Individual Pursuit	3 km Final **
	SM	E	Individual Pursuit	4 km Final **
	40+F	E	Individual Pursuit	2 km Final
	40+M	E	Individual Pursuit	3 km Final **
	50+M	E	Individual	2 km Final **
LUNCH BREAK				
	S & 40+ F	S	Keirin	Keirin Heat 1 (1x4 up) <i>(Top 3 to final, remainder to minor finals)</i>
	S & 40+ F	S	Keirin	Keirin Heat 2 (1x5 up) <i>(Top 3 to final, remainder to minor finals)</i>
	SM	S	Keirin	Keirin Heat 1 (1x7 up) <i>(Top 2 to final, remainder to minor finals)</i>
	SM	S	Keirin	Keirin Heat 2 (1x7 up) <i>(Top 2 to final, remainder to minor finals)</i>
	SM	S	Keirin	Keirin Heat 3 (1x8 up) <i>(Top 2 to final, remainder to minor finals)</i>
	S & 40+ F	S	Keirin	Keirin 7-9 Final (1x3 up)
	SM	S	Keirin	Keirin 15-22 Final (1x8 up)
	SM	S	Keirin	Keirin 7-14 Final (1x8 up)
	40+M	S	Keirin	Keirin Final (1x4 up)
	50+M	S	Keirin	Keirin Final (1x5 up)
	S & 40+ F	S	Keirin	Keirin Final (1x6 up) **
	SM	S	Keirin	Keirin Final (1x6 up) **
Finish				

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General Information

We are lucky enough to have a closed track centre which is for RIDERS and event helpers only. There is ample seating for spectators with great views of the racing in the stands. Anyone that is not racing but would like to volunteer please let me know as there will be plenty of riders who would like a holder and events that will require additional timing judges.

Licences not collected after the meeting will be subject to a £10 charge to return.

Please ensure that your licence has a picture of yourself (if not, a driving licence or passport will be required as photo ID), is signed and also has emergency contact information filled in.

Commissaires reserve the right to withdraw any rider that has not completed their licence correctly.

All event finals that are marked with ** have qualified as championship events if you are Welsh.

Event Organiser: Kyleigh Manners (42 Degrees Coaching) on behalf of Welsh Cycling

Accreditation/Sign On: Kelly Manners
Gear Check: Kyleigh Manners

Chief Commissaire: Dianne Marshall
Assistant Commissaires: Anthony Derrick
Steve Thomas
Mark Hillier
Alan Smith
Lap Board: Jendy Hillier

Timing Box : Newport Live
Riders Whip: Kyleigh Manners
Riders Liaison: Kyleigh Manners
First Aid: EMW
Catering: Newport Live (Saturday Only)

Thank You:

To all of you that have taken the time to enter and compete today. We didn't have too long to put this event together but you have supported it and is greatly appreciated.

Welsh Cycling who took the decision to hold a Championship after the success of last year's event.

Commissaires who give up their time - without you, we wouldn't be racing.

All helpers - these events don't run without you generously donating your time.

**** DISCLAIMER ****

Any timing's given are estimated based on entries made via the BC website. Timings may increase or decrease depending on the number of starters. Due to timing constraints, Welsh Cycling and 42 Degrees Coaching Ltd reserves the right to reduce distances in the event of poor time keeping by riders, crashes or unforeseen circumstances. Full briefings will be given on race day however it is YOUR responsibility to be present when requested to race.

Racing will not wait for ANY rider(s).