



Cycling Southland
2012 Southland Secondary Schools
Team Sprint Competition



Come and pit yourself against other Southland Schools in a three-up team competition on the Stadium Southland Velodrome!!

Information



When?

September 30 2012

What?

A Team Sprint pits two teams of three riders against the clock and each other (on opposite sides of the track) over three laps of the track. The starting rider brings the team up to speed as quickly as possible with the other two team members following behind them. After 1 lap the first rider swings up and allows the next rider to set the pace. With two riders left on the track, the 2nd rider completes a lap as fast as possible before peeling off to leave the last rider to complete the final lap. The competition will run in a round robin format over the course of the day, with a training / build up held over the month before hand.

Who?

Two age grades:

- 1) Years 9 -10
- 2) Years 11-13

Within these age grades we will run a girl's competition, a boy's competition and a mixed competition.

How?

The build-up will start following Junior Worlds on 22-26 August. Each squad of four riders will have access to one training session per week in the four weeks prior to competition day, from 7am-8am or 8am-9am on Monday, Wednesday, Thursday or Friday, or at an arranged time during the day depending on velodrome bookings.

We are looking to Cycling Southland club members who are students in your school to take on the challenge / responsibility of coaching their team (spreading themselves out amongst more inexperienced riders to make up teams, with no more than 1 Southland representative from the last 12 months in each team). Alternatively we will organise one of our club members to coach. Club bikes will be used (on an 81" gear) and helmets are available if required.

While we are spreading out our club members and Southland representatives across different teams, we are also encouraging schools to put together their fastest team for the Schools All Comers Record attempt at the end of competition day. This is a chance for all the representative riders at your school to ride together and try to set the fastest time for the day!



Why?

Because it's a great opportunity to challenge yourself, have a go on a World Class facility with access to experienced riders/coaches, a chance to pit your school against other Southland Schools in a fantastic school competition, give yourself the opportunity to become a Cycling Southland club member and the chance to compete in further events at a club, national or international level, provide fantastic cross training opportunities for other sports, give club members at your school to a chance help up-skill other students and pass on their knowledge / take on the challenge of coaching....and most of all, it will be a whole lot of fun!

Costs?

The cost to enter will be \$100 per team (\$25 per team member)

This will cover the four training sessions / hire of the facility, use of the club track bikes and helmets and competition day itself. Please note, actual track hire alone would cost \$250 per team, but we are subsidising costs, in partnership with Stadium Southland to ensure costs are not a barrier to entering.

Entries

Entries open on 16 July 2012 - Fill in the attached entry form and send into the Cycling Southland Office, 22 Surrey Park Road, Invercargill 9840 – Entries Close August 10th

E: office@cyclingsouth.org.nz

P: 03 2173215



Promotion

Promotion in your school: We are hoping to visit Southland schools during June-August to talk about the competition, get everyone excited about the Junior World Track Champs which are here from 22-26 August, check out some Team Sprints on video, and give you a whirl on our roller racing set up!



Rules of the 2012 Secondary Schools Team Sprint Competition

1. Entries will only be accepted via the official entry form, no later than 5pm Friday 10 August 2012
2. Successful entries will then be invoiced with full payment due immediately.
3. There are limited places available. There will be a maximum of 32 teams.
4. Riders must be students of the school team they are competing in
5. Three members will compete in each race.
6. A team is made up of up to four riders.
7. Teams can change the order of their combination for each round.
8. Riders will use Cycling Southland club track bikes and approved safety helmets.
9. No aero helmets are allowed
10. The only adjustment that is to be made on the club track bikes is the seat height. No other adjustments shall be made to the club bikes. NO wheel or pedal changes. Time penalties will be imposed on any team breaching these rules.
11. Teams must attend the four organised training sessions on the Velodrome.
12. The coach and team representative are required to attend the information evening on Thursday 27th September at 7pm in the Sarah Ulmer Lounge above the track at the Velodrome. A demonstration of the race and allocation of training times will be part of this evening.
13. Competitors take part at their own risk.
14. Restricted gearing. This will equate to a roll out of 6.3 meters (51x17, 48x16, 42x14, 39x13)
15. No disc wheels are permitted.
16. No full carbon wheels are permitted.
17. All concerns of competitors or support crew must be addressed to the coach of their team who may choose then to address these to the event managers.
18. Teams are to follow the instructions of officials and coaches.
19. Riders who have represented their Centre or country at any national or international track cycling competitions over the past 12 months should be spread amongst teams from their school, at the discretion of the organisers, and act as coaches for their team but will be able to compete together in the all-comers record race at the end of the round robin competition.
20. The organisers reserve the right to amend team entries which are deemed to be not in the true spirit of the competition.
21. Competitors are to wear the race numbers allocated to them by the organisers.
22. All-comers record teams race under the same rules as per the team sprint
23. Refunds of entry fees due to cancellation will be at the discretion of the organisers
24. We agree that organisers and sponsors of this event may use any information given to the organisers for purposes connected with the event and to provide us with details of other products, services and events.
25. We agree to allow any photographic, film or audio likeness to be used by the organisers, sponsors and/or assignees at no cost.
26. We will not hold organisers, officials, sponsors and/or any person involved with the event liable for any loss or injury to person or equipment.

Any other items arising will be dealt with at the discretion of the organising committee.

2012 Secondary Schools Team Sprint Competition

Entry Form

This is your chance to win the inaugural Southland Secondary Schools Team Sprint competition on New Zealand's only indoor Velodrome!

When: September 30th 2012

Where: Stadium Southland Velodrome, Surrey Park, Invercargill

Who: Teams of up to 4 competitors in a competition for a) Years 9-10 or b) Years 11-13. Girls, boys and mixed competitions in each age group.

What: A 3 lap team event known as the Team Sprint

Name of School: _____

Name of Team: _____

(Please fill out a different entry form for each team from your school)

Teacher/Co-ordinator contact details:

Name: _____

Phone: _____

Email: _____

Team Members

1 _____

2 _____

3 _____

4 _____

Do you require a coach from Cycling Southland?

Yes/No

If no, please provide your coaches details:

Name: _____ Email _____

Entry fee per team:

Entries close 10 August 2012 5pm with Cycling Southland.