



RIDER GUIDE

Round 5

Team Time Trial:

Sandown



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Welcome:

Welcome to the Victorian Interschool Cycling Series (VICS)! This is the fifth of 7 events in the 2017-18 series. The event will be team time trial.

Event Location:

The race will be held on Friday the 9th of February 2018 at Sandown Race Course.
Please enter via gate 5e

Membership:

All participants must have a current Cycling Australia Gold Membership to race. If you do not have a membership you will need to either purchase a gold membership or a 3-ride permit. Please contact Alan.mok@cycling.org.au if you need a 3-ride permit.

Registration:

Registration will be located in the pit lane. Riders must present their membership card (or email receipt of purchase) to receive their bib numbers, race plate and transponders.
Registration for this race will open at 4:30pm and close at 6:15pm

_Numbers and transponders must be returned to the Cycling Victoria marquee immediately after finishing.

Bib Numbers:

Bib numbers must be attached to the **Right hand side**. Each rider receives one bib.

Event Times & Presentations

All teams must be present at the start line 5 minutes before your allocated start time

Presentations will take place straight after the last team crosses the line. Presentations to be held in the pit lane and only the top 3 teams in each junior female, male and senior female and male will be presented with medals.

Technical Regulations:

Regulations surrounding the suitability of equipment will be in accordance with current Cycling Australia Technical Regulations* with the following exceptions/clarifications:

- Roll out distances (junior gear restrictions) are not enforced at VICS events.
- Only Cycling Australia approved standard road bicycles for all events [No TT specific bicycles for either ITT or TTT events]
- TT clip on bars will be permitted for ITT and TTT events
- Carbon wheels will be accepted at a maximum rim depth of 50mm for all events
- All helmets must be Australian Standards compliant [For more information on helmet standards please visit: <http://cyclingtips.com.au/2013/04/australian-helmet-standards-what-you-need-to-know/>]

**Please see Cycling Australia 2014 Technical Regulations for Road and Track:*

<http://cycling.org.au/Portals/10/Rules%20and%20Policies/2013%20Technical%20Regulations%20update%20as%20at%2001042013.6.pdf>

First Aid / Medical:

Medical support will be provided by St Johns. A mobile medical team will be at the pit lanes and will be assessable at all times to attend any medical issues.

Food and Drink

Red Hot Coffee will be in attendance and food and drinks can be purchased.

Thankyou:

This event would not be possible without the support of the following organisations:

- Cycling Victoria
- VICS Organising Committee members
- Event Commissaires
- Event Volunteers
- Scott