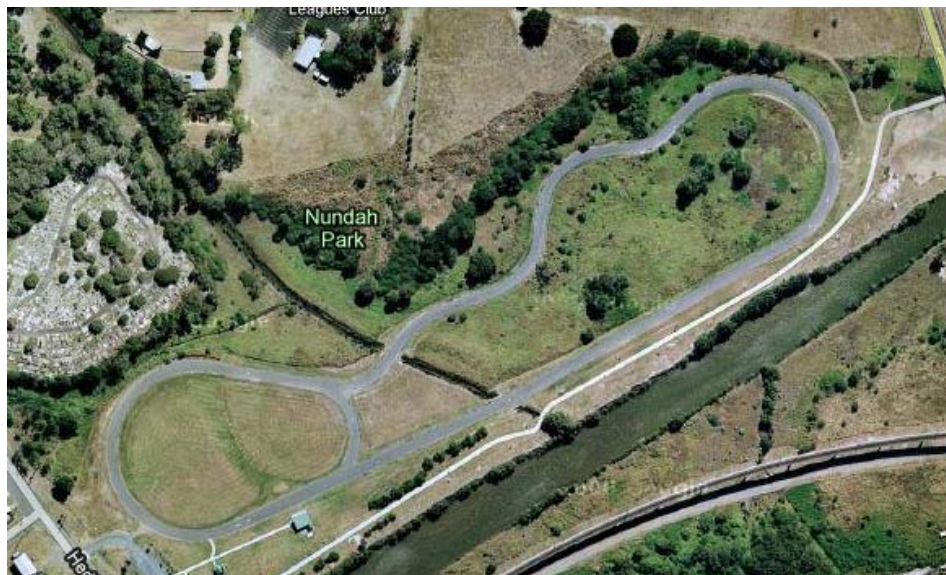


Come & Tri Day - Nundah Criterium Circuit

Presented by the Wynnum Redlands Cycling Club - July 18.

Comprising: Skills Training, Simulated Criterium Events, Sprints and Team Time Trials conducted in a fun and supportive environment for both novice & experienced riders to learn more about competitive cycling.



Time	Skills Levels	Event	Duration
09:30	All	Registration	
10:00	Juniors & Novices	Bike & Skills Checks	30 mins
11:00	Junior Novices	Simulated, Accompanied Criterium	10 mins + 1 Lap
11:15	Novice B	Simulated, Accompanied Criterium	20 mins + 2 Laps
11:45	Novice A	Novice A Simulated, Accompanied Criterium	30 mins + 2 Laps
12:30	All	150m Sprint	Elimination heats, first past the post through to next round
13:30	All	4 Person TTT	12 Laps
14:30	A Grade Combined WRCC	Criterium	40 min + 3 Laps
14:35	B Grade Combined WRCC	Criterium	30 mins + 3 Laps

Visit the Event Web Site: <http://www.wynnumredlandscycling.org.au/joomla/>

The Nundah Circuit can be found here: [here](#)

\$5.50 entry Fee to cover Track Hire, Insurances, Sausage Sizzle & Officials per participant.

Event Rules:

Note: As much as possible full racing rules will apply to all events to allow the greatest exposure for all participants to the competitive cycling environment.

1. **All Riders** must register
2. **All Riders** must use an approved Helmet (AS/NZ 2063) which is to be worn at all times when riding the bike.
3. **All Riders** will be issued a number and must wear it as requested by the officials
4. **Juniors** will be required to ride with restricted gearing as per the following table:

- (i) Junior U.19 – NIL
- (ii) Junior U.17 - 6.5 Metres
- (iii) Junior U.15 – 6.0 Metres
- (iv) Junior U.13 – 5.5 Metres
- (v) Junior U.11 – 5.5 Metres

Note: Assistance can be provided to check and set gearings during the bike checks

In addition for Juniors:

- (i) Only high pressure detachable tyres and tubes shall be used. A detachable type tube means the tube is detachable from the tyre casing. Such high pressure tyres shall be beaded
- (ii) For all events, a standard triangular frame may only be used. Such frame shall consist of standard tubing of dimensions no more than 80mm maximum and no less than 25mm minimum.
- (iii) Handlebars shall be of the standard "Classic" style. Bolt on handlebar extensions shall be allowed for under 15 and under 17 riders for the individual pursuit, team pursuit and time trials only.
- (iv) For all events, wheels must have at least 12 spokes and the construction of the rim shall exclude the use of composite fibres (Carbon, Kevlar, Aramid and similar fibres).

5. **All Riders** must abide by the General Road Racing Rules:

- (a) Competitors taking part in the organised events must listen to the instructions provided by the officials and abide by these instructions
- (b) A competitor who rides or acts in a manner considered being dangerous to another competitor or the public must be penalised.
- (c) A competitor who removes his/her hand(s) from the handlebars, whether in a sprint, or otherwise, without a valid reason, (e.g. feeding/drinking), will be penalised.
- (d) A competitor who pushes or pulls another competitor, or interferes with the progress of another competitor, may be penalised.
- (e) An approved helmet must be worn when racing or warming up.
- (f) During the 'warm-up' period prior to a race, competitors must ride their bicycles in a safe manner and comply with either the road traffic regulations or the accepted procedure of the Track
- (h) In the 'warm-up' or training period, slower moving competitors must ride in accordance with the officials instructions.
- (g) Handlebar ends must be plugged.

6. **BICYCLES**

Preamble

Bicycles shall comply with the spirit and principle of cycling as a sport. The spirit suggests that cyclists compete in competitions on an equal footing. The principle asserts the primacy of man over machine.

To maintain this spirit and a safe riding environment the following rules will apply on the day:

Type

Bicycles and their accessories shall be of a type that is or could be sold for use by anyone practising cycling as a sport. The use of equipment designed especially for the attainment of a particular performance (record or other) shall be not authorised.

Position

The rider shall normally assume a sitting position on the bicycle. This position requires that he be supported solely by the pedals, the saddle and the handlebar.

For Criterium & Sprint events:

Only the traditional type of handlebars may be used. The brake controls attached to the handlebars shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports. Any extension to or reconfiguration of the supports to enable an alternative use is prohibited. A combined system of brake and gear controls is authorised.

For Time Trial Events:

Reconfiguration of the supports to enable an alternative use is prohibited. A combined system of brake and gear controls is authorised.

7. UNACCEPTABLE BEHAVIOUR

This list provides examples of behaviour deemed to be unsuitable and not in the best interests of the sport.

- (i) 'Sledging' other athletes, officials or event organizers. Sledging is defined as a statement that is deemed to denigrate and/or intimidate another person, or behaviour likely to constitute emotional abuse.
- (ii) Excessive use of alcohol, acting in a way that becomes a public nuisance, or creating a public disturbance.
- (iii) Damaging another person's property or depriving him or her of that property.
- (iv) Sexual relations between an appointed official and a junior athlete (under age of consent), irrespective of the wishes and desires of the athlete. In all other cases, such relations are strongly discouraged.
- (v) Any physical contact with athletes shall be appropriate to the situation and be necessary for the further development of the athlete's skill.
- (vi) The use or encouragement of the use of banned substances. (The banned substance list is as outlined under CA's Anti-Doping Policy).
- (vii) Statements, which are deemed to denigrate the group that an individual is representing.
- (viii) Any type of gambling, betting or organization of betting at any cycling event, while competing, officiating or undertaking a management role.
- (ix) Any form of harassment.

NOTE; This Code of Conduct was adopted at the August 2 – 2002 Council Meeting. The terms and conditions outlined in The Code of Conduct also apply to events organised by Cycling Queensland and Affiliated Clubs.