

SHIMANO

National All Schools
Cycling Challenge

2 - 4 September 2022

PARTICIPANT GUIDE

CONTENTS:

1	EVENT INFORMATION	2
2	EVENTS	2
3	EVENT SCHEDULE	2
4	EVENT ENTRIES	3
	4.1 EVENT CATEGORIES	3
5	VENUES	
6	RACE SPECIFIC INFORMATION	6
7	6.1 BMX RACING	8 9
8	7.1 BICYCLES	13
9	VENUE INFORMATION	. 15
10	FIRST AID / MEDICAL	. 15
11	CODE OF CONDUCT	. 15
12	FURTHER INFORMATION	.15

NISCYCLING

1 EVENT INFORMATION

Event Date	Friday, 2 - Sunday, 4 September 2022
	Nerang BMX Club
Host Locations	Gold Coast Mountain Bike Club
	Gold Coast Cycling Club
Entries Closing Date & Time	11:59pm AEST, Sunday 21 August 2022
Entries Closing Date & Time	No late entries will be accepted.
More Information	CLICK HERE for more information on the AusCycling website.

2 EVENTS

The following events will be conducted as part of the event:

- BMX:
 - o BMX Racing
 - o Team Relay
- Mountain Bike:
 - Cross Country
 - o Enduro
- Road:
 - o Criterium Race
- All Bike Challenge:
 - o Straight Line Sprint / Hill Climb
 - o Team Relay

3 EVENT SCHEDULE

The full schedule will be available on the AusCycling website, **CLICK HERE** to view the schedule.

Day	Time	Event	Venue
	8:00am - 4:00pm	Road Criterium	Gold Coast Cycle Centre
Friday, 2 September 2022	4:00pm - 8:00pm	BMX Racing BMX Team Relay	Nerang BMX Club
	8:00am - 12:00pm	Mountain Bike Cross Country	
Saturday, 3 September 2022	12:00pm - 3:00pm	All Bike Challenge: Straight Line Sprint/Hill Climb	Gold Coast Cycle Centre
		All Bike Challenge: Team Relay	
Sunday, 4 September 2022	8:00am - 2:30pm	Mountain Bike Enduro	
	2:30pm - 3:00pm	Overall School and Rider Presentations	

The full schedule will be available on the AusCycling website, CLICK HERE to view the schedule.

Please note, the schedule is subject to change. If any changes are required to the schedule once published, the most up to date schedule will always be placed within the above link, clearly showing the date last updated.

4 EVENT ENTRIES

4.1 EVENT CATEGORIES

The below categories will be run for the event across all cycling discipline events.

Categories will be based on the current year at school.

Category	Group
Category 1: Beginner - Intermediate This category is suitable for a rider who is new to racing or has limited experience racing before.	Year's 7-8, 9-10, 11-12 (Female/Male)
Category 2: Intermediate - Advanced This category is suitable for a rider who is a little more serious about racing and have experience racing at either Club, State or National levels.	Year's 7-8, 9-10, 11-12 (Female/Male)

Relay Teams:

Relay teams must consist of two (2) Females and two (2) Males and with a minimum of 1 person from each age group. e.g. 1 Female Year 7-8, 1 Male from Year 9-10, 1 Female from Year 11-12, and 1 Male from Year 11-12.

Relay teams to be confirmed at the registration desk on the day.

4.2 ENTRY PROCESS & COST

Entries will be online via AusCycling Entry Portal only, entry link below. It is the rider/rider guardian's responsibility to ensure their entry is correct.

Event Entries Link	CLICK HERE to enter.
Entries Close	11:59pm AEST, Sunday 21 August 2022
Scratching Cut Off	11:59pm AEST, Sunday 21 August 2022
No late entries will be accepted for the event.	

The cost of entry will be:

Entry Fee (GST incl)
\$30.00 per rider.
\$30.00 per rider.

Entry fee includes:

Access to register for all events.

- The entry fee has been capped at the cost of one (1) discipline to encourage riders to be able to try another disciples at no additional cost.
- In the Shimano National All Schools Cycling Challenge's inaugural year, AusCycling is covering the cost of the rider's insurance for the event across all cycling disciplines.

Riders who have entered and are no longer able to attend, can use the scratching process prior to the Scratching Cut Off listed above by emailing events@auscycling.org.au. After this date has passed, in order to obtain a refund, riders must submit a medical certificate to events@auscycling.org.au, in line with the AusCycling Refund Policy.

^{*} AusCycling reserves the right to promote or demote rider's categories where appropriate.

OCYCLING

4.3 MEMBERSHIP/INSURANCE

AusCycling has a **4 Week Free Trial Membership** for all new members. Experience the fun of riding and racing across all disciplines! Free trial members are covered when participating in AusCycling activities, including social and recreational riding as well as All Discipline Racing in club level events. <u>CLICK HERE</u> for more information on the offer. For more information on how to become an AusCycling member, please <u>CLICK HERE</u>.

In the Shimano National All Schools Cycling Challenge's inaugural year, AusCycling is covering the cost of the rider's insurance for the event across all cycling disciplines.

4.4 EVENT REGISTRATION (SIGN ON)

Road:

Location	Nerang Cycle Centre
Address	1 Hope St, Nerang QLD 4211
Date	Friday, 2 September 2022
Time	From 8:00am

BMX:

Location	Nerang BMX Club
Address	Corner of Mortensen Rd and Cayuga St Nerang QLD
Date	Friday, 2 September 2022
Time	From 4:00pm

Mountain Bike - Cross Country:

Location	Nerang Cycle Centre
Address	1 Hope St, Nerang QLD 4211
Date	Saturday, 3 September 2022
Time	From 8:00am

All Bike Challenge - Sprint & Team Relay:

Location	Nerang Cycle Centre
Address	Hope St, Nerang QLD 4211
Date	Saturday, 3 September 2022
Time	From 12:00pm

Mountain Bike - Enduro:

Location	Nerang Cycle Centre
Address	Hope St, Nerang QLD 4211
Date	Sunday, 4 September 2022
Time	From 8:00am

5 VENUES

The host venues for the event will be:

All Bike Challenge - Sprint and Team Relay:

Location Name	Gold Coast Cycling Club
Location Address	1 Hope St, Nerang QLD 4211
Map Link	Gold Coast Cycling Club

BMX:

Location Name	Nerang BMX Club
Location Address	Corner of Mortensen Rd and Cayuga St Nerang QLD
Map Link	Nerang BMX

Mountain Bike - Cross Country:

Location Name	Gold Coast Mountain Bike Club
Location Address	1 Hope St, Nerang QLD 4211
Map Link	Gold Coast Mountain Bike Club

Mountain Bike - Enduro:

Location Name	Gold Coast Mountain Bike Club
Location Address	Hope St, Nerang QLD 4211
Map Link	Gold Coast Mountain Bike Club

Road:

Location Name	Gold Coast Cycling Club
Location Address	1 Hope St, Nerang QLD 4211
Map Link	Gold Coast Cycling Club



6 RACE SPECIFIC INFORMATION

6.1 BMX RACING

The BMX race will be run under the following format.

Riders to complete one (1) lap of the BMX track that feature rollers, berms and jumps before the finish line, with the track length being 300 - 500 meters with other riders at the same time.

Category	Ra	Race Format					
	• Four (4) race heats.						
	•	Rider's results from 1st place onwards will be score					ored
		from lowest-highest totalled score points from all					
Category 1: Beginner - Intermediate		race heats.					
Year 7-8, 9-10, 11-12 (Female/Male)	•	See the points tally below. Places 1 - 3 will be awarded medals and places 4 - 5					
	•						4 - 5
			varded ce			•	
	•	No qualif	ier or fina	ls will be	held for Co	ategory 1.	
	•	Three (3)	race heat	s, Eighth,	Quarter,	Semi and	
		Finals de	oendent o	n rider er	ntries, see	table belo	ow:
		Number of Riders	Final	Semi Final	Quarter Final	Eighth Final	
		Less than 17	One (1) x Eight (8) Rider	-	-	-	
		17-19	One (1) x Eight (8) Rider	Two (2) x Six (6) Rider	-	-	
		20-32	One (1) x Eight (8) Rider	Two (2) x Six (6) Rider	-	-	
		33-40	One (1) x Eight (8) Rider	Two (2) x Six (6) Rider	Four (4) x Five (5) Rider	-	
		41-64	One (1) x Eight (8) Rider One (1) x Eight	Two (2) x Six (6) Rider Two (2) x Six	Four (4) x Eight (8) Rider Four (4) x Five	- Five (5) x Eight	
		65-80	(8) Rider One (1) x Eight	(6) Rider Two (2) x Six	(5) Rider Four (4) x Eight	(8) Rider Eight (8) x Eight	
		81 or more	(8) Rider	(6) Rider	(8) Rider	(8) Rider	 +bo
Colores 2 tolores d'obs Administra	 The riders with the lowest total points earned in heats move into the qualifiers. In the Qualifiers, 						
Category 2: Intermediate - Advanced Year 7-8, 9-10, 11-12 (Female/Male)		top four riders will move to the next stage of the					
		qualifiers. In the semifinals, the top four riders will					
		•	o the fina		the top to	aac.s .	• • • • • • • • • • • • • • • • • • • •
	 For avoidance of doubt, ties in transferring positions 				tions		
		from the heats to the qualifiers or the final					
		(whichever the case may be) will be resolved in					
		accordance with time in the previous heat.					
		Rider's results from 1st place onwards will be scored					
		from lowest-highest totalled score points from all					
		race heat	s. See the	points ta	illy below.		
	•	Places 1 -	3 will be	awarded	medals ar	nd places 4	4 - 5
		will be av	varded ce	rtificates.			
Points Tally:							

Place	Points
1 st	1
2 nd	2
3 rd	3

Place	Points
4 th	4
5 th	5
6 th	6

Place	Points
7 th	7
8 th	8

Points continued for number of riders e.g. 9th = 9 points, 10th = 10 points etc.

- Gate positions are from 1 8 for heat races and will be random draw.
- Gate positions for Qualifiers and Finals are in order of lap time from previous round, only for Category 2.

Below event schedule is subject to change:

Category:	Race	Draft Start Time:
See section 4.1 for categories.		TBC once entries close.
Categories:	Practice Session	3:00pm - 4:00pm
Year 7-8, 9-10, 11-12 (Female/Male) Categories 1	with Coaches	3.00pm - 4.00pm
Categories:	Practice Session	4:00am F:00am
Year 7-8, 9-10, 11-12 (Female/Male) Categories 2	with Coaches	4:00pm - 5:00pm
All categories:	Heat 1	
Year 7-8, 9-10, 11-12 (Female/Male) Categories 1 & 2	пеаст	
All categories:	Heat 2	
Year 7-8, 9-10, 11-12 (Female/Male) Categories 1 & 2	Heat 2	
All categories:	Heat 2	From completion of greation
Year 7-8, 9-10, 11-12 (Female/Male) Categories 1 & 2	Heat 3	From completion of practice
Categories:	Heat 4	sessions, approximately
Year 7-8, 9-10, 11-12 (Female/Male) Categories 1	Heat 4	5:00pm.
Categories:	Qualifier's (if	
Year 7-8, 9-10, 11-12 (Female/Male) Categories 2	required)	
Categories:	Finals	
Year 7-8, 9-10, 11-12 (Female/Male) Categories 2	FIIIais	

^{*} AusCycling reserves the right to promote or demote rider's categories where appropriate, if it's deemed unsafe to allow them to participate.

BMX Team Relay:

The team relay will be run the under the following format.

Each team member to complete one lap in a relay fashion.

Category:	Race Distance	Start Time:
See section 4.1 for categories.	Nace Distance	TBC once entries close.
Teams of four (4).	Four (4) small laps anti clockwise.	Completion of individual
	Each rider completes one (1) lap.	racing, approximately 7:00pm.

^{*}Confirmation of the team relay event structure will be finalised once entries are closed.



6.2 MOUNTAIN BIKE

Cross Country:

A Cross Country style event generally lasting 25 - 45 minutes. Mass start event where placing's will be determined based on final finishing place.

Each group will line up 5 minutes before their start time and leave the circuit at the designated areas once their race is completed. All riders will finish on the same lap, lapped riders will be able to finish and will be shown in the result as - 1 lap if necessary.

Course Map: CLICK HERE Finish / Staging are: CLICK HERE

Category: See section 4.1 for categories.	Race Time	Draft Start Time: TBC once entries close.
Practice	50 minutes	8:00am
Male Year 7-8 Categories 1 and 2	25 minutes	9.00am
Female Year 7-8 Category 1 and 2	25 minutes	9:01am
Male Year 9-10 Category 1 and 2	35 minutes	9:40am
Female Year 9-10 Category 1 and 2	35 minutes	9:41am
Male Year 11-12 Category 1 and 2	45 minutes	10:45am
Female Year 11-12 Category 1 and 2	45 minutes	10:46am

^{*} AusCycling reserves the right to promote or demote rider's categories where appropriate.

Enduro:

The Enduro course will have a combination of both cross country and gravity enduro style elements within each stage. Stages will have a combination of liaison (untimed transition sections) and timed sections within each stage. The liaison sections will link to the timed sections.

Riders will need to complete at least one (1) timed run on each stage in the allocated time in order to obtain a result. The number of stages will be allocated to the age group according to trail difficulty and participant age.

Category:	Event Time	Draft Start Time:
See section 4.1 for categories.		TBC once entries close.
Practice	2 hours	8:00am - 10:00am
Race Briefing	15 minutes	10:10am - 10:25am
Racing	60 minutes - 90 minutes (depending on age, additional information around event time and wave start times will be determined closer to event)	10:30am - 2:30pm

Course: TBC

6.3 ROAD

Criterium:

The criterium will be run the under the following format.

Placing's will be determined based on final finishing place.

Each group will line up 5 minutes before their start time and leave the circuit at the designated areas once their race is completed. All riders will finish on the same lap, lapped riders will be able to finish and will be shown in the result as - 1 lap if necessary.

The criterium will be held on the large circuit in a clockwise direction.

Course: CLICK HERE (Clockwise)

Category:	Race Time	Start Time:
See section 4.1 for categories.		TBC once entries close.
Male Year 7-8 Category 1	15 minuets + 1 lap	8.00am
Male Year 7-8 Category 2	15 minutes + 1 lap	8.20am
Female Year 7-8 Category 1	15 minutes + 1 lap	8.40am
Female Year 7-8 Category 2	15 minutes + 1 lap	9.05am
Male Year 9-10 Category 1	15 minutes + 1 lap	9.25am
Male Year 9-10 Category 2	20 minuets + 1 lap	9.45am
Female Year 9-10 Category 1	15 minutes + 1 lap	10.15am
Female Year 9-10 Category 2	20 minuets + 1 lap	10.35pm
Male Year 11-12 Category 1	15 minutes + 1 lap	11.05pm
Male Year 11-12 Category 2	25 minuets + 1 lap	11.25pm
Female Year 11-12 Category 1	15 minutes + 1 lap	12.00pm
Female Year 11-12 Category 2	25 minuets + 1 lap	12.25pm

^{*} AusCycling reserves the right to promote or demote rider's categories where appropriate.

6.4 ALL BIKE CHALLENGE

All Bike Challenge - Straight Sprint / Hill Climb:

The straight line sprint / hill climb will be run the under the following format.

Riders will start in heats of up to 8 riders. Riders will line up in the waiting area at least 5 minutes before their start time. Once finished the riders will leave the course at the designated area.

Category: See section 4.1 for categories.	Race Distance	Start Time: TBC once entries close.
Male Year 7-8 Category 1	300m	
Male Year 7-8 Category 2	300m	
Female Year 7-8 Category 1	300m	
Female Year 7-8 Category 2	300m	
Male Year 9-10 Category 1	300m	
Male Year 9-10 Category 2	300m	From 12:00nm
Female Year 9-10 Category 1	300m	From 12:00pm
Female Year 9-10 Category 2	300m	
Male Year 11-12 Category 1	300m	
Male Year 11-12 Category 2	300m	
Female Year 11-12 Category 1	300m	
Female Year 11-12 Category 2	300m	

All Bike Challenge - Team Relay:

Team Relay

The team relay will be run the under the following format.

Each team member to complete one lap in a relay fashion.

Course: CLICK HERE

Category: See section 4.1 for categories.	Race Distance	Start Time: TBC once entries close.
Teams of four (4) with two (2) riders on mountain bikes and two (2) riders on road bikes. Eight (8) teams per heat.	Four (4) small laps anti clockwise. Each rider completes one (1) lap.	From 2:00pm

^{*}Confirmation of the team relay event structure will be finalised once entries are closed.

7 EQUIPMENT

7.1 BICYCLES

All Bike Challenge:

Any type of bike is permitted, with the below discipline specific requirements. If you don't have a bike and want to get involved, there will be limited number of BMX, Mountain Bike and Road bikes available. Register your expression of interest in bike hire <u>HERE</u>, please submit the expression of interest ASAP as the limited bikes will be allocated.

BMX Events:

Two types of bicycles can be used during BMX Racing events, which are differentiated by the size of their wheels, see below the examples:

Type of Bike	Example
Standard 20 inch	
Cruiser 24 inch	

The bikes don't need to be BMX racing bikes, they can be of similar make, so long as wheel size is 20 or 24 inch with no stunt pegs.

Mountain Bike Events:

Bicycles designed for off-road use including mountain bikes may be used. Off-road designed tyres are recommended to increase traction.

All bicycles must have two efficient and independent hand brakes, or one hand brake accompanied with a foot brake. Handlebars must be plugged.

Free (single ratchet/coaster) or variable geared bicycles may be used. Fixed sprockets (fixed wheel/no ability to coast) shall be forbidden from competition.



Road Events:

Bicycles designed for road cycling and cyclo-cross are permitted for the road events and must have two working brakes, handlebar plug ends and the tyres pumped up.

Wheels must have at least 16 spokes, fixed wheel bikes may not be used and bikes with time trial bars are not permitted.



OCYCLING

7.2 HELMETS

Wearing a rigid safety helmet shall be mandatory during all events.

Each rider shall be responsible for:

- Ensuring that the helmet is approved in compliance with an official security standard and that the helmet can be identified as approved.
- Wearing the helmet in accordance with the security regulations in order to ensure full protection, including but not limited to a correct adjustment on the head as well as a correct adjustment of the chin strap.
- Avoid any manipulation which could compromise the protective characteristics of the helmet and not wearing a helmet which has been undergone manipulation or an incident which might have compromised its protective characteristics.
- Using only an approved helmet that has not suffered any accident or shock.
- Using only a helmet that has not been altered or had any element added or removed in terms of design or form.
- Using only accessories approved by the helmet manufacturer.

All helmets must be Australian Standards approved (AS/NZ 2063) and carry one (1) of the following stickers:













Any modification to an approved helmet is strictly prohibited.

BMX Events:

In addition to the above information in 7.2 HELMETS, the BMX event riders MUST wear a full-face helmet. A securely fitted approved helmet MUST be worn at all times while riding.



All Bike Challenge, Mountain Bike and Road Events:

No specific requirements, apart from section 7.3 HELMETS.

7.3 CLOTHING

BMX Events:

BMX participants MUST wear the following to attend.

- Long pants
- Long sleeved shirts
- Covered shoes
- Must wear full fingered gloves

Mountain Bike Events:

No specific requirements, gloves either full fingered or fingerless are recommended.

All Bike Challenge and Road Events:

No specific requirements.

7.4 RACE NUMBERS AND TRANSPONDERS

BMX Events:

Transponders are required by all riders. Riders requiring a loan transponder for the event will be able to select the option when entering. You will receive your loan transponder at the event registration before racing. It is the responsibility of the rider/parent/guardian to check all details are correct at the transponder checking station and or registration.

At all events the rider must, at all times, ride with the racing number and/or letter combination which has been awarded, given or chosen. If you require a loan race plate for the front of your bike you will be able to select that option when entering, then present at registration before racing to collect.

Mountain Bike Events:

Race plates need to be placed on the front of your handlebars and **must be clearly visible at all times**. Please ask at registration if unsure. Riders who fail to place the race plates correctly may not be listed correctly in the results.

Road:

Race numbers must be clearly visible at all times, please ask at registration if you are unsure.

7.5 OTHER EQUIPMENT - ADDITIONAL ITEMS TO BRING

AusCycling encourages all riders and schools to bring along the below additional items to the event:

- School/own marquee for shading and to create the school's presence at the event.
- School colours, flags, signs, etc. to dress up your school space and presence at the event.
- Water to keep hydrated.
- Food to keep energised.

8 AWARDS & PRIZING

Rider Awards:

The following awards will be provided for all rider categories in all cycling discipline events:

Category	Prize	Placing
Category 1: Beginner - Intermediate	Medal	1 st Place, 2 nd Place, 3 rd Place (4 th and 5 th Certificate)
Category 2: Intermediate - Advanced Medal 1 st Place, 2 nd Place, 3 rd Place (4 th and 5 th Certificate)		
Presentations will occur on the event race days for each cycling discipline.		

Overall Awards:

- Champion of Champions:
 - To be awarded in both male and female in each category, the rider that has accumulated the most points, including all disciplines.
- Champion School:
 - The overall Champion School result is calculated by combining all points, from all categories, throughout all disciplines. The school with the most overall points will be determined as the Champion School.

Points Scoring System:

Position	Points
1 st	200
2 nd	160
3 rd	140
4 th	125
5 th	110
6 th	95
7 th	90
8 th	85
9 th	80
10 th	75
11 th	70
12 th	65
13 th	60
14 th	55
15 th	50
16 th	45

Position	Points
17 th	44
18 th	43
19 th	42
20 th	41
21 st	40
22 nd	39
23 rd	38
24 th	37
25 th	36
26 th	35
27 th	34
28 th	33
29 th	32
30 th	31
31 st	25
32 nd +	20

Points allocations for Team events will be the same as the tables above with those points allocated to the Team.

These points will be equally apportioned across the riders within the Team allowing for Teams to be made up of riders from different schools.

USCYCLING

9 VENUE INFORMATION

The following are prohibited at the Shimano National All Schools Cycling Challenge venues:

- Pets
- Alcohol
- Smoking (including E-Cigarettes or other vaping devices)

10 FIRST AID / MEDICAL

An external first aid provider/s will be on-site at each event on race days.

11 CODE OF CONDUCT

To ensure we are creating and promoting an environment that is welcoming to all, attendees at the Shimano National All Schools Cycling Challenge are required to adhere to the <u>AusCycling Code of Conduct</u>. Failure to do so, or to follow any reasonable direction provided by AusCycling or appointed officials at the event, may result in removal from the venue or exclusion from the competition/events.

12 FURTHER INFORMATION

For further information:

Email: events@auscycling.org.au

Website: CLICK HERE

FAQ's: CLICK HERE to view the FAQ's on the event website page.