

21-24 SEPTEMBER | SHEPPARTON VICTORIA

2023 MASTERS & JUNIOR ROAD NATIONAL CHAMPIONSHIPS

TECHNICAL GUIDE

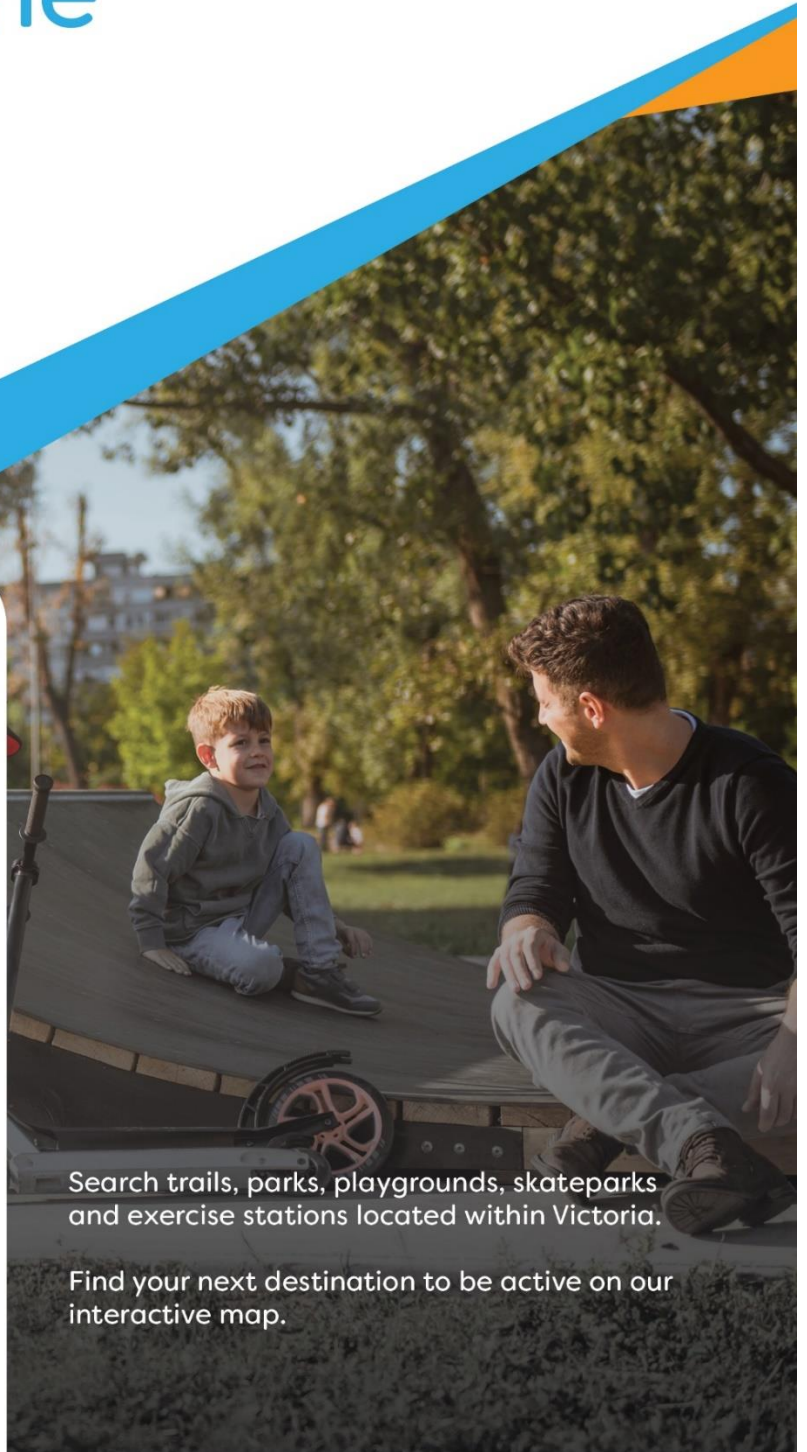
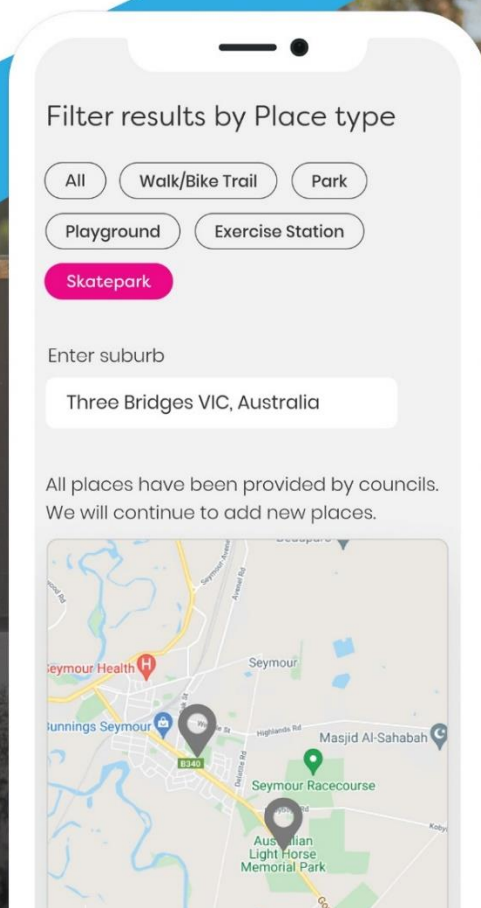


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The Event

Overview

The 2023 AusCycling Masters and Junior Road National Championships will be held in the Shepparton region of Victoria.

The Time Trial and Road Races will be held at Dookie with the Criterium being conducted in the Greater City of Shepparton CBD.

How to Get there

If you're visiting Victoria from interstate, Melbourne Airport is the closest major airport to Shepparton.

Event Sponsors/Partners



Racing Schedule (times are subject to change)

Wednesday 20 th September	Rider Registration	Shepparton Sports Club 4pm-8pm
Thursday 21 st September	Individual Time Trial	Dookie
Riders will start the course at 60 second intervals from 9:00am in the following order: <ul style="list-style-type: none"> • U15 Boys – 10kms • U15 Girls – 10kms • U17 Boys – 15.5kms • U17 Girls – 15.5kms • WMAS 4-1 – 15.5kms • MMAS 4-1 – 15.5kms • WMAS 10-5 – 15.5kms • MMAS 10-5 – 15.5kms 		Juniors 9.00-11.30 Masters 11.40-3.00
Friday 22 nd September	Road Race	Dookie
JM15	38kms (2 Laps)	9:00
JW15	38kms (2 Laps)	9:05 (10:15)
JM17	68kms (4 Laps)	10:25
JW17	68kms (4 Laps)	10:30 (12:20)
WMAS 1-2-3	68kms (4 Laps)	12:30
WMAS 4-5	68kms (4 Laps)	12:35
WMAS 6-7-8-9	52kms (3 Laps)	12:40 (15:00)
MMAS 3	68kms (4 Laps)	15:10
MMAS 4	68kms (4 Laps)	15:15
MMAS 5	68kms (4 Laps)	15:20 (17:00)

Saturday 23rd September	Road Race	Dookie
MMAS 6	52kms (3 Laps)	10:00
MMAS 7	52kms (3 Laps)	10:05
MMAS 8-9-10	52kms (3 Laps)	10:10 (12:10)
MMAS 1	83kms (5 Laps)	12.20
MMAS 2	83kms (5 Laps)	12.25 (14.45)
Saturday 23rd September	Criterion	Shepparton CBD
JW 15 Heat 1	15 mins + 2 Laps	9:00 (9:20)
JW 15 Heat 2	15 mins + 2 Laps	9:25 (9:45)
JM 15 Heat 1	15 mins + 2 Laps	9:50 (10:10)
JM 15 Heat 2	15 mins + 2 Laps	10:15 (10:35)
JW 17 Heat 1	15 mins + 2 Laps	10:40 (11:00)
JW 17 Heat 2	15 mins + 2 Laps	11:05 (11:25)
JM 17 Heat 1	15 mins + 2 Laps	11:30 (11:50)
JM 17 Heat 2	15 mins + 2 Laps	11:55 (12:15)
JM 17 Heat 3	15 mins + 2 Laps	12:20 (12:40)
WMAS 5-6-7-8 Final	25 mins + 2 Laps	12:45 (13:15)
WMAS 1-4 Final	35 mins + 2 Laps	13:20 (14:00)
JW 15 Final	20 mins + 2 Laps	14:05 (14:25)
JM 15 Final	20 mins + 2 Laps	14:50 (15:15)
JW 17 Final	25 mins + 2 Laps	15:20 (15:50)
JM 17 Final	25 mins + 2 Laps	15:55 (16:25)
Sunday 24th September	Criterion	Shepparton CBD
MMAS 5 Heat 1	20 mins + 2 Laps	9:00 (9:25)
MMAS 5 Heat 2	20 mins + 2 Laps	9:30 (9:55)
MMAS 1 Final	35 mins + 2 Laps	10:00 (10:40)
MMAS 9-10 Final	25 mins + 2 Laps	10:45 (11:15)
MMAS 8 Final	25 mins + 2 Laps	11:20 (11:50)
MMAS 7 Final	25 mins + 2 Laps	11:55 (12:25)
MMAS 6 Final	30 mins + 2 Laps	12:30 (13:05)
MMAS 5 Final	30 mins + 2 Laps	13:10 (13:45)
MMAS 4 Final	35 mins + 2 Laps	13:50 (14:30)
MMAS 3 Final	35 mins + 2 Laps	14:35 (15:15)
MMAS 2 Final	35 mins + 2 Laps	15:20 (16:00)

Entries

The 2023 AusCycling Masters and Junior Road National Championships are open to riders who are current Junior: J15, J17 and Masters: WMAS1-10 and MMAS 1-10 and hold an AusCycling all Discipline Members. International riders, who have a UCI license, are permitted to participate but are not eligible for the National Champion jersey.

All **individual** Junior entries must have previously raced in a road race or criterium State or Territory Championship in 2023.

[Event entries](#) for this event close midnight Tuesday 13th September 2023 (AEST) via [EntryBoss](#)

The entry fee per event (TT, Crit, RR) event: Juniors \$65 Masters \$80

Registration

Date and Time: Wednesday 20th September 4:00pm – 8.00pm

Location: Shepparton Sports City
Corner of Brauman Street and Wyndham Street, Shepparton
Packham Street Extension - Main Sports Pavilion

Riders who are unable to attend the official registration on Wednesday evening can register on the morning of their event.

Junior State Team Managers may register all riders in their team.

Race Day Registrations & Sign On

Time Trial and Road Race: Start – Dookie Town Centre

Criterium: Start/Finish – Nixon St (Queens Gardens)

Riders sign on for the Criterium and Road Race opens one hour before each event and closes 10 minutes before your advertised start time.

If a rider fails to sign on they can be fined (a fine for the rider/team managers could apply). Refer UCI Regulation (for ITT) 2.12.007 (9.2)

Meetings - Wednesday 20th September

Location: Shepparton Sports City
Corner of Brauman Street and Wyndham Street, Shepparton
Packham Street Extension - Main Sports Pavilion

5.00pm – Convoy Drivers Course

6.00pm – Junior State Team Managers Meeting (Juniors only)

7.00pm – Masters Information Meeting

7.30pm – Commissaires Meeting

Junior Pathways & Sport Integrity Australia Anti-Doping Seminar

This is compulsory for ALL junior riders and State Team staff. Parents are also welcome.

Date: Thursday 21st September

Time: 4:30pm

Location: Shepparton Sports City
Corner of Brauman Street and Wyndham Street, Shepparton
Packham Street Extension - Main Sports Pavilion

Commissaires:

Chief Commissaire – Louise Jones (0400 441 894)

Peter Tomlinson

Fiona Fahey

Olivia Forrest

Rachel Goud

Stephen Michetti

Karen O'Callaghan

Frank Ryan

Joanne Cameron

Kym Dundas

Pamela Williams

Neville Williams

Raymond Jarratt

Lyn Heritage

Naarah Bretton

AusCycling Contact:

Adam Power

Event Operations Manager

adam.power@auscycling.org.au

0448 366 224

Rules and Regulations of AusCycling

These Championships will be conducted under the rules and Rules and Regulations. Visit the AusCycling website for more information - <https://auscycling.org.au/page/about/policies-rules>

IMPORTANT NOTES:

- ALL Junior participants must wear approved state/territory team kit, club kit or plain kit. No sponsor kit is permitted. Masters – No restrictions.
- Commissaires will be providing Bike Check during Registration Wed 20th 4pm – 7pm (this is only a preliminary check. All bikes must still be checked at least 15 minutes prior to your start time).
- Pre-checks can be completed at any time, however, bikes must still undergo a final check at least 15 minutes prior to your start time.
- Following the updated UCI Regulations on Jan 1 2023 there has been a change to the regulations around Time Trial Height Exemption Information. This information is located via the following AusCycling Website links:
 - [Equipment & Height Regulations Information](#)
 - [Height Exemption List 5 Aug 2023](#)
 - [UCI Attestation Application Form](#)
- For all Junior National Championship events, wheels must have at least 16 spokes. The rim shall be no more than 44mm in depth.
- Cameras are permitted to be used under the following conditions:
 - a) Use must be approved by the President of the Commissaire Panel ('PCP') prior to the start of the event.
 - b) The camera must be presented to the PCP and they must approve the positioning and mounting before the start of the race.
 - c) All footage must be made available to AusCycling and the event organiser within 48 hours of an in-writing request.
 - d) Any footage that may bring the sport into disrepute must not be released to the public.
 - e) Breaches of the policy may be subject to a penalty.

Team Seeding (Junior only)

All State/Territory Team Managers in the Junior National Championships are required to seed their riders for the Time Trial by sending these through to adam.power@auscycling.org.au by Friday 15th September. Any riders not seeded will be done at the discretion of the race organiser and PCP.

Neutral Support

Time Trial: No neutral support provided.

Road Race: Juniors - Neutral spares will be provided by State/Territory Team vehicles
Masters - No neutral support provided

Criterion: Designated spares areas will be provided. Competitors are able to leave their own wheels in this designated spares area if they wish

Feeding and Littering During the Road Race

No feeding will be available unless warm weather protocols are required.

Race Convoy

Time Trial: No vehicles will be allowed to follow.

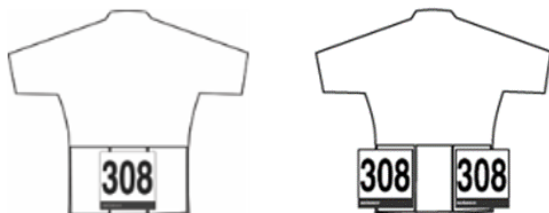
Road Race: Masters – No convoy vehicles permitted.
Juniors – Each Junior State/Territory Team will be provided one spot in the race convoy for each road race start. All vehicles must be under 1.7m. Vehicles over 1.7m will not be permitted in the convoy. All people in convoy vehicles must have an AusCycling membership.

National Champion Jersey

All categories in all races are eligible for the National Championships jersey for each race.

Riders should note the [National Championship Kit policy](#).

Race Numbers



Frame Number



Electronic Timing

Neil Hamey – AusCycling Timing & Results Coordinator

Electronic Timing will be used for all events at these Championships. Therefore, riders are required to fit a small transponder to the front fork of your bicycle. The transponders will be issued with your race number at registration. DO NOT exchange your transponder with any other competitor as the transponder is coded to your race number. Fitting instruction will be provided in the rider registration pack.



Transponders must be attached to bikes for all events as per instructions given in rider packs. Additional zip ties will be available at registration.

Transponders must be returned after your last race at the start/finish line of the event. Any rider failing to return their transponder at the event will incur a \$30 administration fee. Lost or damaged transponders will result in a replacement penalty of \$150.

Transponder Return:

Auscycling – Queensland Office
Att: Neil Hamey
PO Box 4115
Gumdale QLD 4154

Results

Results will be available via - www.results@auscycling.org.au

Presentations

All place getters must present to the podium immediately following the race finish. Riders must be presented in their correct attire - race kit, no hats or sunglasses. The Presentations will be held at the following locations:

- Time Trial and Road Race: Start / Finish area
Subsequent to each category
- Criterium: Gardens Amphitheatre (Start / Finish area)
Subsequent to each category final

Junior Gearing

The maximum gear development (roll out) permitted for U15's is 6.10 metres and for the U17's is 7.00 metres.

Blocking off of gears is permitted at Junior Road National Championships.

Bike Weight (all events).

Riders are reminded that the minimum weight for all bikes is 6.8kg. Bikes will be checked prior to racing and may be checked after racing.

Spare Parts

The preferred shop for spare parts is [Leading Edge Cycles](#).



Parking

Criterium refer page 14. Time Trial and Road Races parking details will be provided at a later date.

Medical Services

First Aid support will be provided by Event Medical Services all events.

Public Urination

Riders are advised that it is an offence to urinate in public. Penalties will be imposed on those who choose to ignore this law.

Anti-Doping

Anti-Doping Testing will be conducted at this event. It is the responsibility of the rider to ensure they are not required for testing prior to their departure post-race. SIA Anti-Doping staff will inform the riders who is to be tested subsequent to each race.

Therapeutic Use Exemption (TUE)

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

If you are currently taking any medication, please check whether this substance is banned in or out of competition via www.globaldro.com/AU/search.

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

Sport Integrity Australia App

Any athlete and official can download the SIA app. The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory.

The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

Radio Communications

During races in these Championships, the use of radio links or any other means of communication with the riders is not permitted.

Junior State Teams in the convoy will be provided with a radio.

Neutralisation

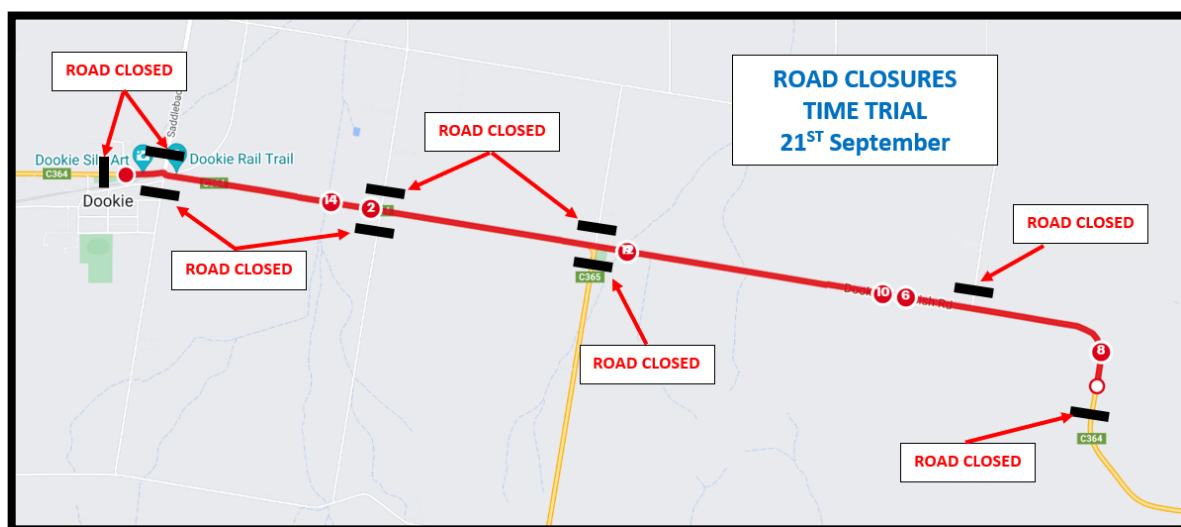
If for any reason conditions warrant the race will be neutralised. In such circumstances a red flag will be displayed from the leading vehicle.

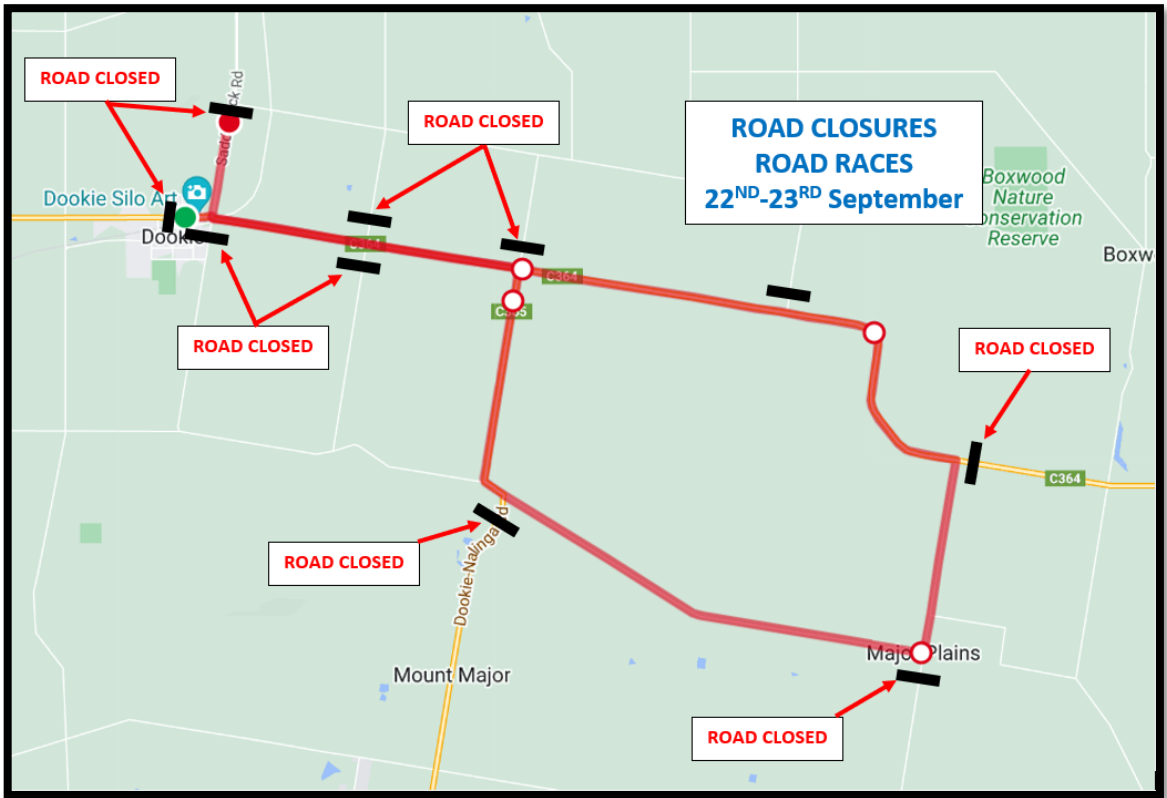
Littering

Riders must not discard bidons or rubbish of any kind on the road side. Riders found to be littering will be fined in accordance with local laws and technical regulations.

Road Closures

Full Road closures will be in place for the Individual Time Trial, Road Races and Criterium events. Local residents will be guided to properties via moto marshals for the Individual Time Trial and Road Race events.



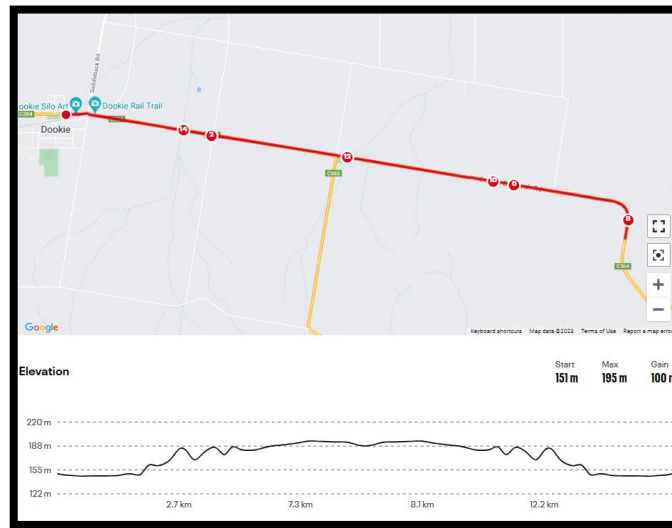


Courses

Time Trial

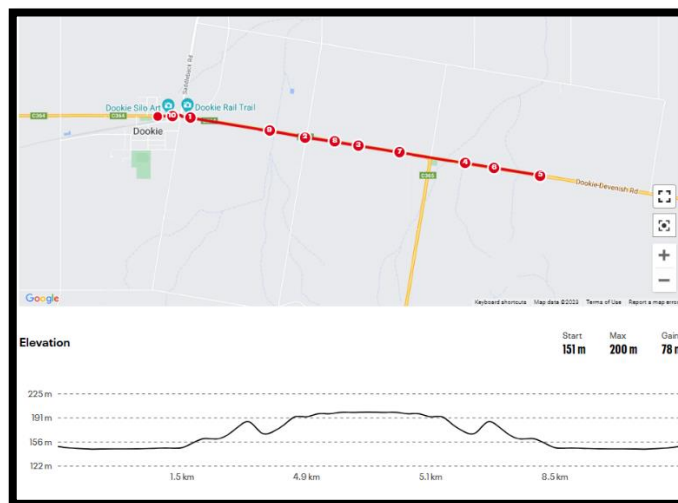
Masters and Under 17

<https://www.mapmyride.com/routes/view/5560237885>



Under 15

<https://www.mapmyride.com/routes/view/4269688468>



NO.	KM	ROAD	NOTES
1	0.0	START Mary St, Dookie	Closed Course
2	0.3	Straight on to Dookie-Nalinga Rd	Closed Course
3	1.9	Pass Cashel Bank Rd	Closed Course
4	3.5	Straight on to Dookie-Devenish Rd	Closed Course
5	5.0	Turn Around Point J15	Closed Course
6	7.2	Right Turn Corner	Closed Course
7	7.75	Turn Around Point J17 and Masters	Closed Course

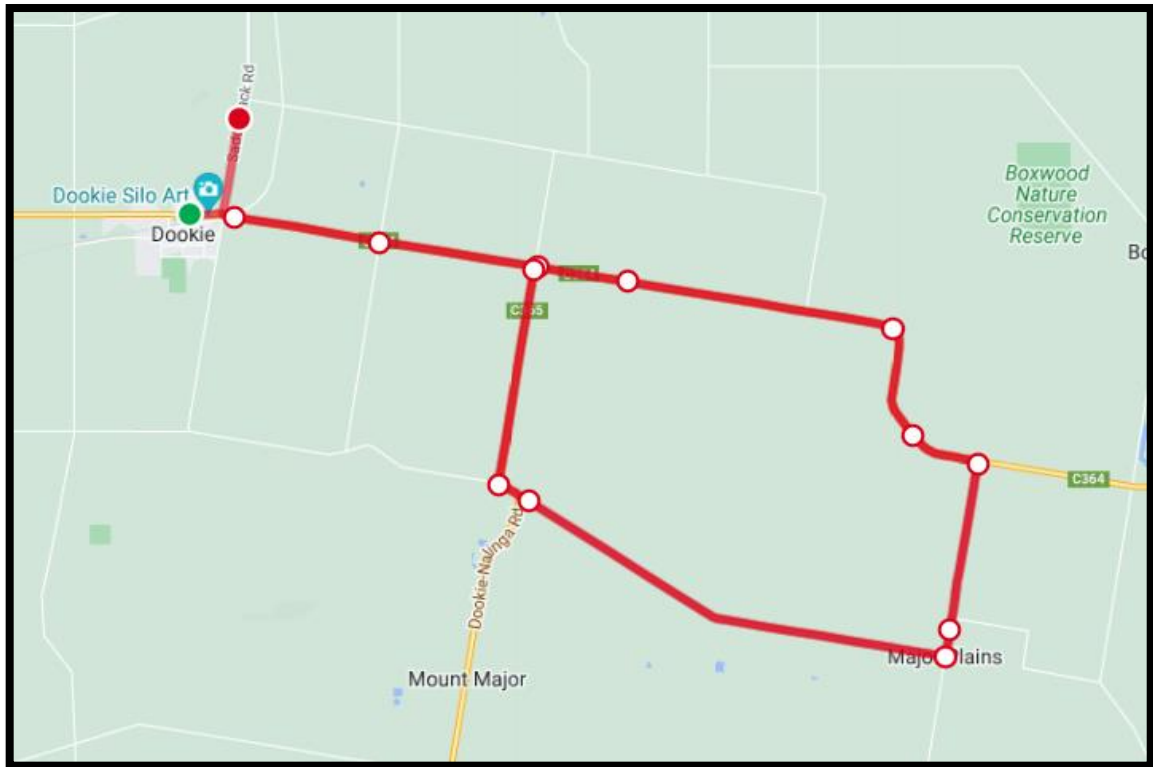
Road Race

JW15, JM15 (2 Laps) - <https://www.mapmyride.com/routes/view/4301616892>

WMAS 6-9, MMAS 6-10 (3 Laps) - <https://www.mapmyride.com/routes/view/5560250854>

JW17, JM17, WMAS 1-5, MMAS 3-5 (4 Laps) - <https://www.mapmyride.com/routes/view/4301626834>

MMAS 1-2 (5 Laps) - <https://www.mapmyride.com/routes/view/5560260334>

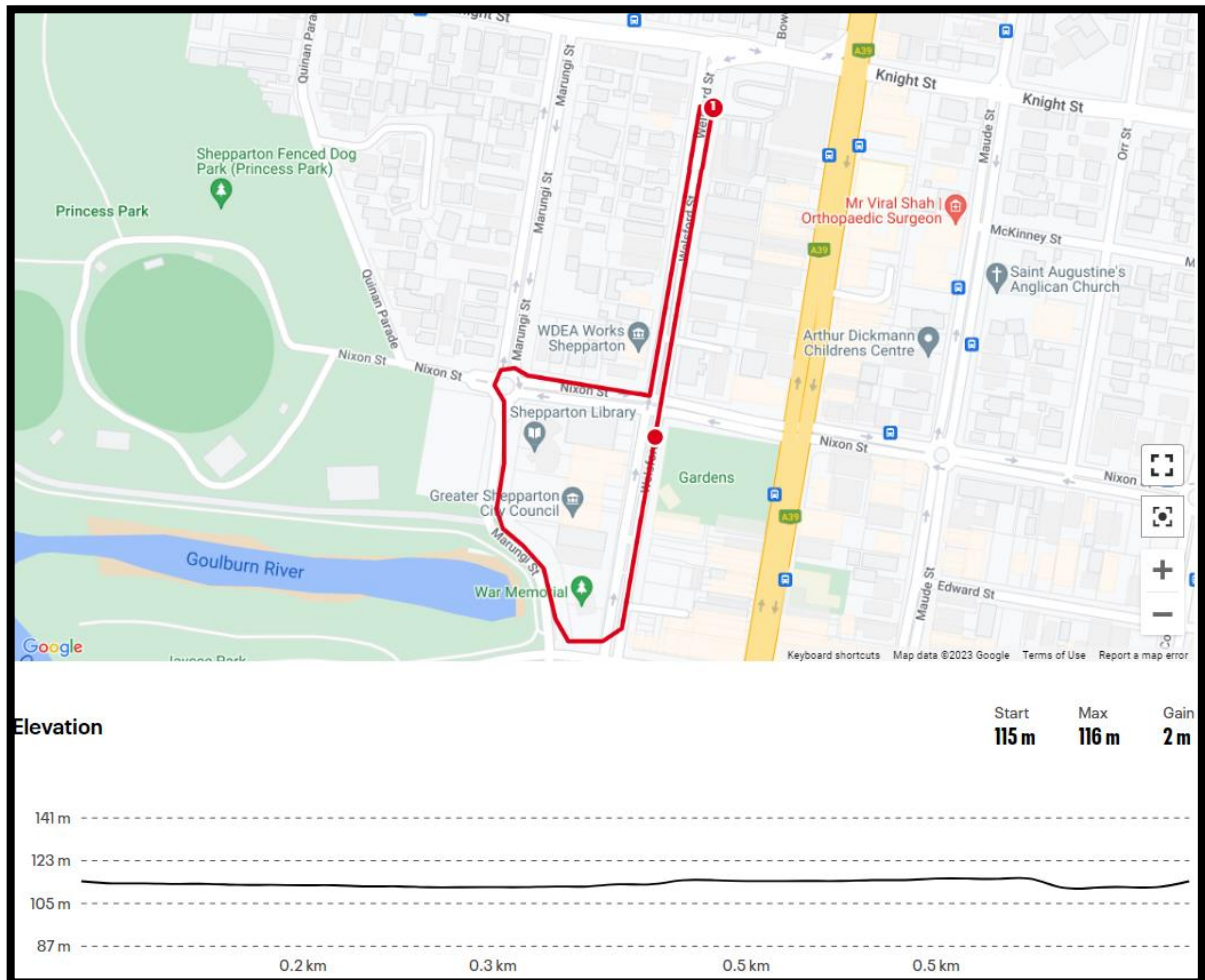


	KM	ROAD	NOTES
1	0.0	START – Mary St, Dookie	Closed Course
2	0.3	Straight on to Dookie-Nalinga Rd	Closed Course
3	1.9	Pass Cashel Bank Rd	Closed Course
4	3.5	Right on to Dookie-Nalinga Rd	Closed Course
5	5.8	Left Corner Dookie-Nalinga Rd	Closed Course
6	6.0	Straight on to Major Plains Rd	Closed Course
7	10.8	Left at Duggans Rd	Closed Course
8	12.8	Left at Dookie-Devenish Rd	Closed Course
9	14.6	Left corner Dookie-Devenish Rd	Closed Course
10	15.7	Pass Proctors Rd	Closed Course
Laps 2-5			
11	18.5	Left Dookie-Nalinga Rd	Closed Course
Repeat 5-10 for laps 2-5			

Final Lap			
13	2 Laps 33.7 3 Laps 48.7 4 Laps 63.7 5 Laps 78.7	Straight on to Dookie-Nalinga Rd	Closed Course
14	2 Laps 35.3 3 Laps 50.3 4 Laps 65.3 5 Laps 80.3	Pass Cashel Bank Rd	Closed Course
15	2 Laps 36.9 3 Laps 51.9 4 Laps 66.9 5 Laps 81.9	Right Saddleback Rd	Closed Course
16	2 Laps 38.0 3 Laps 53.0 4 Laps 69.0 5 Laps 83.0	Finish St Mary's Church	Closed Course

Criterion

<https://www.mapmyride.com/routes/view/4381184953>

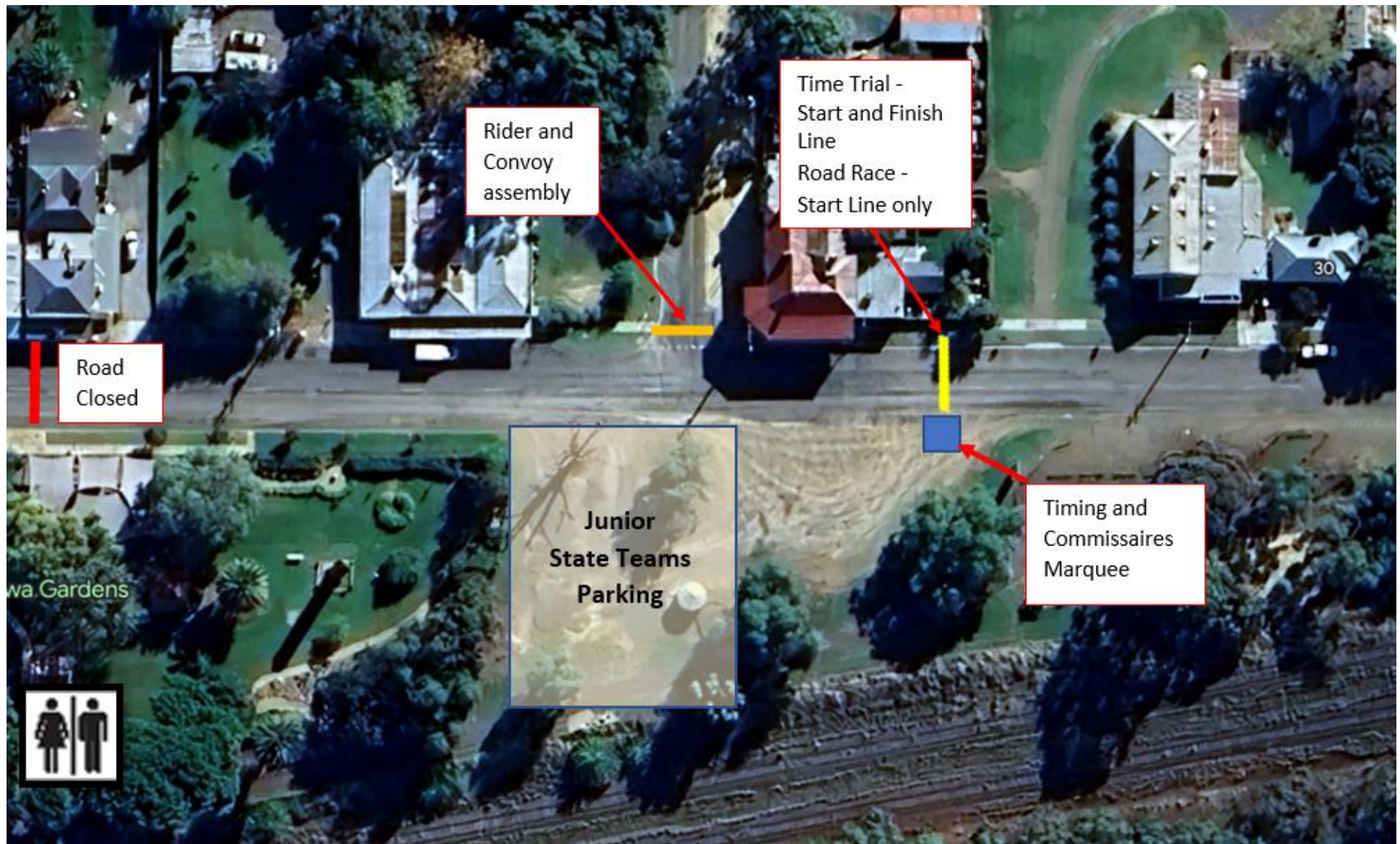


Site Maps

Criterion



Time Trial / Road Races





AUSCYCLING

**SHEPPARTON &
GOULBURN VALLEY**

A dark blue, horizontal brushstroke graphic located below the event name.