

2015 National Road Cycling Championships

Technical Guide



Issued July 2015

About the National Cycling Championships

The 2015 National Road Cycling Championships will comprise three disciplines of road cycling; Individual Time Trial, Criterium and Road Race. This year's event sees some of the most challenging courses in recent years with new venues being used throughout the island of Trinidad.

The National Road Cycling Championships for the Elite Men and Women also double as an official qualifier for the National Team competing at the Elite Caribbean Cycling Championships in Barbados from the 17-18 October, therefore, placing even more stakes on the line.

This year, National Championships will take place over 3 days in 2 weekends, 15, 16 and 23 August.

Cyclist Eligibility

Cyclist wishing to participate in the National Road Cycling Championships must satisfy the following requirements

- Must possess a valid 2015 Union Cycliste Internationale (UCI) Licence and must be a national of Trinidad & Tobago.
- Cyclists wishing to compete in respective events must meet the following age requirements

Category	Year of Birth
Elite	1996 or before
Junior	1997 or 1998
Juvenile	1999 or 2000
Tinymite	2001 or 2002
Masters 40-44	1971 – 1975
Masters 45-49	1966 – 1970
Masters 50-54	1961 – 1965
Masters 55-59	1956 – 1960
Masters 60-64	1951 – 1955
Masters 65-69	1946 – 1950
Masters 70+	1945 or before

Governing Rules

The National Track Cycling Championships will be governed by the UCI Rules – Part II – Road Rules:

http://www.uci.ch/mm/Document/News/Rulesandregulation/16/82/39/2-ROA-20150205-E_English.pdf

Cyclist Registration

Cyclists' registration forms would have been circulated to all clubs. All forms are to be submitted by Tuesday 11th August 2015 @ 7:00pm to the Racing Secretary. Any queries can be directed to the Racing Secretary, Mr. Gary Acosta: glacosta1987@hotmail.com

No registration will be accepted after Tuesday 11th August 2015 @ 7:00pm except for previously unregistered or unattached cyclists. The registration fee for the National Track Cycling Championships is as indicated in the table below.

Registration forms can also be retrieved from the following link: <https://goo.gl/Krvkio>

Event	Registration Fee
All Cyclists	TT\$40 per cyclist per event
Late Registration	Additional TT\$40 per cyclist per event

Confirmation of Starters/Technical Meeting

All club Managers will be expected to appear at the Confirmation of Starters Meeting on Tuesday 11th August from 7:00pm – 7:45pm at the Media Conference Room, Ato Boldon Stadium, Couva.

Following this, the Technical Meeting for will take place from 7:45pm – 8:15pm at the same venue.

Elite Caribbean Championships

The TTCF will be selecting a maximum of 7 cyclists (5 Males and 2 Females) to the Elite Caribbean Road Championships in Barbados via their performances at the National Championships. Cyclists will be selected for the Road Time Trial and Road Race. Elite Male cyclists will have a target time of 3h 51m to complete the Road Race in order to be eligible for selection. The National Time Trial Champions will receive provisional selection for Elite Men and Women. Cyclists' performance in the Road Race will be assessed before the final team is selected.

Gear Restrictions

Gear Restrictions for the Junior, Juvenile and Tnymite categories are as follows:

Category	Rollout (metres)	Gear
Tnymites	6.86	86
Juveniles	7.40	93
Juniors	7.93	99

Bib Numbers

All Managers are required to inform their cyclists of the proper placement of their Racing Bib numbers as indicated in the image below. Any cyclist not adhering to this will not be allowed to ride. Two bib numbers, one on the left side as indicated below and one on the back will be required for ALL events.



Championship Dates

Date	Category	Event	Venue
Saturday 15 th August, 2015	All Categories	Individual Time Trial	Oropouce-Grants Road
Sunday 16 th August, 2015	All Categories	Road Race	Tortuga Circuit
Sunday 23 rd August, 2015	All Categories	Criterium	Brian Lara Stadium

Road Race Course Description

Course Rating: Grade 4

Date: Sunday 16th August, 2015

Maximum Elevation: 167m

Muster Point: Ato Boldon Stadium, Couva

Course Distances

Category	# of Laps	Course Length
Elite Men	6 + final sect	131km
Elite Women	4 + final sect	93km
Junior Men	4 + final sect	93km
Junior Women	2 + final sect	55km
Juvenile Men	2 + final sect	55km
Juvenile Women	1 + final sect	36km
Tinymite Men	Final sect	17km
Tinymite Women	Final sect	17km
Masters 40-44	3 + final sect	77km
Masters 45-49	3 + final sect	77km
Masters 50-54	2 + final sect	55km
Masters 55-59	2 + final sect	55km
Masters 60-64	1 + final sect	36km
Masters 65-69	1 + final sect	36km
Masters 70+	Final sect	17km

Groups & Departure – 16th August 2015

Category	# of Laps	
GROUP 1 – 7:00am		
Elite Men	6 + final sect	131km
GROUP 2 – 7:10am		
Elite Women	4 + final sect	93km
Junior Male	4 + final sect	93km
Masters 40-44	3 + final sect	77km
Masters 45-49	3 + final sect	77km
GROUP 3 – 7:15am		
Junior Female	2 + final sect	55km
Juvenile Male	2 + final sect	55km
Masters 50-54	2 + final sect	55km
Masters 55-59	2 + final sect	55km
GROUP 4 – 7:20am		
Juvenile Female	1 + final sect	36km
Masters 60-64	1 + final sect	36km
Masters 65-69	1 + final sect	36km
Masters 70+	Final sect	17km
Tinymite Male	Final sect	17km
Tinymite Female	Final sect	17km

Feeding Zone

Feeding will open on the second lap and close on the final segment for all categories. Therefore, feeding to Tinymite Men, Tinymite Women and Masters 70+ will not be allowed due to the length of their event.

FEEDING	Opening Location	Closing Location
Feeding Zone	Claxton Bay Flyover (southbound)	Cedar Hill/Mayo Road Intersection

Course Description

The course will officially start at the entrance onto the Southbound lane of the Solomon Hochoy Highway at the Couva/Preysal interchange. Categories will complete different number of laps as indicated in the course distance above. On the completion of the full number of laps, the categories will then complete one more final section as indicated below

Lap Description

One lap of the circuit will take cyclists down the southbound lane and exit at the Claxton Bay turn off and head east on the Cedar Hill Road past the Foress Park Landfill. The race will then turn left onto the Mayo Road past the Our Lady of Montserrat RC Church (Tortuga RC) and the left onto the Gran Couva Main Road to complete one lap at the entrance to the southbound lane of the highway.

Final Section Description

Cyclists will head down the southbound lane and exit at the Claxton Bay turn off and head east on the Cedar Hill Road past the Foress Park Landfill. The race will then turn left onto the Mayo Road past the Our Lady of Montserrat RC Church (Tortuga RC). Upon reaching the Gran Couva Main Road, cyclists will instead turn right and head eastbound along said road. The finish line will be approximately 1400m after the Grand Couva Police Station. The final segment will be marked with distance markers

Key Features

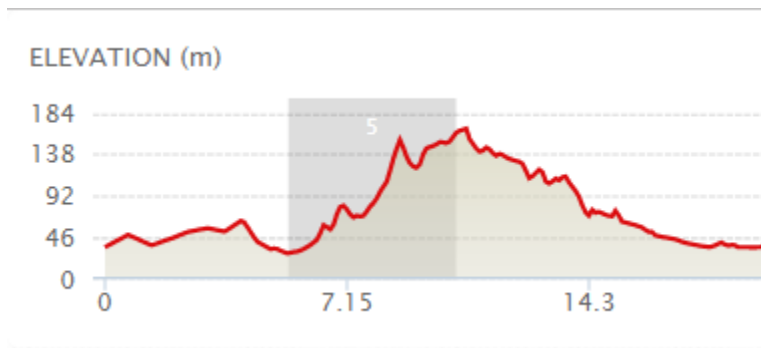
The course features one climb approximately 4.9km in length at an average gradient of 2.6% with some segments as steep as 13% each lap. Essentially, 25% of each lap will see cyclists ascending.

The final segment of 16.8km in length features two climbs; one 4.9km in length with an average gradient of 2.6% and the other 2.0km in length with an average gradient of 4.0%. Essentially, the final segment has 41% of its length involved in climbing.

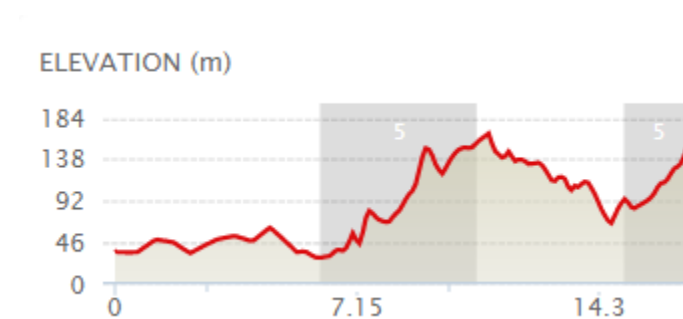
In total, the Elite Men will face the road for 131km with 36km (28%) of the race climbing through tough terrain in Central Trinidad. Only the strong will be crowned champion!

Overall Course Elevation

Elevation per Full Lap:



Elevation on final section:



Time Trial Course Description

Venue: New Extension of Solomon Highway

Date: Saturday 15th August, 2015

Course Rating: Grade 2

Total Distance: 13.5km per lap

	Category	Laps	Distance
1	Elite Men	3	40km
2	Elite Women	2	27km
3	Junior Men	2	27km
4	Junior Women	1	13km
5	Juvenile Men	1	13km
6	Juvenile Women	1	13km
7	Tinymite Men	1	13km
8	Tinymite Women	1	13km
9	Masters 40-44	2	27km
10	Masters 45-49	2	27km
11	Masters 50-54	1	13km
12	Masters 55-59	1	13km
13	Masters 60-64	1	13km
14	Masters 65-69	1	13km
15	Masters 70+	1	13km

Course Description

Time trial course begins on the southbound lane of the new extension, heading along the dual carriageway and then merges onto the single carriageway to head west, pass the Mon Desir Delhi Road heading towards the Grants Road Roundabout. The course will turn around using the roundabout and head east along the single carriage way and then north along the dual carriageway to the finish line on the northbound lane.

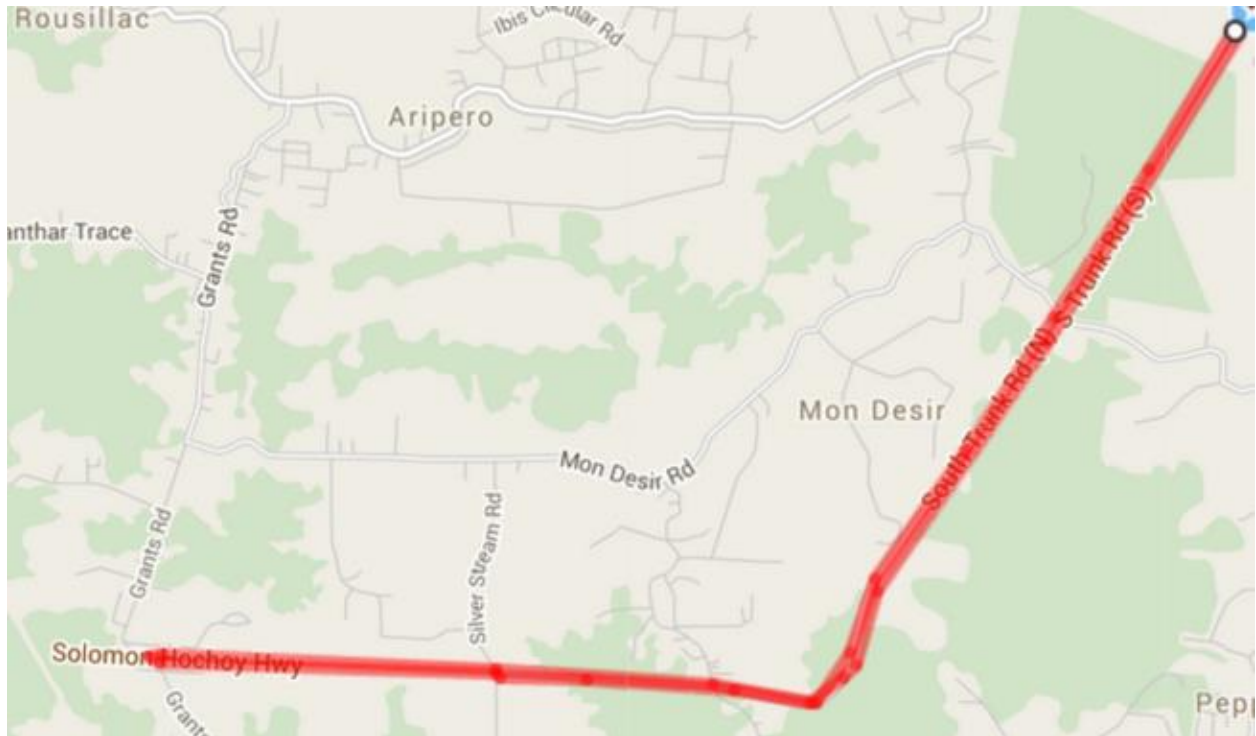
Convoy Vehicles

One convoy vehicle per cyclist will be allowed. This vehicle must stay 50m (one lamppost distance) from the cyclist. Convoy vehicles found infringing on this can see both the club and cyclist penalised.

Starting Order

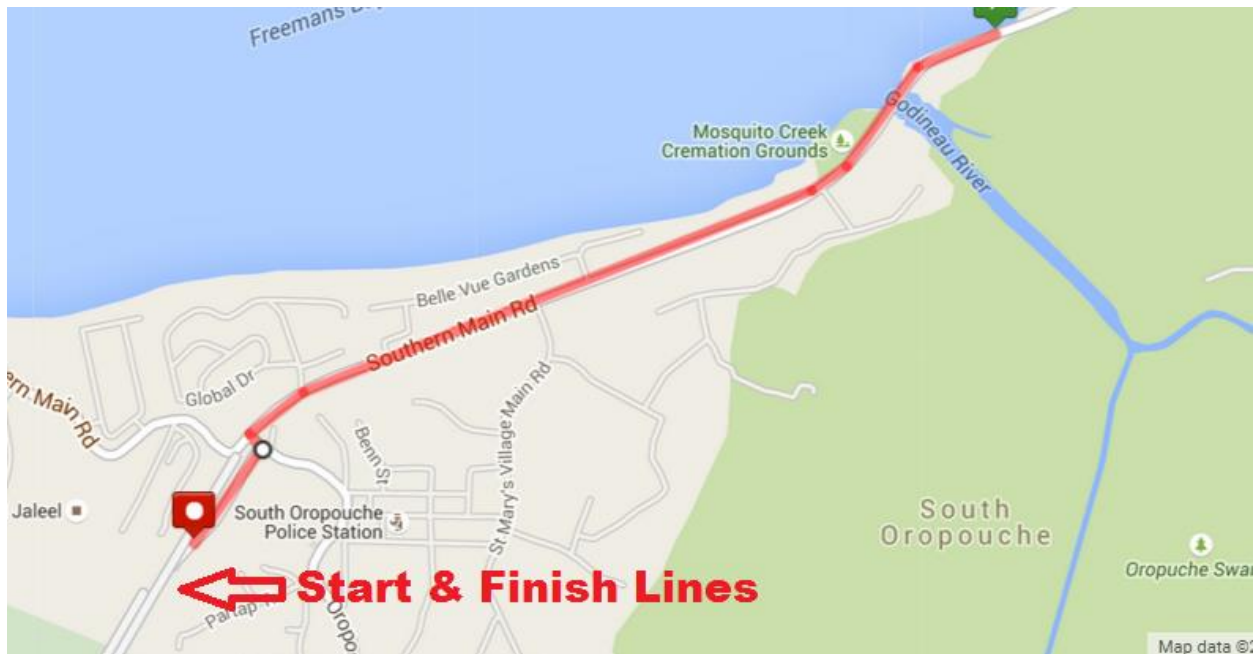
Cyclists will be started based on their 2014 National Time Trial standings with a one-minute gap in between each cyclist.

Graphical Course Map



Directions to Course

Head south along Mosquito creek and then along Southern Main Road. Upon reaching the Oropouch/Otaheite junction, turn left and then the immediate right towards Grant Road.



criterium Course Description

Venue: Brian Lara Stadium
Date: Sunday 23rd August 2015
Course Rating: Grade 1
Total Distance: 1.1km per lap

Racing Program

Start Time	Category	Laps	Distance
1:00pm	Masters 70+	6	6.6km
	Tinymite Women	4	4.4km
	Juvenile Women	6	6.6km
1:20pm	Tinymite Men	8	8.8km
	Junior Women	8	8.8km
1:45pm	Masters 60-64	10	11km
	Masters 65-69	10	11km
	Elite Women	10	11km
2:25pm	Masters 50-54	12	13.2km
	Masters 55-59	12	13.2km
	Juvenile Men	12	13.2km
3:15pm	Masters 40-44	20	22km
	Masters 45-49	20	22km
	Junior Men	20	22km
4:15pm	Elite Men	35	38.5km

Categories which are indicated to have the same starting time will have a staggered start.



This event is hosted by the Trinidad & Tobago Cycling Federation